

No Excuses!

Home Workouts You Can Do



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Chapter 1 - Introduction to home Fitness programs- The need of the hour

With few basic equipments and little creativity, it is quite easy to start a home fitness regime. The convenience that comes with exercising at home gives a person the opportunity of working out anytime and the way you want to. It not only saves times, but is a cost effective option as well. Obviously, if you have enough space and money is no obstacle, then a classy home fitness center can be a fabulous option. Even if you have limited resources and a very little space, you just need few basics. This may vary from person to person depending upon the reason of exercising-

- A portable exercise bench
- Two or three dumbbells sets varying from 10 lbs to 15 and 20 lbs. you can use any weight combinations with which you are comfortable.
- For people interested in yoga or crunches or Pilates must have a floor mat.

- A Swiss ball in accordance to your height
- A treadmill, the most basic equipment, probably every person would like to have.

How easy is that? This is like having a virtual gym instructor at your door step. Internet is one of the major sources to check out various forms of exercises and yoga asana through videos and illustrations.

You can hear or read instructions while performing your exercises and make a tailor schedule that's suitable to you. In today's fast paced lifestyle, attaining a stress free and healthy free can be of utmost benefit.

Regardless of the situations, scheduling a minimum of half an hour for four to five times in a week to keep you body fit is not a big thing to ask for, that too just for you.

Home fitness programs are especially great for those who do not like to go out to work out because of self esteem issues. Don't worry, work out at home and go out later to surprise everyone! Then, there are weather issues also, although for people

belonging to specific cities, sometimes it's hot and sometimes too cold to go out for walking or jogging etc.

Neither you need to worry about the sun starting to set nor about the weather becoming an obstacle in your daily routine, if you have home fitness equipment for you.

One must keep in mind that no two people are same, a fitness program working for your friend may not be apt for you and thus choosing appropriately would only benefit you more!

Chapter 2 - Fitness benefits through treadmill

Fitness requirements are soaring by every passing day with the never-ending urge to attain a good body and look better. With a great difference in the personality and physique of individuals, their fitness accusations are also different from one another. With these differing requirements, they yearn for highly specialized and different kinds of fitness workouts.

This is when different fitness programs came handy to them. A person looking for home fitness programs can not finding anything as useful as a treadmill. This is one of the finest options to meet specialized fitness needs.

All high quality motorized treadmills come in the market with a good quantity of preprogrammed workouts which cater to a person's need of fitness accomplishment. The number of home fitness programs provided by good quality brand varies from twenty to twenty five.

However, the choice of strength of a program varies; all of them serve a cohesive purpose of burning fat or shedding weight. Such programs can be better described as a combination of

incline, speed and different genres of exercising like walking and jogging.

Strength of fitness programs is significantly affected by changeable levels of inclines obtainable through the treadmills deck. To start with, you can put stress on some of the primary fitness programs that include walk program for weight regulation, endurance program, health program of normal walk, aerobic walk program etc. Some of the complex fitness programs consist of diabetic and cardiac fitness programs.

Besides various medical fitness programs, these treadmills are also outfitted with programs intended for shedding weight from a particular body part such as back muscles and abdomen fat shedding program.

All this guarantees you a healthy lung and heart from a resource available at your home. All you have to do is incorporate a program that your body demands. Following them in consonance with nutritional measures can help you attain an ideal fitness level.

Working out with the help of treadmills is been present in the

society for a long time, the reason is simple, and it's the easiest approach for which one doesn't need any specific assistance.

Starting from a young person to an elderly, all can conveniently work out walking or jogging on it. In addition, you also get to check the number of calories you burn per session from your calorie meter incorporated in the treadmill itself. This further boosts the confidence level making you more enthusiastic about staying fit!

Chapter 3 - Finding exercises to be done at home

A major change has been observed in the tendency of workout freaks, which is changing their exercise locale from gyms to home. Reason being, the soaring membership prices and binding contracts.

