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Start a Home Exercise Program by Karl

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Putting together a home exercise program can be a little bit daunting if you don't have a clear set of goals laid out in front of you. Take a commonsense approach and commence with increasing your current fitness level in little steps. Stay away from trying to get it all done at once.

A basic workout routine consists of five days total with three of the days focused on training with weights and two days aimed at improving cardio conditioning. Recover and rest with the two days off in the program.

The home fitness program you put in place will be the foundation that provides greater fitness in the least amount of time with better results. Exercising efficiently will burn a greater amount of calories within a smaller time frame and enable you to build up strength and conditioning.

Stretching

Your first concern when setting up a home exercise program should be increased flexibility.It will allow better performance and help prevent injury.

Gaining flexibility from a basic stretching routine helps the joints move through a full range of motion and increases blood flow to the muscles.

Two types of stretching to consider when putting a fitness plan in place are Static stretching, extending a muscle to its farthest point and holding the position and Dynamic stretching, taking specific movements and using momentum to extend to a precise range of motion.

Work the whole body when doing a stretching routine and use your better judgement as to how long to hold a position. Stretching should not be painful, do what you can and you'll see improvements in your flexibility over time.

Cardiovascular Conditioning

Cardiovascular training has a good amount of options to choose from when implementing it into your home exercise program. Choose an activity you will stick with and enjoy, but don't be afraid to mix it up and add variation to the routine.

The home fitness enthusiast has an endless amount of machines to pick from to build up their endurance. Treadmill, elliptical trainer, and rowing machines are all excellent options and each one has its place in a good workout plan, but don't forget that walking and running are just as efficient.

Figuring out the time required to build up cardio endurance depends on the level of fitness and the desired results. A good guideline to go by is 2-3 times a week with a minimum time per workout of 30 minutes. If you are a beginner, do what you can and build up your conditioning to get to your desired time.

Lifting Weights

Increase muscular strength and endurance with weight training. As you progress with lifting weights, your muscles will get stronger and increase in size. A weight training home exercise program will revolve around the number of sets you do and how many repetitions of each movement.

Start with three sets of eight repetitions for the areas of the body being trained and use seventy percent of the maximum weight you can lift. Proper form and technique can prevent injury when lifting a large amount of weight.

You can start a basic weight lifting program with a barbell and weights and a good set of adjustable dumbbells. The program should hit all the major muscle groups and focus on full body movements to build up functional strength.

A basic home exercise program starts with the fitness enthusiast coming up with a few good home gym ideas and putting them into practice. Make adjustments as you see improvements in your fitness level. Fun is a major factor in staying consistent with a program put into place.

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Karl - About Author:
Good a Home gym ideas start with good equipment like a
Weider adjustable dumbbells and a
Mir weighted vest to get a solid workout.

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