



FITFREAKS

Where we promote fitness as a lifestyle

Discover 7 Ways To Be More
efficient In Your Workouts

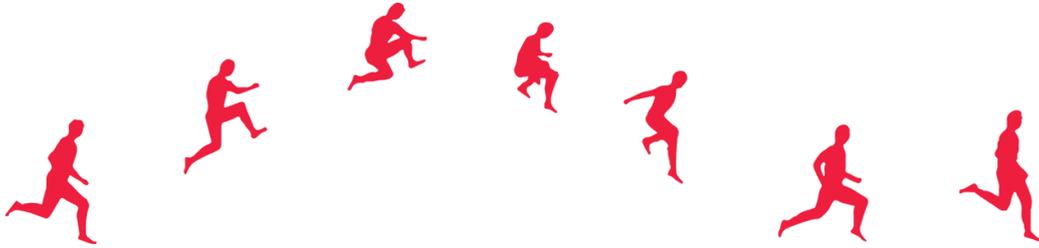


**GET FIT
IN 5**

**FAST & HEALTHY
WEIGHT LOSS**

Table of contents

Introduction	4
Plan Your Exercise Goals	5
Choose An Exercise Routine You Can Look Forward To	6
Engage In A Total-Body Workout	7
Get the Most out of Your Workouts	8
Challenge Your Body	9
A Good Diet	10
Hydration	11
Final Thoughts	12



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Introduction

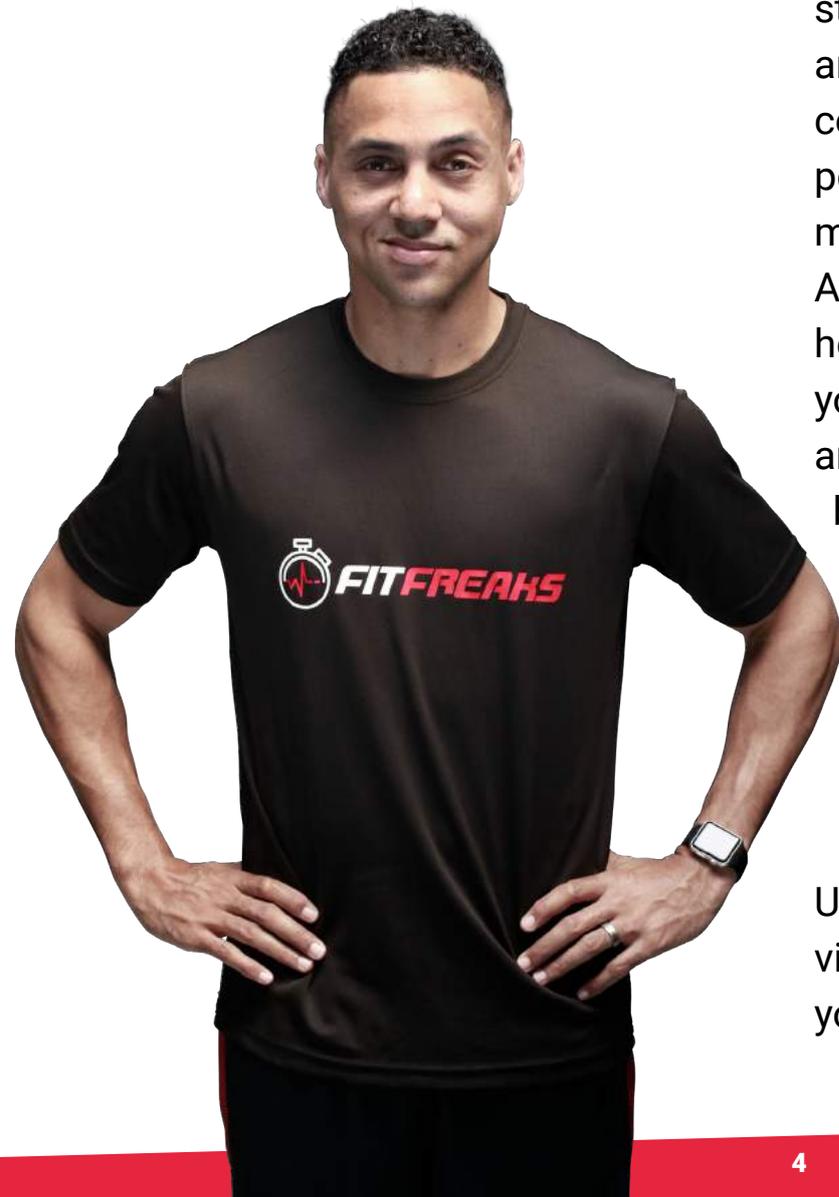
We created fit freaks with the aim to promote a healthy lifestyle with a minimum amount of time out of your day. Marvin Ambrosius is a certified Insanity instructor who has created his own short but intense fitness routines that we call Fit in 5. Fit in 5 was created especially for those who can't find the time to work out. It's designed to focus on key muscle groups for

just 5 minutes which will give you total muscular balance ensuring that all muscle groups are being used to help tone and sculpt your body, help you lose weight, increase your fitness and improve your health.

