

Going to the Gym Benefits You from Head to Toe

By now, you know that varied exercise is essential to your overall health, body, and mind. At [Anonymous Client Name Clubs](#), we care about your well-being, so let's explore the benefits of time in the gym. Gym workouts boost your energy levels, add lean muscle mass, reduce health risks, support weight management, and enhance your overall mood. Sounds brilliant, right? Here are three ways to develop a dynamic gym routine.

Weight Loss

To achieve your target weight, consider between 75 minutes of vigorous-intensity to 150 minutes of moderate-intensity cardiovascular activity each week; this helps your heart health and fat-burning goals. If you are new to gym workouts, then consult with gym staff to find the cardio equipment that best meets your needs.

Treadmills

Walking on the treadmill provides low-impact exercise, while running on it provides a high-impact activity. If you struggle with poor bone health, walking on the treadmill avoids injuries caused by repeated pounding on your lower body from running. Either way, a treadmill workout slows down mineral loss in your lower spine, hips, and legs.

Cycling

Cycling equipment offers a low-impact, lower body workout at a low or high intensity level. Bike training also supports strong muscular and cardiovascular stamina for those days you wish to bicycle in the fresh air on a sunny day.

Rowing Machine

The rower is a low-impact workout at variable intensity levels. However, it delivers a whole-body workout for over seventeen major muscles throughout your body. As you use your whole body to complete each stroke, knowing how to do so correctly will make this a truly enjoyable choice.

As each of these cardio machine benefits your body differently, you might consider rotating your use of this equipment, with 20-30-minute workouts, three to five days a week.

Abs & Arms

Aerobic exercise is just part of an effective workout routine at the gym; you also want to engage in weight training. Here are some great choices to work various muscles throughout your body.

Dumbbells

With hundreds of exercise routines that work your arms, legs, back, and abdominals, using dumbbells adds free weights to your regimen for a more complete workout plan. They challenge your muscles, quickly build strength, promote heart health by reducing blood pressure, create muscle memory to help your body function well in the real world, keep your body in balance, and help prevent injury.

Back Extension Machine

Extensions help the three major muscles at the lower back, which are not only used when you bend over to pick up items but are also central to a healthy posture. Before hopping on this machine, consider having a staff member demonstrate proper technique. Improper form could lead to injury but rest assured. Back extensions are well worth your time, as they also help tone your abdominals, glutes, and other muscles in your hips and shoulders.

Pull Up Machine

The assisted pullup machine builds upper body strength. If you regularly use it as part of your strength training workout, soon you will be able to do these bodyweight exercises without machine support. The more weight you load on the stack, the less challenging the pull ups are. As you build strength, keep reducing resistance in the weight stack. For newcomers, this will take time, but you will love the results!

Getting that 6-Pack

Whether your goal is to lose weight or to gain some, many people admire the six-pack abs seen on the pages of fitness magazines. Let's be clear on two facts before you begin your quest for visible six-pack abs. One, having a six-pack does not mean you have more muscle; it just tells others you have less fat covering those muscles. Two, men whose rectus abdominis (six pack) shows have body fat between 6%-9%, and it is considered unhealthy for you blokes to decrease your body fat below 8%. Women with visible six packs have body fat between 16%-19%, and ladies, it would be dangerous to reduce yours below 14%. Some of the most fit athletes around don't have a visible six pack. In fact, the regimen that many of you would have to follow to attain a six-pack could be downright unwise.

So, what do you do moving forward?

Live a healthy lifestyle with quality foods, engage in a regular, varied exercise regimen, and try to get seven to nine hours of sleep each night. You may not gain a visible six pack, but by challenging your body with a mix of aerobic exercises and weight training routines at the gym, you will be much better off, from head to toe!