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Follow These Tips, Get into Shape Fast by [Cecil](#)

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If you want to get into great shape then you are certainly not alone, and it seems that about half the population currently are trying to lose weight, to build muscle, or to 'tone up' so that they can be happier with their bodies and enjoy better health.

The problem is precisely how they go about this, and unfortunately many people just don't have a clue when it comes to getting into shape. Here we will look at some steps that can take you through the process of getting into shape with almost no room for error. Follow these points and see your body transformed.

Get Home Equipment

First of all you need to build yourself a home gym. This is incredibly important because it will make training approximately a million times easier and more appealing because you can do it in the comfort of your own home with your choice of music or TV and no need to drive for half an hour in the rain. If you can't afford to buy equipment then why not rent? This way you can get the latest machinery and weights and not have to spend a fortune.

Meanwhile, make sure that your home gym is easy to use and maintain – so no tucking your barbell behind the wardrobe so that it takes half an hour to set up.

Commit to Five Minutes a Day

This sounds absurd – five minutes a day can't be enough to get in shape! Well it's not, you're right, but the idea is that you pledge to do at least five minutes every day. In other words if you have absolutely no time for a workout and are very tired, then you do just five minutes of press ups/jogging before bed. This way you're likely to find that 90% of the time you end up actually doing more.

Don't Measure Yourself

That's your goal – at least five minutes a day – not to lose 5kg or whatever. By focussing on the mechanics as your goal you will find that the rest takes care of itself and that you start to see changes without measuring and don't get disheartened. A watched pot never boils.

Join a Class

Join martial arts or dancing twice a week and the group camaraderie and fun will ensure you actually attend – and in turn this will shed the fat quickly and give you more motivation for when you're in the gym.

Use Interval Training

If you should want to shave fat in the quickest way possible (who doesn't?), then interval training is for you. Here you break up your CV into sections where you run faster (say number 10 on the treadmill) before jogging less quickly for a while to let yourself rest ready for round two. This way are then able to increase your heart rate more than you could otherwise, and get your blood pumping faster around the circulatory system. As it is a highly intensive kind of exercise however this is purely recommended for people with no existing health conditions and with a good basic

fitness.

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