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**Your Top Fitness Questions Answered**

**By Lynn Bode**

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As a certified personal trainer part of my commitment to clients is consulting with them. This includes answering their many fitness and diet questions. Needless to say, I get asked a lot of questions. And, there are several questions that seem to be on almost everyone's minds.

The answers to these top 8 inquiries can help most anyone get a jump start on reaching their weight loss and fitness goals. So, here are some of the top fitness questions and their answers.

1. I want to tone and tighten my legs (or stomach, or arms, etc). What exercises can I do to lose fat there and get them toned? Answer: You can't spot reduce. It is necessary for you to reduce the fat in your trouble area before you will see big results from your strength training exercises. You must burn calories and fat through cardiovascular activities. This includes such things as walking, jogging, step aerobics, jumping rope, swimming etc. But, while cardio is critical you should also include strength training exercises to help build muscles and tone your trouble area simultaneously.

2. I really want to workout and get in-shape, but I just don't have the time. What should I do? Answer: You are not alone. One of the top reasons people give for not working out is lack of time. The first step is to realize that it's not that you don't have the time, but that you are not making it a priority in your schedule. What people don't realize is that it doesn't take a huge time commitment to reap the many rewards of regular exercise. Many people think that if they can't workout several hours a week, then they might as well not workout at all. But, exercising even just a couple of days a week is far better than not exercising at all. The key is finding a truly effective and efficient workout plan.

3. What is the best fitness program for losing weight? Answer: The key to a successful program is that it is comprehensive and includes the necessary pieces. There are three major components of a good weight loss program: cardio, strength training and stretching. It's equally important to include all three components. For example, you could do cardio 3 times per week, strength training twice per week and stretch before and after every workout.

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4. I have hit a plateau and can't seem to get the scale to budge (or can't get any stronger). Can you help me? Answer: The key to breaking through a plateau is change. One of the best techniques for overcoming a plateau is Interval training. This is a type of training that includes bursts of high intensity periods followed by lower intensity recovery times. You'll also want to change your workout routine at least every 4–6 weeks.

5. What size weights should I train with and how many reps should I complete? Answer: There's no one size fits all weight size that is best. The size of weight you use depends on your goals, skills, past fitness experience, etc. A good rule of thumb is to start with about 70% maximum resistance with 8–12 reps and 1–3 sets. To determine your specific 70% maximum size, you must first determine the maximum amount of weight you can lift. However, it's typically not recommended that beginners attempt to lift their maximum amount of weight, for safety reasons. So, another simpler option is to choose a weight size that provides fatigue after the 8th – 12th rep is completed.

6. Is it bad for your body to workout some of the same muscle groups daily? Answer: Typically you should allow your muscle to rest about 48 hours before working it again. This is the safest approach and also the most efficient approach for improving strength. It will help you increase hypertrophy more effectively.

7. How often should I stretch and should I stretch before or after working out? Answer: Actually, it's best to stretch both times. If you have the time, your body will really benefit from stretching both before you start exercising and again after your workout. At the very least, be sure to stretch after you have completed your workout. As far as frequency, even if you don't workout every day it is very beneficial to include a stretching routine daily.

8. How can I workout at home because I don't belong to a gym? Answer: There are many, many options for strength training and cardio workouts that don't require a trip to the gym. If you have dumbbells, a resistance band, or an exercise stability ball, there are literally hundreds of exercises that you can do at home. With these exercises you can increase your muscular strength, muscular endurance plus of course get a more defined look in your physical appearance. For cardio workouts you can simply walk outside or at an indoor location, stair climb, jumping jacks, etc.

Lynn Bode is a certified personal trainer specializing in Internet–based fitness programs. She founded Workouts For You. Visit:

for a free sample workout and to sign–up for

their monthly fitness newsletter. Workouts For You provides affordable online exercise programs custom designed for each individual. Fitness professionals visit:

## **Develop The Correct Golf Swing For Women With Golf Fitness Training**

**By Sean Cochran**

## Your Top Fitness Questions Answered

The woman golfer has a myriad of questions on how to develop the correct golf swing as does most any amateur. The questions from woman golfers center on a myriad of topics such as; how to hit the golf ball farther, how to develop a more repeatable golf swing, how do I hit half shots with my wedges, what are good putting drills? The list can go on and on in relation to the woman golfer and how to improve their golf swing. An area that is now presenting more and more questions from the woman golfer centers upon golf fitness. Questions such as; what are good golf flexibility exercises, and how can golf fitness exercises help me drive the golf farther? These and many more questions are arising in relation to golf fitness and the woman golfer.

