

100 Top Fitness Tips

100 Top Fitness Tips

Welcome to our special report, 100 Top Fitness Tips. This guide is brought to you by <http://www.home-gym-health-exercise.com> we give you the low down on all aspects of home fitness.

This guide covers top tips on Weight Loss, Muscle Building, Compound Exercises, Motivation, Fitness Equipment, Clothing, Cardio, Health, General Fitness and Workouts.

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Always see a qualified doctor before embarking on an exercise program. The author accepts no liability of injury or death caused from the information in this report. Use of this information is at your own risk

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Top 10 Compound Exercises

Don't have much time to workout? Want THE top muscle builders? Want to develop real strength? If so compound exercises should be the core of your strength routine!

Compound exercises are simply exercises that target more than one muscle group. For clarity, exercises that target a single muscle group are called isolation exercises. Anyway on to the Herculean strength builders!!

Squats

The good old traditional squat should be a part of any strength workout

Clean and Press

This exercise will work the muscles AND the heart and lungs, it's like a workout on its own!!

Deadlift

You can move some big weights eventually with this strength builder

Chin Ups

Tough to do at the start but worth persevering with as they will give you a fantastic physique

Bent over Row

Really works the back, but make sure of your form when performing this exercise

Press Ups

The good old fashioned press up has lasted the test of time for a reason!

Dips

Another time tested exercise

Bench Press

THE way to work out those pecs

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Lunges

A great leg builder that will also build explosive strength and the heart and lungs

Crunches

Not strictly a compound exercise but simply the best way to work those abs!

[Click for groundbreaking information on fat burning](#)

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Top 10 Workout Tips

Getting the most from your workout time is essential; your time is precious right? So let's make sure you squeeze the maximum from your workout with these top tips.

Use a Workout Log

If you aren't logging your workouts, you've not got the data to progress.

Set Goals

To perform effectively you need to know why you're working out when you don't feel like it!

Stay Hydrated

Most of your body is made up of water, don't get depleted during your workout otherwise you can't perform at the top level.

Be well equipped

Have the best clothing and equipment you can afford, you'll workout better and stay more comfortable.

Plan your Workout

If you meander around the equipment you're wasting valuable time and you aren't focused.

Don't be a workoutaholic

Going to the gym or working out all the time leads to staleness and injuries - don't be a bore!!

Warm up correctly

A poor warm up will lead to poor gains and injuries, spend the time to get that blood pumping.

Stretch after exercise

Stretching can help the body to rid it's self of the chemical build ups that cause muscle soreness. No one likes to walk like Frankenstein after our workouts!!

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Give yourself a holiday

Every few months, give yourself a few days off. Your body will appreciate it and you will return with renewed vigour.

Keep it fresh

Mix up your workout sessions, join a class, try a new machine, change your strength days. Shock your body into new growth.

[Get positive habits working for you](#)

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Top 10 Health Tips

Good health is essential to your quality of life and longevity, try these ten for size.

Stop Smoking

Smoking has no benefits to you at all, so why do it?

Reduce Stress

Stress is one of the major killers in the western world, learn to meditate and relax, your body will love you for it.

Drink plenty of water

Water can help you loose weight and will help detoxify you.

Wear a seatbelt

Not wearing a seatbelt increases your chances of death or injury.

Reduce alcohol consumption

Alcohol abuse can cause relationship, money and health problems and contains a massive amount of needless calories.

Laugh

Laughing keeps you young and is proven to provide countless health benefits.

Don't ignore body changes

If your body changes or your start to feel pain don't ignore it, get it checked out. Catching problems early can help professionals to cure them.

Sleep

Your body needs quality sleep to regenerate and to live it's essential; you die from a lack of sleep before you die from a lack of food!!!

Take tests

Make sure you keep up with smears and other essential health tests

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Check yourself

Ensure you check for breast cancer, testicular cancer and skin cancer regularly and take action if you notice any changes.

[Find your ultimate reality with this acclaimed book](#)

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Top Ten Cardio Tips

Cardio is the cornerstone of your workout; these ten tips will help you ensure your cardio is ultra effective.