As a result, they have started to opt for home fitness programs. Finding exercises to be done at home is not a complex job, rather a much more convenient option as discussed in the previous chapters.

There are many great cardio exercises which can be done without much cost to the users. The main money spent is in a good pair of walking, jogging or aerobic shoe, depending on the kind of activity desired. Besides, a jumping rope is also a great addition for skipping at home because it provides users added alternatives of aerobic workouts that can include rapid work interval training.

One can do it while watching TV or may be by playing music alongside. One should jump for a duration of thirty seconds to a minute as fast as possible and rest in between for

sometime before starting again. You can always perform it during ad commercials and watch the rest of your show calming your body.

Today, video and DVD market is flooded with exercise, aerobics and yoga CDs and DVDs which can be purchased for a favorable fitness exercise regime to start at home. This gives more alternatives to people in case jogging or walking becomes mundane or if the weather does not allow you to go outside and run.

Running and walking can actually become all the more interesting if done with a partner, provided no chit-chat and gossip hours begin and win over your fitness schedule. Varying the ground of the running or walking area can also add change to the daily workout process.

Remember, it is very essential that you enjoy what you do to keep yourself fit if you actually want to feel the change in your health and body.

Besides, age does matter while selecting the kind of workout

that you do. An adult person may be capable of losing weight using particular equipments and build muscles as well, but an elderly may not just get the same results from the same regimen.

It is simply because of the quality of performance and not the utilization the expensive and similar machines.

Thu, it's advisable that you always choose a kind of fitness regimen that goes well with your body, age and needs keeping the various health constraints that age brings along.

Chapter 4 - Choosing a right home Fitness program

Home fitness programs can become as easy or complex as an individual would want to make it from exercises which do not require any additional equipment at all to employing the most advanced fitness gym and aerobic equipments available in the market.

It's beneficial for a person to analyze as to what his goals are for the exercise regime at home and then determine the type of equipments and cost they will charge to accomplish those goals.

Every person has a different body type which makes it essential to find a program that suits every person so that the exercise can be continued for lifetime instead of becoming a passing hobby or fad.

Every person necessitates having some kind of cardio activity included in the workout program, thus different kinds should be tried in order to understand what works for you. Also, it's important to get yourself involved in a physical activity which you can enjoy in the whole fitness program.

People who have weak knees, biking is a great option as a home cardio program. Walking is another low impact cardio physical activity which allows a person to be out while getting workout in his home fitness exercise regime.

Cross country skiing and jogging are also two options for those who are more adventurous and those who reside in colder weathers with snow. Those people who like to employ and can afford equipments for cardio, there are many which can be incorporated in the home fitness programs, like a rowing machine, a treadmill and an elliptical machine.

It is better to ascertain as to what exactly are your equipment needs before spending money on them. Besides, check out for the room where these machines would be placed as some places are not sound enough construction wise to bear such machinery on upper levels. Select the right one for you to get right results.

Another factor while planning a home fitness program for you is the company or the brand from where you purchase the equipments. For this, it is important to gain proper knowledge about the company selling these products checking their reliability through their website.

You can check testimonials on the sites or simply take references from your friends and family who have information on the subject of gym equipments. If you have any acquaintance with a gym instructor, it can turn to be the best option to take advice from him before building your fitness area at home.

Chapter 5- Privacy and cost effectiveness of home gym

Home fitness programs provide many benefits to those people who want to do workout but have less time and desire of going to a gym. However, a major aspect of home fitness programs comes with its privacy facility.

Especially people who feel awkward to work out in front of others because of many reasons such as self esteem hesitation etc. Also, you do not have to dress up to get ready for going to a gym as you would be working out at home.

You can wear anything you want without worrying about what others might think. Besides, you won't need to worry about doing a particular exercise wrongly and embarrass yourself.

Everything is under your control, you can mess up the number of times you want to and no one would get to know. There would be no need of looking for women's only or men's only sections as home based health regime is your own private arena where you can be as comfortable as you always wanted.

