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# Foreword

Not everyone can just be physically fit without some level of conscious effort, and to be able to claim physical fitness, the individual needs to have a proper plan in place to work with. Get all the info you need here.



## ***Push Your Limits***

Unleash your body power & increase your body  
endurance

# Chapter 1:

*Make Sure You're Physically Fit*

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## Synopsis

Understanding the reasons for the need or desire to be physically fit will also contribute to the eventual design of the fitness exercise plan.



## **The Basics**

A lot of the physical fitness capabilities of an individual, depend squarely on the mindset of the said individual. A positive mindset will be a good motivator to continue on the road to physical fitness and will also help the individual overcome any setbacks that may occur along the way.

The following are some pointers on the areas that should be considered when seeking to be physically fit:

Starting on an exercise regimen that first addresses and prepares the mind for the physical work out should ideally be the first step in any exercise program. Being mentally ready and alert before, during and after the exercise sessions will benefit greatly as the individual will be able to get more out of the exercise session.

Attempting to clear the mind and focus on the exercising task at hand will help the body adjust faster and be more productive during the exercise session.

Physical fitness tones and body and keeps it in optimum condition. When the body parts are all functioning accordingly, it is then able to take on any challenge even if the challenge involves having to fight off illnesses and fatigue.

When an individual is physically fit, the energy levels are also high thus enabling the individual to get tasks completed efficiently and effectively. Staying physically fit can be done in various way and it does not necessarily only mean hitting the gym.

Swimming has been documented to be the most comprehensive body workout to staying physically fit. It tones the body without causing undue stress to any of the muscles. Running and weight lifting also provide the body with good physical workouts.

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# Chapter 2:

## *Strong Mental Preparation*

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### Synopsis

A big part of achieving success every time a work out session is in progress would depend largely on the mental state the individual is in. it is very important to address and prepare this part of the human body before actually commencing on an exercise session, to ensure optimum success.





## **Get Your Brain Ready**

Everyone has experienced days when they just don't feel like embarking on a physical work out session but if and when such situations arise the individual should be able to muster up enough energy to stay focused and exercise anyway simply based on the ability to condition the mind to accept and get on with the task.

Being able to motivate the body with the correct mental thought process is very important in keeping the individual interested in ensuring the exercise routine is completed. Sometimes there is a need to take the time to understand the reason for the reluctance to exercise and address this separately. Sometimes it may just be a matter of changing the routine that has now become quite boring or it may be as small as including a new routine into the existing exercise plan.

Taking on new exercise styles and trying different workouts will help the individual better benefit from the overall exercise session as the mind and body needs to work together in order for optimum results to be achieved. A change of environment or even workout buddies may be called for, in the quest to stay mentally prepared for the workout sessions. Changes should be made to ensure the mental state of the individual is kept motivated enough to enjoy and maximize every workout session embarked upon. A good mental preparation phase will also allow the individual to focus on the workout at hand and not be distracted.

# Chapter 3:

## *Nourish Your Body With Nutrition*

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### Synopsis

Exercising is one of the best ways to keep the human body in optimum shape besides the more obvious elements like proper diet and food choices. A good nutrition will allow the body to function well during and after a workout session.



## **Eat Right**

Being aware of the protein intake when physical activity is being practiced on a regular basis is important as it helps to ensure the correct amounts of macronutrient needs are being met.

The carbohydrate and protein intake must be adequate to help maintain the body weight, replenish the glycogen store and help with the building and repairing of any tissue damage.

The fat intake should also be of an adequate level as it will provide the essential fatty acids and fat soluble vitamins to maintain the energy level and weight maintenance.

The diet should ideally consists of energy derived from fat which should be about 20 – 25% of the overall energy contributor, anything less would not be able to yield the desired results.

Having a good pre workout meal or hydrating liquid concoction would be most beneficial in ensuring all the right nutrients are available within the body system to help the body cope with the exercise regimen designed.

This may include some orange juice, water and whey protein, or some Endurathon mixed in with water, or a vanilla whey protein smoothie with berries and orange juice. Even some yoghurt and cereal or some toast and peanut butter are good pre workout boosters.

The post workout meal is also very important as this provides the necessary elements to repair any damage done during the exercising session or to simply replenish the nutrients for the body.

Drinking a shake or a sports drink or even eating an energy bar after a good work out session will help maximize the muscle building process and hasten the body recovery time..



