USE GUIDE MANUAL

I am looking for membership prices. How much does it cost to join?

Pricing will vary depending on your location, but the average cost of monthly membership is $36.50 in the United States and $49 in Canada. Club dues, monthly fees and any additional charges are specific to each independently owned gym.

What different contract lengths does Anytime Fitness offer? Can I pay on a month-by-month basis?

At Anytime Fitness, you’ll find varying membership options dependent on your location. Some gyms offer 6, 12 and 18-month options, but you’ll need to check with your local Anytime Fitness to learn about the different types of membership plans available.

I have family, friends, or a significant other that would like to join the gym with me. Do you offer family or joint membership options?

Our clubs offer a variety of membership options and some locations offer family membership plans and joint memberships. The great thing about Anytime Fitness is that each club is unique, and their membership plans are, too! To find out which membership options are available near you, please visit our [Find a Gym](https://www.anytimefitness.com/find-gym/) page and connect with us!

Do you offer student, senior, or military discounts?

We do! Our community is our priority and we are happy to offer student, senior and military discounts as well as insurance discounts. However, it is up to each location to opt-in to offer the discount. It’s always best to [check with your local club](https://www.anytimefitness.com/find-gym/) directly to learn what discounts are available near you.

What is your cancellation policy? Is there a fee for breaking my contract?

All cancellation policies are outlined in the membership agreement for each location. The agreement covers the cost to cancel, how to cancel and more information on any additional termination fees you may incur.

I need to pause my membership because I got injured or will be traveling for an extended amount of time. How do I freeze my account temporarily?

If you are interested in more information on how to suspend membership or put a hold on your account, you’ll need to [reach out directly to your home club](https://www.anytimefitness.com/find-gym/). Each of our locations are independently owned and operated and may have a slightly different policy regarding suspended memberships.  We look forward to continuing making healthy happen with you!

Can I transfer my membership to another club location if I am moving soon?

Yes! You absolutely can. All memberships are transferrable whether by usage or relocation. Relocation transfers must be more than 10 miles from your last residence. You won’t incur a transfer fee which means there’s no need for a specific moving policy. However, if you change your home gym—rates could change depending on your monthly dues.

What classes does Anytime Fitness offer? Are they included with membership? Where can I find the class schedule?

Many clubs depending on location offer Small Group Training and Team Workouts. We recommend reaching out to your local club to find out which classes are offered.  A class schedule is typically available on the gym’s local web page. Visit our [Find a Gym](https://www.anytimefitness.com/find-gym/) page to find your local club.

What different personal training options does Anytime Fitness have?

Anytime Fitness has lots of training options available. [Personal Training](https://www.anytimefitness.com/training/personal-training/) is offered in a one-on-one format lead by a certified personal trainer, providing a very personalized experience. Small group training is similar to personal training, only it’s more fun as there are typically 2-4 people in a session. [Team workouts](https://www.anytimefitness.com/training/group-training/) include 5+ people and provide accountability and an energy-filled atmosphere that keeps you motivated. Make sure to [check with your local gym](https://www.anytimefitness.com/find-gym/) to learn more about personal and team training.

How much does a personal training session and group training session cost at Anytime Fitness?

The cost of a personal trainer is dependent on both location and training type. [Contact your local gym](https://www.anytimefitness.com/find-gym/) to learn more about personal training prices.

Do Anytime Fitness clubs have showers and lockers?

Yes, we do! Making healthy happen should be as easy as possible and the option to take a quick shower after a workout is sometimes the difference between “I can work out” and “I can’t work out.” While all clubs have showers and bathrooms, not all locations offer lockers.

Do Anytime Fitness clubs have tanning, saunas, or steam rooms?

None of our clubs offer sauna or steam rooms, but some clubs do offer tanning and hydromassage beds.

Does have Fitness have basketball courts or swimming pools?

Anytime Fitness does not offer basketball courts or swimming pools.

Does Anytime Fitness allow guests? What is your visitor policy?

Yes! We do allow guests if you would like to bring a friend. Our guest policy requires that visitors come in during staffed hours after coordinating with the local gym’s staff. Think of staffed hours as guest hours because each guest is required to sign in for the safety of our members!

Are guest passes included with membership?

Our “Bring a Friend” guest policy varies from club to club. The best way to learn about guest passes included in your membership is to [contact your local club](https://www.anytimefitness.com/find-gym/) or review your membership agreement.

What is your policy on children? Can I bring my kid when I workout?