Also, you get to work out at your own speed, the way you want to

utilize your equipment at your home. There can't be a much easier and better option for you than this which also saves your money that you spend on gym membership and on gas for driving to it.

So many times an occurrence exists when you are not well for long number of days and do not go to your gym. However, your money keeps on getting deducted at your gym.

By investing in your home fitness program, you not just attain ease and health but also lifetime assets for continuing with fitness.

Today, people of every age put fitness as their major priority, but this does not mean everyone can afford to bear the hefty costs of gyms to respect this priority. This is why; there are many other home fitness program alternatives that can be adopted by teenagers who are most of the times short of money.

Running or jogging on the streets won't cost you anything but just lend you ample amount of positive energy and good health.

Even getting two or three gym equipments for yourself is a better idea, saving you from the annual or half yearly gym membership costs. Leaving you with no excuses to avoid exercising

outside, home fitness programs are one of the best things to invest in today because every individual needs to be healthy today to have a happy future tomorrow!

Chapter 6 - Exercises that you can perform at your home

Leaving you with no excuses of not finding the right type of exercises that you can do at home, here is a list of the appropriate home fitness based program exercises for you-

- These exercises can be performed by using easy drills at home and employing minimal equipments which you can get from around your house.
- For upper body you can do chair dips, lateral raises, push-ups, chin ups and bent over row. For core exercises you can do dead lift, sit ups and Side Bridge.
- For lower body you can opt for step ups, wall squat, bucket squats and lunges.

Prior to starting these exercises you must warm up yourself for minimum of five minutes by jogging or brisk walk around the block or by skipping on the spot. You must perform multiple sets of the exercises mentioned above depending upon your endurance level and requirement.

Also, taking intervals in between is equally essential. You can combine two exercises that use diverse muscle groups alternating between two things that provide each muscle group some rest while you perform another.

To get the best results, perform these workouts at least thrice a week, with no less than a day between exercises for sufficient recovery.

You must always strive to increase the intensity or load and to increase your fitness growth. Once your fitness improves, you can undergo this routine without bothering much and start with a more superior program.

Use your creativity and find more things to use for working out at home. Using buckets, filled with the amount of water you want can be employed for squats and step-ups.

Filling up milk bottles with 2 liter water makes it equivalent to a 2 kg weight to be used for overhead triceps extension, bicep curls and bent over rows.

Shopping bags and backpack filled with items can be used for

lunges, step-ups and squats. Utilizing bricks by breaking them in half in case of lower weight is appropriate for pushups, bench press, lateral raises and front raise.

Then comes the age old forms of exercises that come under the practice of yoga asana. A lot of people not just perform these exercises for the sole aim of relieving mental stress but to get and stay fit as well.

If you look at the fitness regimens of every famous celebrity today including the big names like Jennifer Aniston, Drew Barrymore, it is yoga that has worked wonders on their body to get the envious figure every girl wants.

Not only women, even men have also started incorporating this form of fitness to build up muscles using their own body weight. This is the most natural way of dealing with your body and respecting it as well.

Chapter 7 - Home fitness program for every person- Yoga

From the last one decade, yoga has attained a significant amount of popularity among every individual worldwide. A good example of home fitness program, yoga combined with some basic cardio exercises can give you drastic results for your body. It is easier to get started.

With some gentler forms such as kripalu and ananda that eases a person into exercising, it also paves you way to more strenuous types like astanga which is an actually intense workout forms.

Also, you do not need to have many types of equipment performing yoga or any specific clothes, nor you need to rely on whether to carry on with your routine.

The only thing you would need is a yoga mat and do yoga anywhere in the comfort and privacy of your home. focusing on holding your breathe between time period of few seconds to minutes, yoga poses are meant to bring better unity between your mind, body and soul.

The best feature of yoga is that it is appropriate for everyone. One

can start with it and continue even in the old age as it is highly flexible in regards to what a body can maintain.

