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How to Get The Most From Your Home Workouts

By Rick DeToma

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A recent study found that home workouts may do even more good than workouts at a gym. This is good news for people who are time crunched and find it's too much trouble to make it to a health club.

So how do you get the most from your home workouts? Follow these suggestions:

1. **Have A Plan.** Know exactly what it is you want to accomplish and how you intend to get there. Plan out the exercises and the amount of reps and weight you will use. If time is a factor, make sure the volume of your workout fits the allotted time. If you can only squeeze in 10–15 minutes, then make the most of it. Use compound moves for the large muscle groups. Use an exercise log and refer back to it. It's a great way to track your progress.
2. **Have What You Need.** Make sure you have available any equipment you intend to use and that you know how to use it. If you have never used resistance tubes, then practice with them in advance so you get a sense of the tension they provide. If you plan to use a stability ball, make sure you have the right size for your height. See a chart [here](#).
3. **Know How to Do Things Right.** Make sure you are familiar with the exercises you plan to include in your home workout. Do some research and completely understand any new exercises you intend to do. Form is very important. Proper form will keep you from injuring yourself.
4. **Mix Things Up.** Don't stick with one workout for ever. Your body will quickly adapt to any form of exercise if you stay with it for too long. Make sure in your planning stage that you build in variety through new exercises, a different exercise order, different rep scheme or try supersets or a circuit.

5. **Get Support.** Work with a personal trainer to learn what you should do and how you should do it. A recent study showed that people who worked with a trainer worked harder and met their goals faster than those who did not.

Just because you are doing a home workout does not mean that it can't be as tough or tougher than people who travel to a gym. Once you know where you are going and how you intend to get there, the rest is up to you. Follow your plan, give it 100% effort, eat right, and you'll be on your way to a fit body.

About the Author: Rick DeToma is a fitness coach, and trainer who specializes in home workouts. Contact Rick for a no obligation telephone fitness assessment at:
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How To Develop A Strength Training Workout To Swim Faster!

By Steve Preston

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Swimming is a very unique sport to develop a proper strength training workout for. Swimming is one of the few sports that requires more upper body strength for maximum performance. In fact, swimming requires at least 80% of strength from the torso and arms. Strength train correctly for swimming, and watch your speed in the water take off! Here are some tips to help you create the perfect workout.

1. Determine The Body Parts To Emphasize

No matter which swimming stroke you compete in, the body parts to emphasize are the same. The body parts in order of importance, that you will need for swimming are the back, chest, shoulders, arms, abdominals, hips, thighs. When creating a sport specific plan, you will work on these body parts in this order. You still want to train the entire body, because our body's work as a unit. Although you want to keep all of your body parts strong, try to keep this order when setting up your workout.

2. Select The Best Exercises For The Emphasized Body Parts

When selecting exercises for your swimming strength workout, you should find ones that you are comfortable with. Don't try to perform exercises that "mimic" the movements required when you swim. You never want your strength training exercises to be "too similar" to the skills for your sport. Just find the 12 best exercises for the body parts above.

3. Organize The Exercises Into A Routine

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Take the 12 best exercises and organize them into a workout routine. You can substitute exercises occasionally. Try to select 2 exercises for each body part.

4. Full Body Workouts

Now that you've organized your exercises into a routine, you need to perform these full body workouts. If you're in the off-season, you can do this full body workout on 3 nonconsecutive days per week. If you're in-season, try to perform a workout every 4–5 days. This additional rest will help you recuperate from the combination of practices, workouts, and competitions. You might even get stronger by training this infrequently.

5. Keep It Progressive

No matter which exercises you've decided on, you must keep your workouts progressive. That means you should strive to add an additional repetition with the same weight in successive workouts or keep the number of repetitions the same, and add a little more weight. Try to do this as often as you can.

6. Minimize Momentum

When you're swimming competitively you want to be fast in the water. Don't make the mistake of thinking that your strength training workouts need to be fast in order to make you faster in the water. Your strength training workouts should be slow and controlled. Always lower a weight twice as slowly as you lift it. This ensures that your form is perfect. Perfect form on your strength training exercises will carry over to improved performances in the water.

Steve Preston is a Sports Performance Specialist in Virginia Beach, Virginia. He specializes in sports-specific strength training programs to improve athletic performances. He is available for phone consultations, and clinics and can be reached through his website at

He has recently created a DVD Strength Training Program For Swimmers. It can be viewed at



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