



## Achieve Your Fitness Goals Faster With These Expert Tips!

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Are you not getting the intended results from your workout? Then maybe you need to re-assess your workout habits. Here are some expert tips that will help you achieve your fitness goals:

### **1. Do not skip stretching & warm-ups.**

Condition your body before jumping into high-impact exercises. A proper warm-up preps your body for exercise—think of your body as a piece of rubber that slowly needs to be stretched. A study by the Austin State University found that people who do warmups are able to do difficult exercises like squats more effectively. Warm-ups have also been proved to help increase stability during workouts.



### **2. Rest between reps.**

Don't just charge through your workout, pace yourself to allow your body to respond and even burn through your body fat. A study by Dr. Izumi Tabata found that 20 seconds of intense exercise followed by 10 seconds of rest repeated 8 times benefits both aerobic and anaerobic fitness. Anaerobic fitness levels also increase up to 28%. The Tabata protocol improves cardiovascular fitness, core strength, and weight training.



### 3. Don't fall into a routine.

According to findings by the East Tennessee State University, the body shows positive responses to changes in workout. Those who changed their exercise routine more often saw more muscle development compared to those who stuck to the same exercise routine all the time. So, set different workout goals every three or four weeks and mix and match your exercise routine.



### 4. Rehydrate and Reduce with Fit 'n Right Active

Get the most out of your workout with [Fit 'n Right Active](#), the only 2-in-1 isotonic drink that rehydrates with Electrolytes and helps reduce fat with 900mg of L-Carnitine.

So, get back on the road to reaching your fitness goals!



**Sources:**

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