

HOW TO Start working Out

What should you do when you're trying to start a new workout routine?

Maybe you've been training your entire life and just want a new exercise to keep things fresh or you're getting started exercising for the first time and don't know how to start working out? Either way, starting a new training routine is something we all deal with from time to time.

How to Start Working Out

Step One: decide what you want to be good at doing. For example: you want to run faster. The more specific you are about what you want to become good at doing, the easier it is for you to train for success. Are you confused about how to start working out, then make a decision. It doesn't have to be the "best" decision. Just choose something that you want to become good at doing and start moving in that direction. There will be plenty of time for adjustments and optimization later.

Step Two: Ask someone who has been there

Don't be afraid to reach out and ask questions. Everybody is a beginner at some point. The people around you are your greatest asset. As expected, you will be pointed towards different programs and routines. While all this different information might seem conflicting and confusing at first, it's important for the next step.

Step Three: Get the main idea, Skip the details.

This is where most people give up and never get going with their new routine. Fitness is one of the worst industries if you're looking for clear advice. It seems like everyone has a different way of doing things and they are all convinced that their way is the only way.

As a result, it's easy to stress out over the details of a new workout routine. Should I do 5 sets or 6 sets? Program A says I should rest 90 seconds, but Program B says I should rest for 60 seconds. This website says to workout on Monday, Wednesday, Friday, but my friend did it on Tuesday and Thursday. Which one is right?

Step Four: Let's all take a deep breath

Here's a little knowledge bomb for you: the details don't matter in the beginning. You will have plenty of time to figure out technique, rest periods, volume, training schedules. When you're starting a new workout routine, the only thing that matters is getting started. Get the main idea, stick to the schedule, and the details will begin to fall into place.

Step Five: Go Slow

Most of the time, when we decide to start a new workout routine it's because we're motivated to do it. It's great to have motivation, but as I mentioned before, it can be a double-edge sword. Why? First because motivation fluctuates. This means you can't rely on it. That's why you want to build good habits instead of getting motivated. But secondly, motivation can fool you into biting off more than you can chew. In the beginning, you want start slow. Remember, the goal is to get in the habit of doing the workouts, not to do intense workouts.

In the beginning you want the workouts to be easy. This is true for the first 3 or 4 weeks. Your only goal is to stick to the schedule and build the capacity to do the workout. Performance doesn't matter.

Don't miss workouts

If we're honest with ourselves, here's what our workout calendar usually looks like:

- Workout consistently for a month or two
- Get sick. Miss multiple workouts. Spend the month getting back in shape
- Working consistently for a month or two
- Schedule changes. Life gets crazy. Miss multiple workouts. Spend the next month getting back in shape.
- Workout consistently for a month or two
- Travel. Vacation. Time off. Miss multiple workouts. Spend the next month getting back in shape

Now there's nothing wrong with your schedule changing or taking vacation, but you need to have a system to make it as easy as possible to get back on track. This is especially true when you're just getting started with a new routine. The individual impact of each workout will be small but the cumulative impact of sticking to that schedule will be huge.

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FEB. 24th

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