Anytime fitness locations do not offer child care or day care. For that reason, our child policy does not allow for children to be present with their parent while working out unless the child is a member in our system and meets our minimum age requirements (which are set individually by each club!).

Can I purchase a day pass if I am in the area on vacation? What is the cost?

We’d love to have you! Anytime Fitness offers a single-entry pass for visitors who are unable to commit to a 7-day trial and are looking to drop in and work out for one day only. [Find your gym online](https://www.anytimefitness.com/find-gym/) and call the club to learn more about their one-day pass policy and price.

How old do you have to be to workout at Anytime Fitness? Is there a minimum age to join?

While there isn’t a set age limit, each of our Anytime Fitness locations must comply with state laws on age requirements and age restrictions. [Check in with your local gym](https://www.anytimefitness.com/find-gym/) to learn what the age policy is near you.

What payment methods does Anytime Fitness accept? Will I get charged on a month by month basis?

There are multiple payment options to best fit you. We accept credit cards and bank drafts as methods of payment. Payment timing is dependent on when you join!

I’d like to update my credit card. How do I change my payment details?

If you would like to change payment settings, update billing or change the credit card on your account, please reach out to our billing provider, ABC Financial Services, at 888-827-9262. ABC Financial Services hosts all payment information and processing for Anytime Fitness, and they will help you update payment methods and billing information.

What happens if I miss a payment? Is there a late fee?

A missed payment may result in a late payment fee. Late payment penalty fees and fines are outlined in your membership agreement.

Will my membership automatically renew at the end of my term?

Only if you opted-in! If you initialed for automatic renewal in your membership agreement, then you will be all set for continued membership at the end of your term. Make sure to review your membership agreement or [contact your home club](https://www.anytimefitness.com/find-gym/).

I was charged twice for my monthly bill. Who can I contact to fix the issue?

If you were charged twice or believe you’ve been charged extra, our billing provider, We can help resolve the issue! Please reach out to their Financial Services line directly at 888-827-9262 for any billing-related questions or concerns.

## "HOW OFTEN SHOULD I WORK OUT TO SEE RESULTS?"

Getting in shape means working out on a regular basis. It's better to work out two to three times a week rather than just once in a while. **Working out regularly is more fun and gives you results**. If you only hit the gym once in a while, you'll end up tired, sore and demotivated, which leads to quitting!

## "WHAT'S THE BIGGEST MISTAKE PEOPLE MAKE AT THE GYM?"

Most people who start a **fitness** routine don't know how to use the equipment at the gym. They do exercises that are inappropriate and can end up getting hurt. Our advice: **don't be afraid to ask a pro for help**! Trainers are available at the gym and can help you get your programme off on the right foot, no matter what your goal is.  Also, don't forget to warm up before your workout and to take the time to stretch afterwards. Finally,**stay hydrated** during your workout - your body needs water!

## "WHAT DO YOU DO IF YOU'RE NOT A MORNING PERSON BUT HAVE A HARD TIME GETTING MOTIVATED TO GO TO THE GYM AFTER A HARD DAY AT WORK?"

**Sport makes you tired, but "good tired"**! While it might be tough at first, the more you **work out**, the less tired you'll be. Don't give up after a few mornings of sore muscles - you just need to push through. Working out regularly will improve your fitness levels, energy, well-being and even your sleep.

## "WHAT AB EXERCISES SHOULD I DO TO GET RID OF MY TUMMY?"

**The only way to reduce tummy flab is to work the entire body - especially big muscle groups**. Ab muscles are very small and working them alone won't give you a flat stomach. They are, however, very important in helping keep back problems at bay and improving posture and balance.

## "CAN YOU TURN FAT INTO MUSCLE?"

No! **Muscles burn fat for energy**. Building muscle boosts your metabolism. When you increase your metabolism, you burn more energy, calories and fat. That's why a cardio programme that incorporates weight training will help you slim down even faster.

## "I WENT DOWN A TROUSER SIZE BUT THE SCALES HAVEN'T CHANGED. WHAT'S GOING ON?"

You've gone down a trouser size because you've slimmed down. **You've lost volume (from fat) but have gained weight (from muscle)**. Muscle weighs more than fat, which is why the scales haven't changed. This reflects the difference between volume and weight. **Remember that what's important is how you feel and look - and not the number on the scales**!

Tip: Rather than weighing yourself, use a tape measure to check your waist and hip circumference - or better yet, try on your summer trousers from time to time to keep you in check all winter long! NB: This tip is for those who have just a couple kilos to lose. For anyone who is very overweight, using scales to keep tabs on your weight is very important.

