

Campus Calm Article- November

**From Beyond Motion
11985 Tamiami Trail North Suite A
Naples, FL 34110**



My 2 Favorite Fitness Questions

I'm often asked workout tips from people looking to maximize their workouts. Here are 2 of the most common questions-

Q) What can I do to get 6 pack abs?

A) My philosophy is to train the body as a whole rather than just 1 part. People think they need to do hundreds of sit-ups a day to get six-pack abs, but if you're doing the right kind of strength-training moves (exercises that challenge your body to stabilize itself while you're working with resistance), you're constantly using your midsection. For the best abdominal workout, find a Pilates class with a great instructor. The series of 5 is a group of 5 exercises generally used in the beginning of a class to connect the brain and body, warm up the body, and begin proper breathing techniques. Also, how flat your belly is, depends greatly on how great your eating habits are. "Fitness" is as much about what you put into your body as it is about moving your body.

Q) My time for working out is really limited, how can I make the most of my time at the gym?

A) Definitely have a plan when you walk in. A lot of people waste time trying to figure out what exercises to do. Go in with your workout mapped out. As you're commuting to the gym, decide if you're going to do cardio. If so, what machine, for how long and at what intensity? If you're planning to do weights, decide if you want to work your whole body or focus on certain muscle groups. If you are always dealing with a limited time schedule, make 3 days a week cardio and 3 days a week whole body strength sessions. Perhaps one of those days is set aside for Pilates on the equipment for overall tone, flexibility, core control and increased strength. For the days you use the whole body system, make sure to incorporate both the large and small muscle groups and focus on compound movements. For instance a lunge with a bicep curl is more effective than a bicep curl alone.

For more information, and additional fitness tips log into www.go2beyondmotion.com and sign up for our weekly newsletter.

STAY TUNED, you will soon be able to take classes from Beyond Motion in the comfort of your own home!