Apart from giving full relaxation to your body through its breathing techniques, yoga also offers incredible workout sessions to make you lose weight, stay fit and healthy. It is a great form of workout where a person carries his own body weight to perform various yogic asanas.

There are number of benefits of yoga besides relaxing your mind and body, such as improving your strength, flexibility and balance. It aids in relieving stress and also keeps the body agile. Whether it's about getting in shape or getting a clean skin, this fitness program does it all. You can either learn it online from videos or illustrations with instructions.

All in all one gets an overall sensation of well-being that makes for a healthy, long and happy lifestyle. Yoga is one significant physical fitness equipment that's been gifted to the human kind by God. It is a person's own body weight that works as the equipment putting all focus on an asana.

This form is the best for people of every age and one of the purest ways of inhaling healthy breathes while feeding your body with the need of working properly till the time it should. Yoga is the actual way of life.

Chapter 8 - Significance of home Fitness programs

What does it mean when people say, “Home is the first school of a child?” It implies parents are the instructors and the child learns lesson from them that guides him all through his life. Health is one of the major aspects of everyone’s life and every child or an adult must pursue this one guideline also all through his life.

Again, here also, it is the home where this practice starts. Understanding this, the importance and scope of home fitness programs has developed by leaps and bounds from the last decade. This is majorly because of the number of people becoming more health conscious with every passing day.

Specially, the obstacles of obesity are being borne by many because of the drastic change in the food culture and eating habits of people today. No gym, no personal instructor, no diet pill can contribute to your health unless you do not do anything for yourself by yourself.

The best way to get started with aiming for a fit body is at

home. Exercising programs can take as less as ten minutes and as long as one hour to complete it and will make a person feel more energized and healthier the whole day completing a home training program is certainly not difficult because the exercises involved in it can be low impactful also that can be performed at a modest pace which so ever is convenient for the person performing them.

Opting for home fitness programs can be a great option especially when it comes to comfort, privacy, cost effectiveness, self esteem etc. as discussed in previous chapters.

Mainly for the socio economic class, these are more essential and important because without these, they won't be able to get time to work out and may need to take a harsh decision between family and health.

Home fitness programs are compacted and with the comfort of storing facility, these provide for easy workout at home along with children.

Sometimes, obese people do not feel comfy exercising with slim people around at public fitness centers, thus they can easily

shed out wait at their home's private area of workout with these.

It is just like feeding your body's need all by yourself at your home without the need of paying hefty gym membership bills and avoiding classes resulting into no use at all. When you have a home fitness program for you, everything is under your control, supervised by you. Enjoy your freedom!

Chapter 9 - Different kinds of Fitness programs

Among the number of home fitness programs offered these days, all claiming to be the best and perfect for you. However, not every fitness program presented to you is the best for all. You are a different person with different requirements, lifestyle and wants, thus you cannot have a fitness program which is just meant for all.

Every fitness program comes with its pro's and con's and this is you who will decide that which one suits your needs; you will enjoy, stick to it and also reap full benefits. To help you out, check out an overview of some fitness programs that can adopt at home.

- Aerobics home fitness program

This program comes in many different formats which mainly involve many movements such as leg raises, stretching, arm raises, bending, lunging etc. to music. The frequency and type of movements must depend on your current fitness level. This home fitness program can be followed by using DVD or video on aerobics or even through online sources.

- Pilates home fitness program

In the early 1990's Joseph Hubertis Pilates came with the concept of Pilates which is based on developing and getting better flexibility and body posture of movement originally by utilizing the support of springs. Pilates is practiced by employing specially manufactured equipments or doing exercises that are established on this Pilates system only on a mat. Pilates has produced various versions that are available today on DVD's or videos to be used by you.

- Step fitness home program

Step is mainly a kind of aerobic exercise that involves to step on and off quickly and frequently to music. One can follow this home fitness program by using DVDs or videos at home and a simple equipment piece.

- Dance up a blizzard

Throw on your favorite CD, crank up your music system's volume and dance like a hurricane in your bedroom. Adding more of

fun to it can simply have you inviting your friends to come over an indoor house dance party.