Get a Heart Rate Monitor

A heart rate monitor ensures you don't over train or workout at too high a tempo and can help you hit your goals

No Pain Good Gains

When performing a normal cardio session you should still have the breath to conduct a conversation, don't overdo the intensity it won't benefit your development.

Do something you enjoy

Hate running? Don't do it. Love cycling? Do that. Pick a cardio routine you will look forward to doing

Switch Machines

A forty minute treadmill workout can be boring can't it? Why not switch between the treadmill, rower, elliptical and stepper?

Play with the intensity

When you have completed your base phase why not throw the odd high intensity session into your workout? Sprint for thirty seconds and jog for two minutes and continue this for twenty minutes. A real tough workout!

Get the correct equipment

If you are running as part of your cardio routine, ensure you have the correct footwear. The wrong equipment will get you injured.

Do it in the morning

Performing your cardio routine in the morning on an empty stomach will massively improve the session's fat burning properties.

Stay Hydrated

You will quickly become dehydrated if you're not taking on water during your cardio sessions.

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Stay Motivated

A standard cardio workout can become boring quite quickly so make sure you have some music on the go or a great view to keep you focussed.

Wait at least 45 minutes before eating.

Waiting for at least 45 minutes after your cardio session before eating will massively benefit your fat burning capabilities.

[Stay fit beyond your 40's](#)

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Top Ten Weight Loss Tips

Weight loss is probably the single biggest reason people start to exercise. Try these ten tips to blast that fat.

Don't concentrate on losing weight

Concentrate on eating healthily and exercising rather than obsessing about weight loss.

Eat more often

Smaller meals eaten more regularly will keep your metabolism high and will help you to burn more fat.

Eat fewer calories

This is an obvious point but worth stressing. You CANNOT lose weight unless you create a calorie deficit. That is burning more calories than you consume.

Eat more protein

The ideal fat burning menu contains a large portion of protein.

Eat the right fats

Fats are very important to your diet, think oily fish however rather than saturated fats from fried food.

Consistent exercise

To create a calorie deficit and to tone up you MUST regularly perform both cardio and resistance training. Aim for three cardio sessions and three weight training sessions a week.

Weigh and measure weekly

Give yourself the boost of seeing the weight come off by weighing yourself weekly. Don't do it with any more frequency however as body weight can fluctuate.

Cut down on sugar

Sugar causes insulin spikes and the sugar in your coffee or tea can really add up over the course of a day. Try green tea which is rich in antioxidants and can help burn fat.

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Keep it hot

Did you know that simply changing the temperature of the water you drink can speed up your metabolism and burn more calories? Drink hot water!

Don't go hungry

Starving yourself will just prompt the body to slow down it's metabolism as it thinks there's a famine so will store fat.

[Fat loss for idiots, the fat loss guide for all](#)

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Top Ten Muscle Building Tips

Getting in great shape makes you feel superb; to get a great shape you must train with weights as well as your cardio workouts.

Evaluate

Before starting a weights plan you should evaluate your current position and goals. How much can you comfortably lift? What size is your waist? Do you want to be the next Mr or Mrs Universe? This all impacts the plan you must put together.

Keep your workouts short

Muscles respond better to short intense sessions, so does your boredom threshold and your life 😊

Start with compound

Compound exercises will help keep your workout short and will allow your body to adapt to the rigours of weight training.

Eat well

When training with weights your body will burn up more protein as these are the building blocks of muscle. Six small protein rich meals a day is your goal.

Supplement

Your body will be stressed by a weights workout so ensure you take supplements that aid healthy joints and bones.

Rest

Muscles grow when the body is asleep so get plenty of rest for maximum gains. It will also help you to not over train.

Use correct technique

Bad technique leads to injuries and poor gains. Take the time to get the right technique. If you're struggling for form then the weight is too heavy.

Lower at half the speed of your lift

The lowering portion of the lift can help build the muscle so make the most of it!

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Stretch and warm up

Warm muscles respond better to strength training, it will also help you to avoid injury.

Measure your progress

Keep a log of your sessions so you can see your progress and you know what weights you were lifting in your last session.

[Top underground mass building secrets](#)

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Top Ten Equipment Tips

Buying fitness equipment can often be a baffling ordeal, try these tips to a stress free purchase.

Consider the noise level

How noisy is the equipment? Do you live in an apartment? Can your partner still hear the TV?

