Five Workout Routines for Women

Women are very sensitive about their body image. Many gyms and work out centers offer exercise regimens for women. Homework out routines is suitable for women who lack the time or funds to enroll in a gymnasium. The following are five basic home work out routines for women:

1. Warm up: First, begin with a warm up. Warm up helps to avoid muscle wear and tear. Spend at least 10 minutes stretching, doing frog jumps, jogging on the spot and other warm up exercises. You should also finish your work out sessions by warming up to avoid muscle aches and pains.
2. Weight training: If your purpose for exercising is to build muscle, then weight lifting is the most effective training for this. Focus on techniques that build muscle at the thigh area, which is the main place where fat accumulates in women. Try out the standard weights for women. After toning and increasing muscle, move to heavier weights.
3. Cardiovascular training is best suited for losing weight. Cardio- workouts accelerate your heartbeat and improve blood circulation. Jogging, cycling, swimming, jumping rope and treadmill workouts are good cardiovascular exercises.
4. Aerobics is one of the favorite workout routines for women. Aerobic training is good for those who are looking to lose weight. Aerobics is also a cardiovascular workout that improves the efficiency of the heart and lungs.
5. Yoga is another work out exercise that is popular for physical, cardiovascular, digestive and mental health. Yoga workouts make the body strong and fit. You can also improve your breathing and digestion through pranayam. Yoga also helps you to relieve stress and tension.