Many people simply get on a treadmill or cycle or go into the gym to lift weights without any kind of plan of strategy. This is a mistake, as with anything else, there should be a concerted effort that will bring the best possible results. Training hard doesn't mean spending long hours at the gym. All it means is that you have to know how to train smart. Being able to make your workout efficient will make it fun and encouraging, because you will see better results and this will help you be consistent in your workouts despite your hectic schedule.

Let's see our 7 ways to be more efficient in your workouts!

Use these 5 tips to add a little vigor and vivacity to your workout routine, and you'll start seeing results in no time!



Plan Your Exercise Goals

Having your exercise plan ready to go even from the day before you hit the gym will save you the time and trouble of thinking what you should start with and how.

It takes the edge off and allows you to focus more on the actual workouts themselves to get the best benefits. In order to plan effectively, you should understand how to reach your goals. This means knowing exactly what exercises you need to do to reach them, be it weight loss, muscle building or even endurance training.

There are literally hundreds of different exercise moves, and unless you educate yourself and create a detailed plan of action, you will not see the results you strive for. You can keep your plan on your smartphone, or on a piece of paper, and check off each exercise as you're going along. You will easily see how far you've accomplished and how much you have left.

The plan should include actual exercise moves and for weight lifting, should include detailed numbers of sets and reps so that you aren't sidetracked.



Choose An Exercise Routine You Can Look Forward To



Let's face it, exercise is hard work. However, since it should be an integral part of your daily routine anyway, what's keeping you from making it fun and enjoyable?

You know better than anyone that trying to force yourself to stick with something that's not fun is a disaster waiting to happen and typically results in a quitting sooner rather than later. Instead, and this is the best part, pick an exercise that is compatible with how your body functions, as well as with your schedule.

Once you find the workout that best suits you, it'll be a piece of cake making it part of your natural routine, and it'll be

easy to get the results you want. Also, try to mix up your routine every once in a while, because even a good thing can turn boring after a while. Likewise, remember that your body will adjust to the stress level of your workout, so if you keep doing the same thing for a long time, you won't be getting an effective workout, you'll just be wasting time.

Another great motivator is music. There have been studies carried out that prove how music helps people work out better, faster, harder, and with more conviction.

Moreover, who can sit still when the music's pumping?

Engage In A Total-Body Workout

Instead of doing squats for 15 reps, resting, then repeating 3 or 4 times, why not amp up your routine and maximize calorie burn during and after your workout by working on multiple muscle groups at the same time? This engages muscle groups that actually work together in real life, like biceps and triceps, quads and hamstrings.

It also decreases any overuse injuries, which occur from putting too much pressure on one particular muscle. By incorporating just a few compound exercises, you can easily get a full body workout at half the time.

Some great compound exercises include:

- **Squats/lunges**
- **Pushups/pullups**
- **Bench presses/military presses**

Do two exercises in a row that focus on the same muscle group. For example, you can lunges followed by squats, or push-ups followed by pull-ups).



Get the Most out of Your Workouts

When you're short on time, and yet want to see fast results, limit your workout routines to 30 minutes. This is a great way to increase your metabolic burn since you're intensifying your workout in a short period of time.

In addition, in order to keep your recovery time active and keep your body on its toes, try doing blasts of high intensity timed intervals, which can go from 35 seconds to two consecutive minutes with a few second long, rest period in between.

The less the time you spend resting between sets, the more calories you burn, and the muscles are engaged more comprehensively.

These high-intensity interval training (HIIT), like Tabata for instance, are great at keeping your calorie burn at its highest even after you finish your exercise routine, by almost 24 hours.

Just as the workout itself is important, the time you put in for your body to recover from that workout is equally important. The reason for this is that exercising wears out your muscles. The only way they can repair that damage is by resting.

You can refrain from working out the



next day, or maybe do yoga, which allows you to be somewhat active resting your muscles.

Of course, sleep is essential because it's when your body is optimized to start its recovery process. Giving your body the time it needs to recover means, you come back the next stronger and fitter.

Challenge Your Body

As you workout, your level of fitness will grow, and this means that the workouts you are performing will simply become too easy. At this point, you are really just wasting your time if you continue with the same routine.

No pain, no gain could not be more true when you reach a workout plateau. In order for your workouts to be successful and keep you pushing forward you must challenge your body!

In essence, this means that every workout should include a serious effort on your part, whether in lifting weights, or doing some type of cardio, it should never be easy!

