

It is a tough world out there, I totally get it. With information coming at us from all different angles it can be hard to determine what is right and what is wrong when it comes to training properly in the gym.

THE TOP 5 MISTAKES WOMEN MAKE IN THE GYM

By: Kyla Gagnon

1. WOMEN CAN LIFT HEAVY AND NOT BULK!

I promise you! Pinky swear 100 times over.

We simply do not possess the appropriate amount of testosterone to do so. Now I will agree that there are a select few of us who DO naturally gain muscle easier than the majority, but I am talking to the 90% of women who DO NOT.

The more lean mass that you can put on your body via resistance training, body weight training and HIIT plyometrics the better your body will be at dropping fat. PERIOD. MUSCLE IS OUR FRIEND!

2. TOO MUCH CARDIO!

Walk into any gym, at any time of day or night and you will likely see a row of cardio machines full of women sweating it out for upwards of 90 minutes sometimes, trying to burn off as many calories as possible.

DO NOT SUCCUMB to this madness. Instead shorten your time and increase your output.

What do I mean by that? I mean interval training, often termed HIT or HIIT High Intensity Interval Training.

My personal HIIT cardio "go to" is treadmill sprints. I warm up for 5 minutes with a brisk walk and then up my speed to a sprint (keep in

mind this will vary, depending on your personal ability). I sprint for 60 seconds and then bring my speed back to a walk for 30-60 seconds. I repeat this for 20 minutes.

The powerful benefit to shortening your cardio time while increasing your energy output is that the calorie burn continues for a significantly longer time frame post workout than that of steady state cardio.

3. OVERTRAINING!

We often feel like more is better in life. I would agree that more love is better, more sunshine is better, more dancing is better..but often more training is not better. Our body does all the good stuff, while we rest. Our muscles grow and repair while we sleep.

It is crucial to take 1 day per week off of training, not only to allow your body to repair and grow, but for you to regenerate and reset your goals. By not allowing your body time to recover you run a serious risk of injury and burn out.

4. NOT ASKING FOR HELP!

I realize the gym can be intimidating, especially if it's fairly new to you. Please do not go this alone. There are plenty of friendly fitness enthusiasts both at the gym and online willing to help.

Perhaps you can tag along with a friend who knows their way around or even hire a trainer to ensure you are not wasting any precious time.

5. SUPPLEMENT SMART!

Do not, i repeat, do not be afraid of this word.

You thought the gym was intimidating, try walking into a supplement store without knowing what you are looking for. Can you say OVERWHELMING?

It doesn't have to be scary. In fact it should be fun. You are working your buns off each week trying to hit your goals so why would you skip one of the most important final steps.

Our muscles are made up of protein and in order to properly recover and grow we need to feed it high quality protein, especially post training. (I use Magnum Quattro, Chocolate Love)

Another important add on is a high quality greens supplement. A greens supplement will ensure that you are actually getting in all the vitamin and minerals we need from green vegetables that, let's be honest, nobody eats.

The greens also help balance your pH levels, helping you maintain your lean mass and general health.(I use Magnum Performance Greens)

The last suggestion that I have is a high quality fish oil.

Fish oil helps prevent pain and injury within your joints, provides you with the a phenomenal source of omega fatty acids which aid in fat loss and is shown to help prevent type 2 diabetes among many other valuable benefits.



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