

The 5 Workouts That Are A Waste Of Time (and Money)... You Won't Find Them At The Art Of Weight Lifting

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Before I get started, I want to first make the point that even if you find that you're doing one of these not so great workouts, it OK...

Because if you are doing one of these you're about to change that!

You're already working to get results, now it's time to tweak it and make a workout that really does work.

With all the workouts that are advertised on the TV, in magazines, posted on posters in the gym, it's no wonder that women often choose a workout that has promises to change your body but really never delivers.

Most of the workouts today are based on false promises...

- * "Spend just 6 minutes a day on this machine and get rock hard abs!"
- * "After just 2 weeks, you'll be wearing 2 jean sizes smaller!"
- * "No diet required, just follow these easy exercises and you'll lose weight in no time!"

Do these sound familiar? Maybe you have a book sitting on your coffee table right now with one of these tag lines on the cover.

In this short report, I am about to cover the 5 Workouts That Are A Waste Of Your Time... and that's why you won't see any of them here at The Art Of Weight Lifting.

You'll notice that there aren't hundreds of pages, though I probably could write an entire novel on the subject...

It's short and to the point. I have avoided the fluff because after all this is about workouts that are wasting your time and I definitely don't want to waste any more of yours.

Are you ready to find out if you're previous workout program had been a waste of time?

And if so, are you ready to change it up so you can start seeing results and start efficiently using your exercise time? These changes can be made today! Read this, see the light, and make the changes NOW!

The 5 Workouts That Are Wasting Your Time (And Possibly Your Money)

1. Cardio Junkie... this is the most popular workout and possibly the biggest time waster of all. And that's saying a lot. For some reason it has been implanted in a women's mind that to lose weight and tone up, they need to spend all their time running, walking, biking, ellipticaling (if that's a word)...

but guess what...

It's all a big fat lie. Don't get me wrong, cardio of course has its place in a workout but it isn't designed to be "The Workout".

How long have you been running in place? And how toned have you gotten?

There are two major flaws when it comes down to running in place time and time again:

- ✳ You're body is very efficient and doesn't want to work harder than it has to. So if you start walking a mile every day you're body becomes used to that mile and whatever workout you were getting isn't doing much any more.

Soon you'll have to either change the speed or change the distance if you want ANY results.

And the second...

- ✳ Sure you probably saw some weight fall, but cardio alone, not only eats away your muscle, it gives you the look of "skinny fat"... you know that I'm talking about...

The look where you appear slim and in shape but toss on a bathing suit and you still have cellulite, jelly belly, and jiggly thighs.

But don't worry, I was victim to this workout waster too. And I was able to beat it.

So you're probably wondering, if cardio's so bad then why do so many people do it? Good question! Cardio workouts are very important for overall health, heart health, brain health, lung health, you name it, and it helps...

BUT... for bone health and toned body health not so much.

If I'm not supposed to do so much cardio, then what should I be spending my time on?

Be patient and that will be answered!

2. Weight Machine Workouts: You know, you say you're lifting weights and you do a few reps on a couple of the weight machines at the gym.

Don't get me wrong, you're one step closer to having a women's workout that works, but not quite there. About 80% of the workout machines you see in your gym are nothing but space fillers.

What's wrong with weight machines?

Have you ever been to a physical therapist? What do they use for strength rehabilitation? Machines!

And they're great for rehab purposes, but if you're in shape and ready to get your body in ultimate form, then you don't need rehab exercises, you need real exercises.

And all these machines that you see scattered throughout the gym just isn't the answer for getting ripped, toned and lean. Would you believe that out of the dozens of machines, I only use one of them for my own workouts?

Plus... machines are "isolated exercises" which means that you're only working one muscle at one machine. That is not being very efficient with your workout time.

What if I could give you one exercise that would be the equivalent of 4 machines? Talk about time saving! Get in, get out... that's my motto.

3. The Magical One Piece Of Equipment Workout: You've seen them on TV: morning, night and in between...

Workout gurus "promise" that if you buy their little piece of equipment for just 3 easy payments of \$-- you'll not only get toned abs, a tighter butt and gorgeous legs, but you'll also receive the free 5 minute workout video too!

Wow, what a deal! Ummm sorry, no. A little ball, or a hinged bench isn't going to give these results. In fact, the people promoting the item are there because most of them are paid...

And their bodies are the results of hard work, diet and exercise... not by doing 10 minutes a day on the ab machine.

I know you want to know the easiest way to get into shape, but the real answer is that it does take work and dedication! I can assure you I

haven't gotten my results from just 10 minutes of exercise 3-4 days a week.

Though that would be awesome...

Don't fall for these gimmicks, you and I both know that once it arrives at your door you'll try it out a few times and then it will end up in the basement or hidden under the bed.

Then again if you're like my parents, you'll be it to good use and hang wet clothes to dry on it.

