

Anti Plateau Tips

- Change the order of your exercises

After initial Cardio warm up, vary the routine of your exercise programme, start with tums and back exercises, moving onto resistance exercises.

- Mix Cardio & Weights

If your routine usually consists of 30 mins cardio, 30 mins of resistance and 10 mins of core work. Vary the times of your programme, for example, 10 mins cardio, 40 mins resistance and 15 mins of core work.

- Try Something New

Ask for new exercises or start using a new piece of equipment.

- Use a Variety of equipment

Use Dumbbells, own body weight and gymballs. If all fails buy a new piece of equipment to motivate you.

- Distractions

Watching the TV, listening to music can take you off the duration of your training times. But watch out that you do not become more involved in the TV or music than the task in hand. Therefore set yourself a personal target, if you did 3k in 20 minutes, set a new target taking off a few seconds each time.

- Phone A Friend

Training with a friend can be amazingly beneficial. A training partner can bring the best out in you. Or even better join a class.

- Goal Setting

Set small realistic goals. Something for you to work towards. Once achieved – reward yourself, this could be a new CD or a massage.