# Chapter 4:

## *Essential Supplements For Extra Energy*

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### Synopsis

The energy needed to get the best out of any exercise routine is often not simply available without the aid of essential supplements. There are many different ways of getting these supplements, some of which are through natural sources while other are taken in the form of pre processed supplements.



## **Supplements**

The following are some examples of essential supplements for extra energy sources:

Caffeine – this particular item has always been known for its “pick me up” qualities. Acting as a good energy booster this convenient and easily available item is a good stimulant that increases the energy, focus and endurance levels of an individual, and this is especially beneficial for high intensity workouts.

Energy drinks – these drinks are usually specially designed to help replenish the body during and after a workout. The energy boosting angle of this drink will be a good and easy source for the rejuvenation feeling. It is also a cheap and fuss free way of being re-energized.

Energy bars – these are food items that are specifically designed to be compact enough to conveniently carry around and they are filled with energy packed ingredients.

These ingredients would include the necessary essential nutrients and energy boosters.

Energy shots – another conveniently small packaged drink that contains all the necessary stimulants to support energy and

performance. This will help the individual stay refreshed and energized even after a strenuous workout.

Other essential supplements, that are usually ideal for workouts would include a good dose of carbohydrates as this also provides a good source of energy and fuel for the body.

Vitamin B is also another essential need for the body as it helps to promote overall healthy and optimizes the energy and metabolism within the body. Ribose is a natural occurring sugar that may increase the ATP production and performance while supporting the energy levels.



# Chapter 5:

## *Injury Prevention*

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### **Synopsis**

Jumping into any physical exercise routine without the proper warm up phase would only put the individual into the path of possible injury. Therefore it is very important to have some sort of warm up routine or have some precautions taken to ensure a injury free exercise routine.





## **Staying Safe**

The following are some of the recommendations that can be effectively used to avoid possible injury:

Having a routine physical fitness test would be a good idea, as the individual will be able to gauge from a professional view his or her current capabilities levels and then design the workouts accordingly.

Gradually increasing the intensity and time spent on each workout session would be better than just using a uniform guideline provided for as a whole. With the gradual additions the individual is able to better avoid injuries as the body will be slowly introduced to the changes rather than being “shocked” into compliance.

Having the advice of a personal trainer at hand is also something to consider if the individual is not really savvy with the various workout equipment and routines. A personal trainer will be able to provide the assistance that will help the individual make better and safer choices.

Warm up exercises can never be underestimated for its value. This phase will condition the body to be ready for the impending exercise routine, and this is especially important if the routine involves vigorous movements.

For some people starting a workout session on an empty stomach is something that they have grown used to over time, but for the less experienced exercise buff, having a light nutritious meal would be recommended. This food intake will help to keep the mind alert thus avoid possible injuries from occurring.:

# Chapter 6:

## *Advanced Training Techniques*

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### **Synopsis**

Firstly it should be noted that advanced training techniques are only suitable for those who are already in good physical shape and have already been exposed to regular and fairly vigorous training sessions. These sessions should already be done on a regular basis.



## Getting Advanced

The following are some advance training techniques that are popular both for its apparent benefits to the body and also for its innovativeness:

Supersets – this type of exercise routine would involve the immediate switching of exercise routine as soon as one style is completed. Ideally there should be about 2 – 3 different workout style done in succession.

The idea behind this technique is to create more blood flow into the pectorals and provide an intense effective training for the chest muscles.

These sets can be designed to focus on the same muscle group using different exercises, or the focus can be switched to other muscle groups, but the main idea is to stay with the routine without any breaks.

Exercises such as bench press, dumbbells flys, bicep curl, triceps pushdown, leg press, leg extensions are just some of the ones used.

Negatives are another option that is considered very powerful for building strength.

This involves the positive and negative elements in the exercise routine, where the positive focuses on the contracting and the negative focuses on the stretching parts of the routine.

Here the individual is expected to “hold” the exercise position for longer than necessary to create the pressure on the exact area being focused on, and if the ability to do so is possible without much effort, then there should be additional pressure added.

The ideal gauging time frame should be about 5 seconds. Examples of which may include bench press, close grip bench press, wide grip pull ups and preacher curls.



# Wrapping Up

Hopefully you are now on your way to pushing yourself to your limits and becoming more fit than you have ever been.