Remember... it's ok if you have a garage full of workout equipment gadgets and gimmicks. I'm not criticizing... just helping you to make no more mistakes in the future.

4. No Change Workout: Have you been doing the same workout since you first day you walked through the gym doors?

This is the workout problem that tons of women have. They get in to the routine of a particular workout, weather it's a certain class you take, or the cardio machines you use, or the weight lifting routine you do...

If it's been over 4 weeks and you're still doing the same thing, your workout is... wasting your time.

Remember, just like I said in cardio, your body doesn't want to work harder than it has to. And so it adapts to the pressures you put under it.

After first you might have seen great results... but now its been weeks and nothing has happened. You've fallen victim to the workout plateau. And the only way to recover is to change it up.

Change isn't a bad thing when it comes to exercise, it's a great thing. Not only does it keep your body progressing but it keeps you motivated and free from boredom.

Surely you don't like doing the same thing EVERY time you go to the gym?

Then don't.

Change it up... Push your body in new ways, feel strong, confident and challenged.

At the start of a new workout you might be burning 500 calories, you may even notice some great definition showing in your arms, legs and abs but after a few weeks your body knows what you're trying to do...

Now you are only burning 300 calories and you haven't noticed any new toned and defined lines. You're disappointed and confused...

And the good news is now you know why!

5. Light Weight Workouts: You're really close to a great workout. You know that it's important to step into the free-weight side of the room, but your stuck...

You think that because you're a woman that that means you have to lift light weights so you don't "bulk up". Maybe you've even heard some uneducated trainers say this... telling women to keep lifting 5 lb weights! But guess what, as one woman to another... they're wrong.

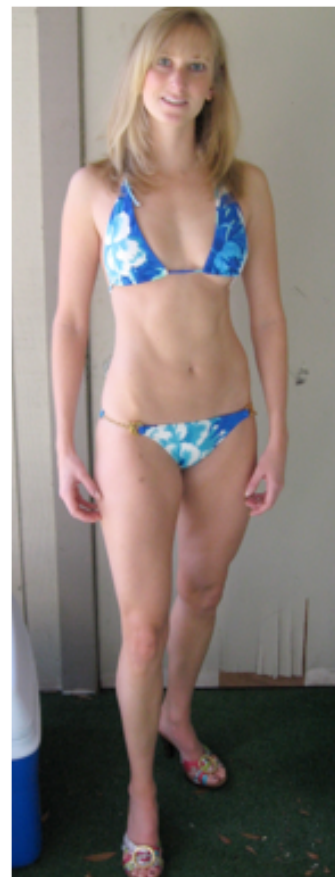
NO! NO! NO! First off, women don't have testosterone like men, which is why men bulk and women can get toned and defined while still keeping a lady-like physique.

If you've seen my picture would you believe that I can squat more than my weight (I squatted 135 lb for 10 reps this morning)? Do I look bulky?

If you haven't seen me then I can assure you, my 5'5 and 110 lb figure is not bulky. I have to work EXTREMELY hard to add definition and while we're not all created equal...

Most women cannot and will not bulk up no matter how much weight they're piling on the bar.

If you've been following the 5 lb weight workout then take a look... do you look more toned? Are



your still frustrated? Have you gained any definition?

Probably not and that's ok...

Because remember, I'm not judging anyone. If you're workout is on this list now its time to re-evaluate and decide is your desire to change your body big enough to change up your workout mindset?

Fixing The Problem... If My Workout Isn't Working, What Will?

Now that we've successfully pushed away your old mentality and have opened up to trying something new, what is it that you should be doing?

Workout in the weight room with the big boys! Turn off the cardio machines, get up off the weight equipment, drop the 5 lb weights and walk into the real weight area of the gym.

Yes, I know it only takes up a fraction of the huge warehouse size building, but it's the most important.

A few benefits of weight training:

- ✳ Increased resting metabolism, for each pound of muscle you will burn up to an extra 50 calories per day!
- ✳ Improved bone health: as helpful as popping a calcium pill each day, weight lifting improved bone density and fights of osteoporosis.
- ✳ Better posture: no more slouching with strong muscles and bones.

- * Increased energy: Don't be fight heavy eyes in the middle of the day!
- * And much much more...

Having a real, certified personal trainer is probably the best option... but before jumping the gun I always tell clients to research:

Aim for a trainer that:

- * Specializes in women's health and fitness
- * A trainer that takes care of themselves
- * Experienced with the goals you are going for (if you want to run a marathon don't train with a body builder)
- * Understands you, your skills, and your limitations

Good thing at the Art Of Weight Lifting, you have 3 trainers that are dedicated to all of these, and are excited for your goals and transformation.

Ok, so you got some great information from this report! Now you either walk away knowing you need to change your workouts, or maybe you're workout is stellar...