It can surely be fun for you, your friends and a great way to burn some calories as well. Especially in winters for youngsters and kids, rotating a hula hoop, jumping or juggling rope are easy and fun activities to try inside. Just be certain that you have enough space and high ceilings at your home to avoid damaging any of the furniture.

- Team Beachbody Fitness Programs

Team Beachbody offers an array of in home fitness programs that will help you reach your fitness goals and designed for beginners to advance. There are also focused workout routines, for example dance focused, cardio focused, total body focused, and even muscle building workouts. And Yes, Team Beachbody are the creators of P90X, Insanity and other popular in home workouts. But they are not limited to only extreme workouts.

Additionally, all Beachbody Fitness Programs offers a Nutritional Guide with every workout to help you meet your nutritional needs and better help you reach your fitness goals.

These are just a few examples of fitness programs that can be done at home. If seriously incorporated in your lifestyle, they can do wonders.

Chapter 10 - Everlasting growth of home fitness programs- The next generation workouts

Besides the time factor of gyms mentioned earlier, what about varying your routine for preventing boredom and fitness level? Except for you are ready to spend cash on getting a personal trainer; home fitness program may be just that one appropriate thing that you need.

With extremely quick growth, these programs are becoming popular as the next gen workouts. These programs are divided in three phases for helping you to build lean muscles by utilizing latest innovative circuit training methods. As you will move through every phase, you will notice big changes within 30 days. Check out few phases for your assistance:

Burn phase- phase 1

The first month when you start with a good home fitness routine your muscles would be pushed to get failure within 10-12 reps focusing on appropriate form that will continue the effectiveness of your workout. Then your routine alters, you avoid fitness and boredom plateaus as you progress to the subsequent phase.

Push phase- phase 2

This is your push phase started in the second month where your muscles would be pushed ahead of its comfort region. The main focus would be on toning each part of your body one at a time to make stronger and also tone every part.

Lean phase- phase 3

This is the last phase called as lean phase where your concentration would be on your body's each part, upper, lower and core. This phase would focus on helping you to get leaner as never before. After surviving the initial two months period, you lose weight, feel great and realize your fullest potential. Further, this provides you with additional energy for achieving your fitness objectives and let you have what you always dreamt of.

Though slowly, but certainly, you get to see your extra weight disappear, lean muscles replacing the extra weight that you use to have.

These schedules will fix your metabolism rate on fire and activate

your fat burning engines in order to make you burn extra 500 calories every day.

One of the greatest things about the modern day civilization is that there have been a rising number of individuals who are always looking out for ways through which they can be fit and stay healthy.

Besides, the fact that the young generation follows their ideals that are mostly today's celebrity fitness freaks, many along with older people also have started understating the relevance of performing exercises. This has ensured the growth of home fitness programs as well in the times to come.

Conclusion

Home fitness programs are indeed the need of the next generation which lives in an extensively busy environment that nothing else can suit them to stay in shape than having a fitness program at home.

One can benefit enormously from such regimes considering some unavoidable facts of shortage of time, ego issues, hefty gym membership bills etc. Sources to learn different techniques, places to buy fitness equipments, types of exercises for different bodies.

Our e book chapters have comprehensible information that is far away from the monotonous everyday knowledge you gain from different sources to help you get in shape or stay fit.

Outlined in easy language and inclusive of excellent facts, one is sure to attain success through it in his fitness objectives.

Readers can learn a lot on working out according to their body's necessities and types and purchase equipments that they will practically work for them. Today every person wants to be fit and for that every person we have compiled a plethora of exclusive knowledge for your health needs. Avail its benefits

and get to see the changes in your body within no time.

To find popular in home workout programs, make sure to visit <http://www.onesteptoweightloss.com>

At OneStepToWeightloss.com you'll find several in home workout programs that will fit your needs. All of which include:

- Step by Step Workout Routines.
- A Workout Schedule so you know what you're doing every day.
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