








Creation of Blog


























Mahi Mistry
Fyit / 136



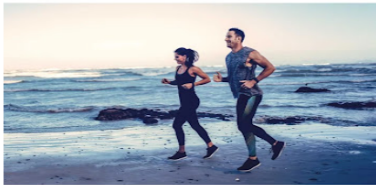


Title
How to be fit in 30 Days





How to be fit in 30 Days



The 5 Elements of Fitness

According to Steele, an effective fitness program has five components, all of which you can do at home:

- A warmup.
- A cardiovascular (aerobic) workout.
- Resistance (strength-building) exercises.
- Flexibility moves.
- A cooldown

Run or jog 20 to 30 minutes every other day. You can also do other moderate-intensity activities like walking briskly, swimming, or bicycling. After your cardio workout, do three

Post settings

Labels

Separate labels by commas



No matching suggestions




Published on
2/2/22 9:58 PM

Permalink



Location


























Options






Title
How to be fit in 30 Days







The 5 Elements of Fitness

According to Steele, an effective fitness program has five components, all of which you can do at home:

- A warmup.
- A cardiovascular (aerobic) workout.
- Resistance (strength-building) exercises.
- Flexibility moves.
- A cooldown

Run or jog 20 to 30 minutes every other day. You can also do other moderate-intensity activities like walking briskly, swimming, or bicycling. After your cardio workout, do three to four sets of bodyweight exercises like squats, pushups, lunges, burpees, or Russian twists. You will need a day of rest between these kinds of days," said Shapiro, "but you can stay active by taking up yoga to reduce stress, increase blood flow, and work on your flexibility." After that, slowly add in strength training. This will boost your metabolism and help burn more fat and calories. If you have access to a gym, Shapiro suggests doing three to four sets of strength exercises, with 12 to 16 repetitions per set. This can include movements like chest presses, lat pulldowns, rows, and leg presses. If you don't have a gym nearby, a personal trainer can help you develop a strength program that you can do at home with bodyweight exercises, dumbbells, and kettlebells.

Post settings

Labels

Separate labels by commas

No matching suggestions

Published on
2/2/22 9:58 PM

Permalink

Location

Options