This does not mean increasing workout time, but increasing your load. For

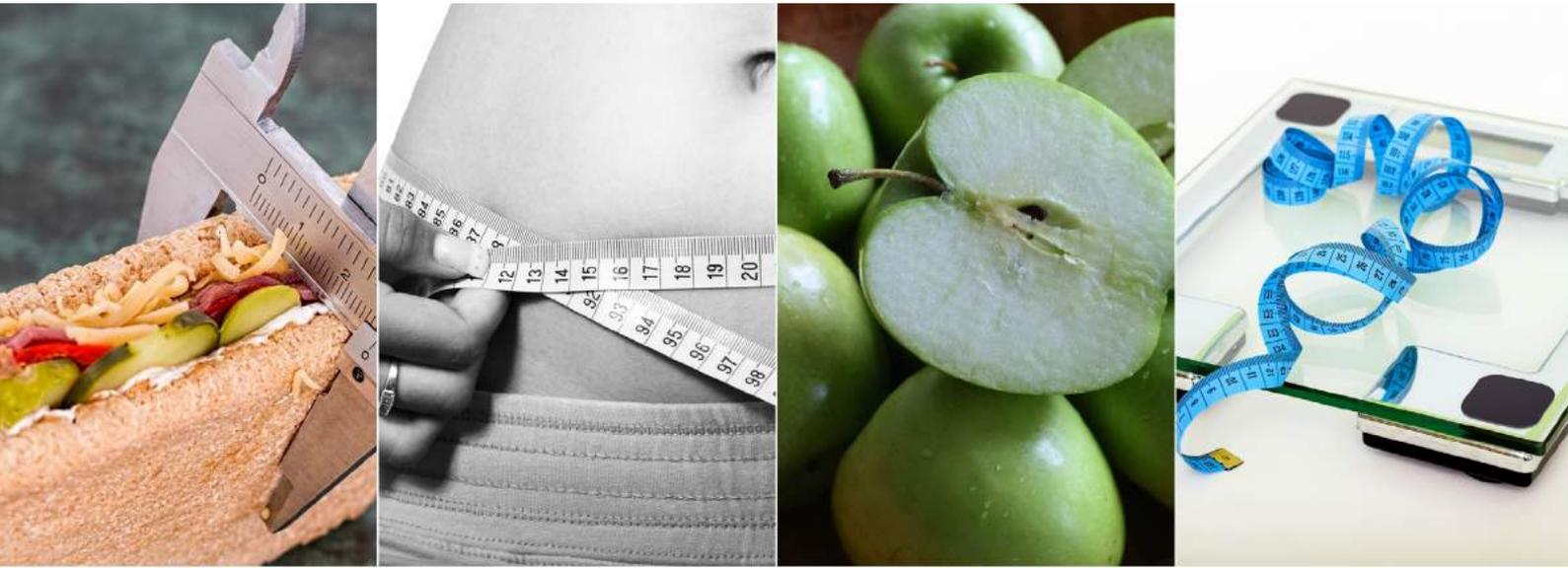
example, doing fewer reps with more weight and lifting to failure. In cardio, this means making that activity harder to complete, for example, raising the incline on your treadmill.

A great tip is to try something you've never tried before. Going out of your comfort zone is when the magic really happens. You never know; maybe you'll find something you enjoy more, or do better. Life can be full of surprises.

The body will always strive to adapt, and once it does, it no longer feels any demand to grow. Therefore, you must create those demands so it can make the changes needed to adapt to a new level. This is something that should occur on a regular basis throughout your workout life.



A good diet



What you eat and drink plays a crucial role in your energy levels, and in your body's ability to recover from muscle breakdown. The truth is that you can spend 7 hours at the gym, but when your diet is full of junk, you will never see results.

Cellular health is also affected by our diets. Carbs are what provide us with fuel, so eating it in moderation is what gives your body the energy it needs to sustain its energy levels and be able to push harder.

Bananas, apples, peanut butter, protein shakes are always a great, easy go-to refueling low fiber/high carb snacks prior to your workouts.

People also tend not to eat enough protein to rebuild muscles. You can take a protein/carb shake before and after your workout. That way you're giving your body

the nutrients it needs at the right times.

The best way to ensure maximum benefit from your diet is to eat a low fiber/high carb snack prior to your workout.

Another great alternative is a protein/carb shake, which will increase the flow of amino acids to your muscles while you're training. This gives them the building blocks they need to follow through with your workout routine. You can have another shake right after your workout. Then anywhere from 60 – 90 minutes later, eat a protein/carb meal to stimulate muscle growth.

In addition, omega 3 fatty acids are great anti-inflammatory foods, which aid in minimizing any inflammations and soreness arising post-exercise. They also help you return stronger and fitter to your next workout.

Hydration

Never forget to hydrate. Water quenches your thirst, and also fights fatigue. Hydration

is critical when you exercise as working out depletes water from the body.

Make a habit of drinking water throughout the day. Don't wait until you're feeling thirsty,

by then, it'll be too late, and you'd have entered the initial states of dehydration.



Final Thoughts

In the end, you have to believe that nothing can substitute commitment and hard work when it comes to achieving athletic success, becoming stronger and looking leaner and fitter. If you give your body a good reason to change and improve, then it will do so. All you have to do is just push yourself to grow and succeed.

Remember to start out slowly, whatever your exercise program may be. Then,

once your body has the chance to adjust, you can take it to the next level. This will prevent any chance of burning out or being injured.

If you suffer from a heart condition, or any other condition that may be affected by regular exercise, make sure you consult your physician beforehand.





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