

The Gym Less Workout Simple: Get Fit Anywhere, Anytime!

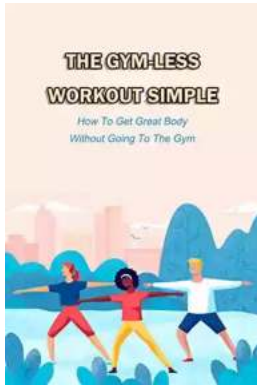


Are you tired of staring at the same four walls of a gym while you work out? Do you feel unmotivated and bored with your exercise routine? It's time to break free from the confines of the gym and discover the joy of a gym less workout.

The Benefits of a Gym Less Workout

Many people believe that you need a fancy gym membership or expensive equipment to get fit. However, a gym less workout can be just as effective. Not only does it save you money, but it also allows you to be flexible with your fitness routine. Here are some of the benefits of working out without a gym:

The Gym-Less Workout Simple: How To Get Great Body Without Going To The Gym



by Mary E. Pearson (Kindle Edition)

★★★★☆ 4.6 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 55 pages
Lending : Enabled



- No membership fees: Say goodbye to those monthly gym fees draining your bank account.
- No waiting for equipment: No more standing in line to use the one available treadmill.
- No time wasted commuting: Imagine the time saved by not having to drive to the gym.
- More outdoor options: Discover the beauty of exercising in nature.
- Flexibility in scheduling: Work out whenever it suits you best.
- Creativity in workouts: Mix and match exercises to keep your routine fresh and exciting.

The Essentials for a Successful Gym Less Workout

Now that you're convinced about the benefits of a gym less workout, let's focus on what you need to make it happen. Don't worry; you won't require bulky machines or complicated gadgets. Here are the essentials:

1. Comfortable workout attire

Invest in good-quality workout clothes that make you feel comfortable and confident. Choose breathable fabrics tailored to your preferred exercises.

2. Proper footwear

Having the right pair of shoes is crucial to prevent injuries. Find a pair that provides proper support and cushioning for your preferred workout activities.

3. Resistance bands

Resistance bands are versatile and compact exercise tools that add resistance to your workouts. They're perfect for strength training and can be easily packed wherever you go.

4. Yoga mat

A good yoga mat will ensure your comfort while performing floor exercises, stretching, and meditation. It also serves as a protective barrier between you and the floor.

5. Fitness apps or videos

Download fitness apps or find workout videos online that suit your fitness goals. These resources provide guidance and motivation during your gym less workout sessions.

The Best Gym Less Workout Exercises

Now that you have everything ready, let's dive into some gym less workout exercises ideal for any fitness level. Mix and match these exercises to create a routine that suits your preferences and challenges your body. Remember, always warm up before starting any workout!

1. Bodyweight exercises

Bodyweight exercises are excellent for improving strength and flexibility. Try squats, lunges, push-ups, planks, and burpees. You can do these exercises anywhere, with no equipment required.

2. HIIT workouts

High-Intensity Interval Training (HIIT) is a fantastic way to burn calories and boost your metabolism. Alternate between short bursts of intense exercises (jumping jacks, mountain climbers) and short recovery periods (resting or jogging in place).

3. Cardio activities

Go for a run, jog, or brisk walk in your neighborhood, local park, or beach. Cycling and swimming are also great options to get your heart rate up and improve cardiovascular health.

4. Yoga and Pilates

Focus on improving flexibility, balance, and core strength with yoga and Pilates exercises. Use your yoga mat for poses like downward dog, warrior poses, bridges, and planks.

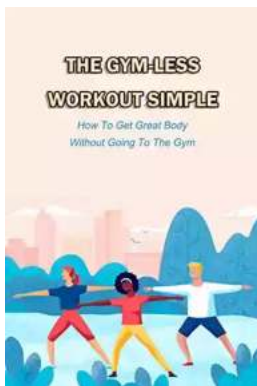
Stay Motivated with a Gym Less Workout

Maintaining motivation is key for any workout routine, including a gym less workout. Here are some tips to help you stay motivated and committed to your fitness journey:

- Set clear fitness goals: Define what you want to achieve and make a plan to reach your goals.
- Track your progress: Keep a workout journal, use fitness apps, or even take progress pictures to see your improvements.

- Find a workout buddy: Partner up with someone who has similar fitness goals to keep each other accountable.
- Switch up your routine: Don't be afraid to try new exercises or modify your existing routine to keep it exciting.
- Reward yourself: Treat yourself to small rewards whenever you achieve a milestone or complete a challenging workout.
- Join online fitness communities: Connect with like-minded individuals who can offer support and inspiration.

Working out without the need for a gym is not only possible but also a great way to stay fit and save money. By following the essentials, incorporating various exercises, and staying motivated, you'll see amazing results in no time. Embrace the freedom and flexibility of a gym less workout and enjoy the endless possibilities it brings to your fitness journey!



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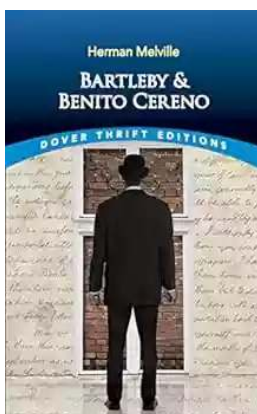
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As everyone is stuck at home during the COVID-19 pandemic, without access to our usual workout studios or fitness equipment, we're getting creative with our exercises. While there are countless household items that double as workout equipment, it's also worth noting that you can weight train without weights. Seriously.

Olympic weightlifter Allan Contreras, a coach at Future training, knows this firsthand. As someone who competes (in the Olympics, no less) by lifting heavy weights, he's in the same situation as the rest of the world, unable to train in the usual, out-of-the-house manner. What's an Olympic weightlifter to do? Work with his own body weight.

"I turn to some of my go-to bodyweight exercises, which I do three times a week in the morning," says Contreras, noting that they help to wake his body up and work all of his muscles. The moves that he turns to work together for full-body strength, gets his body working on multiple planes (think lateral movements), strengthen his stabilizer muscles, and all essentially make his body more primed to take on heavy weights again once he's able to do so. Keep scrolling for his go-to at-home workout—zero equipment needed. This book will tell you about it!



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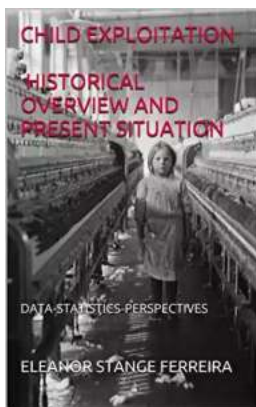
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