## "WHEN I'M ON A DIET BUT NOT DOING SPORT, I LOSE WEIGHT VERY FAST, BUT I GAIN IT BACK - AND THEN SOME - VERY QUICKLY. WHY IS THAT?"

**Diets are often very restrictive and will mainly cause you to lose muscle mass, without affecting your body's fat stores** (or very little). When you start eating normally again, you put back on the kilos because you never actually got rid of the fat! This is why you need to do sport and maintain a balanced, low-calorie diet to get the body of your dreams.

## "SINCE I STARTED WEIGHT TRAINING, MY THIGHS HAVE GOTTEN BIGGER AND I CAN'T FIT INTO MY TROUSERS ANY MORE! WHAT SHOULD I DO?"

Muscle training will give you stronger muscles. But you can slim and lengthen them by stretching! Never **use heavy weights during your fitness sessions**. **Instead, do more reps** **to draw from your energy stores** followed by a stretching routine to lengthen and slim your muscles.

## "DOES SPINNING SLIM DOWN YOUR LEGS?"

**Yes, if you use a moderate resistance**! If the pedalling resistance is too high or slows you down, your muscles will get bigger! Too high a resistance has a similar effect as using heavy weights during weight training, which increases muscle size.

You should remember that muscle training will help you slim down if you use a light load and do more reps.

## "WHAT IS THE PROPER WAY TO BREATHE DURING SPORT?"

You should never hold your breath when doing sport. **Often, you breathe in during the prep phase, and breathe out during effort**. For example, when doing squats, breathe in as you bend your knees and go down, and breathe out when you straighten your legs to come back up. There is one exception to this rule: for exercises that require effort as you expand your chest (such as horizontal pulls), you should breathe in during the effort.

***Most experts seem to all agree that nuts are very healthy, but they seem to have a lot of fat in them. Won't eating high fat foods like nuts make it more difficult to lose weight?***

People seem to focus on and single out one food type and ask if it is good or bad.

My experience is that someone asking is usually asking about their favorite food, or one they just can't give up; nuts being a very popular food in this case. Instead of looking at whether nuts are good or bad, we are best off looking at the bigger picture – are they eating a balanced diet with some protein and plenty of greens. If so, and in this context, nuts are good.

***How long should people rest in between workouts?***

That depends on the type of workout and the intensity. Within 3 hours if they are training for endurance, 48 hours if training for hypertrophy (getting bigger) or upwards of two weeks if they are training for strength.

***Should children lift weights?***

Kids lift weight all the time, and more than most adults. Think about how often a kid climbs up a tree or jungle gym. They are lifting their entire body weight. When they piggy back one another, they carry a friends' entire body weight on their back whilst running.

***Who should the average person talk to about which exercise program would be best for them?***

A good personal trainer will find out their goals, their time commitment, their limitations and put together a realistic exercise program that will facilitate their achievement within the parameters.

***Should a personal trainer know all of the medications someone is on?***

If a client has fully disclosed their medications, a personal trainer can then know which exercises to avoid due to the limitations that drug imposes on their body

***How important is nutrition if someone works out consistently?***

You can't out train a bad diet.

***Is it a good idea to workout when feeling mentally stressed?***

Yes, definitely

Exercise releases endorphins, which will calm you down. It is also best to channel that stress into something productive like exercise than to unleash it on your spouse, kids, dog or self

***Is it safe for obese people to lift weights?***

Yes, natural, functional movements are safe and encouraged for obese people. The only thing to keep in mind for an obese person is that their organs are being crushed by their visceral fat, so have to work harder, therefore intensity must be managed to prevent organ trauma.

When they do lose their weight however, previously obese people can become phenomenal athletes because of how powerful their organs have had to become.

***Should women lift weights if they don't want to get bulky looking?***

Body type and levels of testosterone determine how a person will respond to weights. 99% of women will respond to weights in a feminine way. i.e. they will tone up and harden up, not bulk up

***Is it true that some people naturally lose weight faster than others?***

Yes, there are many factors but the main two are predisposition to stress, and metabolism.

***What precautions should seniors take into consideration, when starting a new exercise program?***

Be aware of and manage structural and mobility issues, such as injuries, weaknesses, tight spots.

***What are some simple things that people can do, in their day to day routine, besides working out, to see results faster?***

Get rid of all the junk out of your pantry and fridge. This includes sugar and any wheat related product.

Tell your friends you are lactose and gluten intolerant (allergic to milk and breads) so they won't offer you any.