Size

Will the equipment comfortably fit in the space you have set aside? Will it stow away in a cupboard?

Cost

Is the equipment within your budget? Will you get the usage from the equipment?

Refund policy

What is the companies refund policy? If the product is defective can you easily return it?

Buy something you enjoy

If you hate the idea of running then don't go out and buy a top of the range treadmill. Get a piece of equipment you will look forward to using.

Buy from a knowledgeable retailer

Get advice if you need it from the retailer, they should have a good working knowledge of the products they supply.

Buy some travel equipment

If you're away on business or on holiday it's always useful to have a jump rope and some resistance bands this will ensure you don't have to miss your workout.

Have Cardio and Strength equipment

If you're kitting out a home gym you need both Cardio and Weight equipment to ensure a quality workout routine.

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Buy the best you can afford

Don't scrimp on fitness equipment, buy the best you can afford and it will pay you back for years to come.

Do your research

Research the product fully before you decide to purchase.

[Reversing obesity in 7 days?](#)

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Top Ten Motivation Tips

Motivation is king when it comes to exercise and health, if you're motivated to succeed you will succeed.

Find a partner

If you have someone to workout with your odds of sticking to it are greatly increased.

Set your goals

You need goals to work to in order to succeed. Want to run a marathon? Want to drop a dress size?

Vary your routine

Don't just hit the same machines over and over again, you'll soon get bored.

Try something new

Why not try a game of squash? Or rock climbing? Go wild and try new things all the time.

Get the new gadget

There's nothing like the latest heart rate monitor to make sure you hit the gym.

Focus on feeling

Focus on the positives of exercise, how do you feel and how does it make you look.

Take a break

Take a rest from working out occasionally you'll come back with renewed vigour.

Treat yourself

When you hit your goals, go out and buy yourself a gift, dropped that dress size? Get a new dress. Got a six pack? Get some new clothes to show them off.

Keep a log

Tracking your workouts and progression will demonstrate the gains you are making.

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Music

Make sure you have your favourite music with you when you workout.

[Amazing motivational software](#)

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Top Ten Clothing Tips

To get the best results you have to be wearing the correct clothing, here's ten to help you get the best from your kit.

All eventualities

Going for a jog outside? Make sure you have the right kit for rain, sleet and snow!

Comfort

Comfort is king with workout clothing, if you're not comfortable you will not get a good workout.

Quality

Workout clothing is often treated harshly, it is washed a lot it is thrown into the bottom of bags. If your clothing isn't of a good quality it will fall to pieces only too quickly.

Quantity

If you're working out everyday you will need plenty of clothing for your workouts.

Wicking

Wicking fabrics should be worn next to the skin as they pull moisture away from the body and keep you cool.

Be Reflective

When the winter months arrive you will be jogging in the dark, make sure your clothing is reflective and you can be seen.

Socks are important

Don't scrimp on socks! Poor fitting socks will give you blisters.

Go to a specialist

When buying your running shoes, go to a specialist running store that will help you select the correct shoes depending on the style of your running. This will help avoid injuries.

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Take your old running shoes

Taking your old running shoes will allow the store to see the wear on the sole of the shoe therefore giving them an insight into your running style.

Sun cream

If you're jogging or cycling in the summer months make sure you "slap on the sun cream!"

[Quit smoking RIGHT NOW](#)

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Top Ten General Fitness Tips

Here's a quick top ten of what we feel are some of the best general fitness tips.

Goals

Before you start any new program always write down your goals

Plan

Once you have set out your goals, draw up a plan on how you will achieve them.

Take a before photo

The change will be gradual and it is often difficult to see by looking in the mirror but take a picture every month and see the changes.

Do a fitness test

Before you start a new regime make sure you know your current state of fitness.

Take your time to stay up to date

Read the latest fitness magazines and books so you can stay up to date with current fitness developments.

Keep a journal

Keep a food and fitness journal; you will be surprised at what it will reveal.

Eat several small meals

Eat several small meals through the day rather than the accepted "three square meals."

Drink water

Aim to drink at least eight glasses of water a day

Ward off stress

Take time to relax and reflect every day

Think positively

Think positively, negative feelings can set back your gains.

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[Energize your life using the shock diet](#)

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