



RESOURCE

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Feel the Burn Fast

How to Maximize Strength-Training Time

Work, school, kids, friends – our days are so jammed with activities that it can be a struggle to fit in the things we love, let alone the things we dread like cleaning the bathroom and hitting the weights. And while we know we should make time to exercise, it seems to be the first thing to fall off the schedule.

So when we do find that sliver of time to hit the gym, maximizing our minutes is crucial. One of the biggest time wasters at the health club is shuffling from one corner to the next to access our favorite strength-training equipment. Here's what Life Fitness has to say about getting the most mileage for our minutes.

- **Multi-Tasking Strength:** When short on time, work multiple muscle groups simultaneously to provide a one-two fitness punch. Try lunging while adding a shoulder press, or do squats with a bicep curl. Weight systems like the Life Fitness Dual Adjustable Pulley also offer multiple exercises on one machine with the simple change of accessories. Shift from triceps pull downs to chest presses seamlessly or incorporate a stability ball for more balance work to develop core strength.
- **Ride the Circuit:** Circuit training follows a series of strength and/or cardio exercises that offers a great way to work all the major muscle groups in a short amount of time. Many gyms offer specialty circuit classes, or have strength machines arranged in the same area making it easier to arrange our own circuit.
- **Cardio + Strength:** If there isn't time for a full strength workout, try kicking up the regular cardio routine. Use the "hill" workout on the exercise bike to get thighs burning or increase the incline on the treadmill for a heart-pumping, glute-working run. Strengthen the major upper body muscles with high resistance pushes and pulls on the elliptical cross-trainer.

Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information on this, any other Fit Tip or photography, contact Stephanie Weiss at stephanie.weiss@lifefitness.com or 847-288-5808. Follow us on Twitter www.twitter.com/LifeFitness.