***Is it true that it's not a good idea to do the same exercises during each workout session?***

This depends on how long between doing the same exercise and the intensity of that exercise. The goal is to work the muscle frequently enough that you get a good result, but also to give it enough time to repair.

***How frequently should people change their workout routine?***

When they become bored, or their results plateau.

***After someone has reached their fitness goals, how should their workout and nutrition plan be altered if they no longer wish to lose weight or build additional muscle?***

It is true, that there is a tipping point where you don't have to exercise even half as much as before, but the problem is that people go overboard, feeling like they need to treat themselves, starting them back on the food addictions and sedentary lifestyle downward spiral.

***Is it a good idea to work out with friends or family or does that create a distraction?***

It is a great idea to work out with a friend, as they challenge you when you need to be challenged and support you when you feel weak

***Is it true that it's good to have a "cheat day" where people can eat whatever they want once a week? Why is this a good or bad idea?***

The goal of a rest day/cheat day/recovery day is to repair yourself and come back stronger for the next week. Unfortunately most people use this day to 'treat themselves' by pumping their system full of fat, refined sugar and additives, so that they are forced to use the day-after-the-rest-day as the recovery day, the “recover from poisoning myself” day.

***What are the best types of exercises for getting the fastest results in the shortest period of time?***

Big, strong, full body movements by far outstrip any other kind of exercise. Combine it with high intensity interval training and you have a recipe for some devastatingly good body shape change.

***Is it true that people with diabetes have a harder time losing weight?***

Many type 1 and 2 diabetics who, through consistent monitoring and management of their insulin, have lost a lot of weight safely and kept it off. It is also true that you can reverse type 2 diabetes, so no – there are far better excuses than diabetes.

***If someone needs to quickly lose a few pounds for a special occasion, what's the best way they can do this?***

Eating nothing but protein for three days will help drop a lot of water weight. It's not healthy, nor is it sustainable, but it works very well.

How many days per week do I need to work out?

Depending on your health and fitness goals, you'll need to commit to a minimum of 3 days of exercise each week to see results. Any fewer than that and each workout will feel like you're starting all over again each and every time.

What should I eat before a workout?

Ideally, you should have some form of fuel in your system before you work out. Eating an easily digested carbohydrate an hour or so before you hit the gym ensures that you'll have enough energy in the tank to get through your program. Try fruit and yogurt or toast and peanut butter; not too much or you'll feel sluggish and heavy.

### What should I eat after a workout?

Eating after a workout is important. You need to replenish your glycogen stores and 'feed' the muscles that you've just trained. [Sports nutritionists suggest](http://www.mayoclinic.com/health/sports-nutrition-tips/MY02496) that you eat a small snack consisting of protein and easily digested carbohydrates within about an hour of training and then your next meal an hour or two later.

 What are the best exercises for getting rid of muffin tops/bat wings/inner thigh bulge?

Excess fat on the belly, upper arms and inner thighs doesn't typically occur in isolation. If you've got it there, chances are you've got it everywhere. You can't spot reduce. No exercise will target fat cells in just one part of the body. You need to target them all via exercise and proper nutrition.

### Why can't I just do cardio?

While **cardiovascular training** is great for building strong hearts and lungs, it **doesn't provide the stimulus** your body needs to **build bigger, stronger muscles** and bones. Why? [Our bodies adapt fairly quickly to the load](http://fitknitchick.com/2011/12/09/is-your-workout-pc-progression-and-consistency-are-your-keys-to-success/) we ask them to move; unless you're gaining weight, **your legs will always be subject to the same load** and moving that load through the same, limited range of motion.

How quickly will I see the results of my training?

Expect to **FEEL the results of your training sooner than you SEE them**. People who start a new exercise program and are consistent in getting their workouts done typically **report improvements in sleep, mood and energy levels within two to three weeks**

Why don't my workouts ever get easier?

A **qualified personal trainer knows how to progress** your training plan to keep your body guessing and moving forward at a reasonable pace. When my clients lament that their **workouts seem to be just as challenging** as they were in the beginning, I know that I'm doing my job well!

### Which should I do first; cardio or weights?

[Once again, it depends](http://bitesizewellness.com/2012/01/cardio-or-weights-first-it-depends/).