It is well known on the LPGA tour the number of players utilizing golf fitness programs to improve their golf game. Annika Sorrenstam has publicly stated the benefits she has received in her golf game from golf fitness training. One area that always appears to be a concern for the woman golfer is distance. How to hit the golf ball farther and Sorrenstam does hit the ball a long way, and utilizes golf fitness training. A simple connection can be drawn between increased driving distance, women golfers, and golf fitness exercises. The bottom line is this; golf fitness exercises can benefit the distance of drives for the woman golfer.

The questions that need to be answered are how and why. First off an understanding of increased distance, the golf swing, and the woman golfer needs to be addressed. Driving distance is contingent upon clubhead speed. The faster the clubhead is traveling at impact with the golf ball. The golf ball will travel farther, an easily understood concept.

Clubhead speed in the golf swing is contingent upon two components. Component number one is golf swing mechanics. The biomechanics of the golf swing in and of themselves create clubhead speed. It centers upon physics and the coiling/uncoiling of the body during the golf swing. In relation to improving clubhead speed and golf swing mechanics. The more efficient the woman golfer performs the mechanics of the golf swing. A greater amount of energy can be developed and transferred into the golf ball as a result. First and foremost for the woman golfer; the development of efficient golf swing mechanics can improve driving distance.

The second component of increasing clubhead speed is the body. Remember, the body is the implement swinging the golf club. It is the woman's body executing the biomechanics of the golf swing. In addition it is also the body generating power for the golf swing. Power is the ability of the body to generate the greatest amount of force in a short amount of time. Increase the ability of the body to generate more power within the biomechanics of the golf swing. An increase in clubhead speed can occur. How does the woman golfer increase power outputs of their body? This is where the implementation of golf fitness exercises can be a benefit. Golf fitness exercises can increase the power outputs of the body. Power golf fitness exercises increase the ability of your muscles to develop more force within the golf swing.

How do golf fitness exercise achieve this outcome? Golf fitness exercises develop the body around the golf swing: Very different than ordinary fitness training or aerobic classes. Golf fitness exercises develop the required flexibility, balance, strength, endurance, and power within the body for the golf swing. This allows the body to execute the biomechanics of the golf swing correctly. In addition, golf

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fitness exercises can improve the swing in areas such as clubhead speed.

This is accomplished with golf fitness exercises training the body in the positions, movements, and physical requirements of the golf swing. This allows for the proper levels of flexibility, balance, endurance, strength, and power to be developed within the body. Improving the capacities of flexibility, balance, strength, endurance, and power can improve the ability of the body to perform the golf swing and increase distance.

To summarize, the questions surrounding women and developing the correct golf swing are many. How to improve the golf swing through golf fitness exercises is one of these questions, and one specific area within this topic is distance. Increasing distance is contingent upon increasing clubhead speed. Improving clubhead speed centers upon golf swing mechanics and the body. Improving the efficiency of the golf swing mechanics will allow a greater transfer of energy into the golf club, thus improving clubhead speed. The second component of distance lies within the body and its ability to generate power. Increasing the power outputs of the body will enhance clubhead speed. Power outputs of the body can be improved through golf fitness exercises. These exercises differ than normal gym based exercises in that they develop the body around the swing. This allows for the proper levels of flexibility, balance, strength, endurance, and power to be developed within the golf swing.

Sean Cochran

Sean Cochran is one of the most recognized golf fitness instructors in the world today. He travels the PGA Tour regularly with 2004 Masters, 2005 PGA, and 2006 Masters Champion Phil Mickelson. He has made many of his golf tips, golf instruction and golf swing improvement techniques available to amateur golfers on the website

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