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Fitness, Stretching & Exercise Selection For Women

By Phil Beckett

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In addition to stretching the muscles involved in cardiovascular exercise, you need to stretch each specific muscle you train in a fitness program.

When you stretch your muscles it helps to provide better physical performance, prevents injuries, and can help to improve your posture.

When muscles are stretched, the elasticity in them improves which will help to increase your range of motion and improve the quality of your movements.

Never stretch a cold muscle; meaning you should always make sure your muscles are warm before stretching. It's usually better to do a more extensive stretch at the very end of your fitness program, but light stretching between exercises is fine.

Stretching doesn't take a long time, and it shouldn't, but you do benefit tremendously from it.

Stretch only after the muscle has been properly warmed-up. Again, the best time for a complete stretch is when your exercise session has been completed.

By the time you have finished your specific weight lifting program, which will be about 35 – 45 minutes in length, your muscles will have warmed up as much as they can possibly get.

Remember any womens fitness program must always include a warm-up and proper stretching for maximum effectiveness and to prevent injury.

When you do this you will indeed experience the terrific benefits a good weight training program will give you.

Exercise Selection:

For you to succeed in your over-all womens fitness plan you need to select at least one exercise for each major muscle group in your body. This will help to promote well-balanced muscle development.

Another important part of your over-all fitness plan is the order your exercises are performed. When doing a range of weightlifting exercises, it's better to start with the larger muscle groups then perform exercises for the smaller muscle groups.

Performing your fitness program in this manner will allow you to be exercising at your best during the most demanding exercises when fatigue levels are the lowest and you feel fresh.

Another important area of exercise selection is the total number of sets per exercise and total number of sets per exercise session.

A "set" as it relates to womens fitness is the number of successive repetitions of a single exercise performed in succession without stopping.

Now the number of sets per exercise and per exercise session is really going to depend on exactly what your goals are.

Always treat your very first set for each muscle group as a warm-up, as was discussed in the warm-up section above.

Then the rest of your sets will be determined by whether or not you are using a beginner, intermediate, or advanced level womens fitness program and what your particular goals are.

To find out more about how to determine sets, exercises, etc. you can visit:

<http://www.womens-health-fitness.com/womens-fitness.html>

Regardless of the number of sets performed, all sets and repetitions have to be done with proper exercise form and under complete control.

Exercise Form Or Technique:

One thing that always seems to be missing in most womens fitness programs, and the most common and critical training mistake is exercise form or "technique."

Too much weight usually results in poor form, which decreases your ability to get results and also increases the risk of injury.

Examples of poor form or technique include, but aren't limited too...

- Bouncing the bar off your chest when performing a chest press;
- Using your hips for momentum and over extending your back to initiate the bicep curls;
- Arching your back or bending backwards when performing a shoulder press during the resistance portion of your fitness session;
- Using momentum in any exercise;
- And training at a fast tempo.

Be aware of these types of mistakes and remove them.

Phil Beckett is one of the world's most experienced weightloss, health, fitness and nutrition experts. He is the C.E.O. of Physique Concepts Inc. He's helped thousands of women succeed with their

weight loss, health & fitness goals over the past 14 years. Phil also specializes in the research end of women's weight loss products.

Stretching exercises

By John Gibb

Stretching exercises are important before you begin your workout. Always remember to stretch before and after your workout. Stretching exercises also give you health and fitness by making you more flexible.

This helps you in all sorts of exercises, even running, you will find stretching the leg muscles daily will give you better performance at fitness exercises such as running.

Remember for optimal health and fitness always perform stretches, as we mature we become more and more less flexible, this is why it is good to stretch daily.

Stretching exercises for health and fitness are very easy to perform. The normal ones for legs such as touching the toes and hamstring stretches are your most common stretches. For arms you can do anything from arm twists. For your upper body a great stretching exercise is to perform twists side to side with a weightless barbell behind your neck. If you are pursuing martial arts or want excellent flexibility in the legs then you can perform the splits each day, take it very easy when doing this if you are new to exercise, pushing your self could result in severe pain, and in some cases, even damage.

Visit

for further information.

John Gibb is the webmaster of several websites.

is his latest addition.

Stretching exercises

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