While there's **some evidence suggesting that if you're doing both** in a single session "weights before cardio"  leads to faster fat loss, **for most people the outcome will be the same regardless** of which they do first. If you have a strong preference for one over the other (perhaps you find weights too taxing after cardio? or getting on a cardio machine too boring after you've done your strength workout), go with it. **Whatever it takes** to get your workout done

### What's the best diet for weight loss?

The short answer? **Any diet you can stick with for as long as it's going to take.** [Studies have shown that regardless of the diet followed](http://fitknitchick.com/2012/07/03/whats-the-best-diet-for-weight-loss/), **adherence is the only thing that predicts success**.

**“Why does exercise matter?”**

Scientific research  has shown that at least 15 minutes per day, or 90 minutes per week, of moderate-intensity exercise increased life expectancy by three years. Like nutrition, exercise is a vital part of healthy lifestyle. Exercise has endless benefits, both physically and mentally and should always be a part of your daily routine.

“Which exercise programme is best for me?”

*What is right for you depends on a variety of factors, one of which is personal goals. Make exercise decisions based on what you want to achieve, for example if your goal is to lose fat and tone up, you should be doing high-intensity interval training (HIIT). If you want to improve cardiovascular health, then try aerobic training. For an increase in muscle mass, you need to be lifting heavy.*

“Where to begin with exercise?”

*Like anything else, begin with something that you will feel comfortable with. There is nothing worse than throwing yourself in at the deep end and stumbling at the first hurdle. Begin with something you find easy and something you enjoy. Listen to your body and only progress on to the next stage when you feel happy to do so. Taking part in classes is a fun way to get involved in fitness when you’re new, and the community spirit can also be an encouraging to try more.*

“How does exercise help mental health?”

*There are both benefits and negatives associated with mental health an exercise. On one hand, there is a wealth of scientific research hailing the benefits of exercise on mental health, helping to reduce the symptoms of several mental health conditions, including anxiety and depression.*

“Do you need protein for exercise?”

*Protein is crucial for exercise. When we exercise, our muscles are put under physical stress, which essentially causes micro tears within the working muscles. Don’t be scared by this! These micro tears are required to help your muscles grow*

**“Which exercises help with weight loss?”**

Scientific research suggests that high-intensity interval training (HIIT) is proven to significantly reduce fat mass. Circuit training with a combination of resistance and bodyweight exercises is a great option for this.

“Which exercises help with weight gain?”

*In terms of exercise, to gain muscle mass, resistance exercise is the best way to go. In particular hypertrophy-specific training. This is a method of resistance training which requires someone to use 70-80% of their one rep max, for anything between eight to ten reps, and three to four sets*

“Is there a difference in exercise for women and exercise for men?”

*The short answer is no, as both men and women can do any type of exercise. However, there are specific male and female characteristics that make some exercises more challenging for the opposite sex*

“Can you exercise without a gym?”

*100% yes! There are dozens of exercises that can be done away from the gym or without gym equipment.*

“What are the exercise results for cardio and weight loss?”

*Traditionally, cardio was thought to be a great type of exercise for weight loss. However, more recently, it has been found that cardio alone has little benefit on weight loss when compared to a high intensity exercise*

How come the scale shows me as being heavier, yet my body fat is less?

Well, your muscles use glycogen to perform resistance training. So are you start to weight train, your muscles will use store more and more glycogen. This in turn can make you heavier.

What is the deal with heart rate monitoring?

Well, your heart works when you work out. There are many theories to this concept, but the truth is this: low intensity cardio or exercise burns more calories from fat and higher intensity exercise burns more calories from carbs  
  
  
Working out with an empty stomach?

Avoid this! Can you get away with it? Sure, but it is not recommended. What your body will end up using muscle for fuel if your stomach is empty is stored glycogen, if there isn’t enough of that, it will use up protein, which means, essentially, your muscles! I’ve seen it too often where someone tries to workout on an empty stomach and shortly after being fatigued, they become dizzy or feel sick

Can I workout every day?

You can, however your body needs rest. Remember, when you strength train, your muscles grow when you are at home, resting. It is recommended, if you are new to exercise to start twice a week at 20 minutes at a time, gradually increasing the time to 3 times a week at no more than 45 minutes. Generally, 4 times a week is sufficient to gain muscle strength.

How long does it take to see results?

You may be able to see results in the first 4-8 weeks. This depends in large part to your nutrition. You can work out as hard as you’d like. If you do not eat right, you will not get far.

Why is it, after I eat a fruit I get hungry again within an hour?

Well it goes back to what nutritionists call “gastric emptying time.” This is basically how long it takes for a food to leave your stomach. Carbohydrates take 1 hour to leave your stomach, leaving you hungry again in an hour. This is why it is recommended to eat a protein with a carbohydrate

Should I eat late at night or before bed?

