

Get the Most out of Your Workout



Double the effectiveness of your routine with just a few simple adjustments.



EXPERT ADVICE
TERESA WADE,
TRAINER,
SPORTSBARN

By Brian Beise

A safe, productive trip to the gym takes brains just as much as brawn. We asked Teresa Wade at Sports Barn for some tips on how to get the most out of your workout. Don't miss this expert advice!

HYDRATE

Hydration keeps your body flushing out toxins while you work out. Drink water on the way to the gym, while you're there, on your way home, and for the rest of the day.

SET GOALS

If you don't set measurable goals, how can you know you're making progress? Consult with a professional trainer to figure out your fitness goals and the best ways to achieve them, and design your workout from there.

FOCUS ON FORM

Bad form leads to injury and poor performance in the long run. Unfortunately, most of us have imbalances and areas of bad form we don't know about. Consult a trainer or therapist to evaluate your form and prescribe corrective exercises.

CONFUSE YOUR BODY

Vary your workout routine, exercising different muscles in different ways. This keeps your muscles adapting and growing. It also keeps you from getting bored and lowers your risk of injury from overdoing specific exercises.

CHALLENGE YOUR BODY

The length and intensity of your workout depends on your fitness level and your goals. Whatever you do, make sure your body feels challenged.



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