Some people say yes, some other say no. This goes back to your individual caloric requirements! If you are very active, a light, protein filled snack would not be a bad idea

I’m on a very low carb diet, is that good?

Well, first of all, your body is designed to survive. Plain and simple. Your body will store anything that it does not have enough of. If you deprive your body of carbohydrates for a while, your body will store them because it doesn’t have any, you are not feeding it any! So you end up with more than you wanted!!

I only eat when I have time, and I’m not seeing good results, even though I eat clean?

Your body’s metabolism increases each time you eat! Your metabolic rate will increase with each meal. When you don’t eat, your metabolism slows down because it has nothing to do! You are not feeding your body. If you eat every 3-4 hours, not only are you keeping your blood sugar even, avoiding crashing, you are constantly spiking your metabolism!

I love carbs, how can I eat them and still loose fat?

Well, for starters, what kind of carbs? Most people love breads, pasta, pizza..etc.. The saying is, “if you can burn it, you can eat it

Will I get big like Arnold?

! This is a common question I face with many women clients that I have worked with. The answer is no.

Can’t I just do cardio and lose fat?

This is dangerous because too much cardio can eat away at muscle tissue, not good! Cardio is great for your heart and overall well being

**“Which exercises help with weight loss?”**

Firstly, let’s remember that a balanced diet and regular exercise are the best partners in helping with weight loss. There is no magic pill or ‘one best exercise for getting rid of belly fat

**How much protein do I need?”**

How much protein you should have in your diet depends on a variety of factors: your lifestyle, age, muscle mass, how much exercise you do and what your fitness goals are.

**“How to shred belly fat fast / How to lose weight fast?”**

you can’t spot reduce belly fat with endless crunches or low-calorie diets. Gradually decrease your body fat percentage with smart nutrition and training (making sure you’re in a slight energy deficit – see above!) and your body will change – it just takes time!

**“Best HIIT workouts?”**

HIIT workouts – High-Intensity Interval Training –[**are popular for a reason.**](https://www.neat-nutrition.com/blogs/news/how-health-fitness-is-evolving) They’re short, effective, and can be done anywhere – perfect for hectic days

### How Many Calories Do I Need?

“A guide for the average man looking to maintain his weight is 2500 calories per day, and for women it’s 2000,” says McNiven. “Obviously, if you want to [lose weight](https://www.fashionbeans.com/article/how-to-burn-fat-fast/), you need a calorie deficit and if you want to gain muscle, you’ll have to increase calories.”

 Should I Eat Before A Workout?

“There are arguments for and against eating before a workout, but in my opinion you should eat at regular times (breakfast, lunch, and dinner) and train around this.

What Should I Eat Before A Workout?

“What you eat before a workout has a massive effect on your performance,” says Wiener. “If you exercise on an empty stomach, your body won’t have enough energy to perform at its best.

### Are Pre-Workout Supplements Bad For You?

“No,” says Wiener. “Used correctly, these [supplements](https://www.fashionbeans.com/article/best-protein-powders-guide/) can be beneficial, but you need to really understand what you’re putting into your body, and why. You also need to make sure any products you’re using aren’t full of additives and unnecessary ingredients.”

How Do I Get Started Working Out?

“There’s no telling what to do or how to plan your workout. The simplest advice I can give is to download a simple programme that you can be consistent with it.

 What Should I Eat To Build Muscle?

“To gain muscle, you need a lot of protein,”

 What Are The Best Muscle Groups To Train Together?

“Aim to train everything in balance, and you’ll look better for it. If a body part responds well to training, aim to train a bit more on lagging body parts.

What’s The Best Thing To Eat After A Workout?

“But please do not think that you need to consume a protein shake within 30 minutes. “In addition to the above, blueberries, bananas, sweet potato, eggs, or a handful of fruit and nuts are great,”

How Often Should I Work Out?

“Too much working out is just as bad as too little; if you go to the gym all the time, you won’t recover. I like to do a day on/day off approach unless I’m doing completely different muscle groups, then I might do 2 days in a row

How Long Does It Take To Get In Shape?

“This entirely depends on how hard you’re working, whether you’ve trained before, and whether you’re looking at your diet too,”

 What’s The Best Way To Lose Weight?

“To lose weight, you need to burn more calories than you consume,”

### What’s The Fastest Way To Gain Weight?

“To [gain weight](https://www.fashionbeans.com/article/how-to-gain-weight-healthy-way/) you need to be working on a strength training programme alongside a solid nutrition programme,”