

## Five Workout Secrets to Steal from the Men's Side of the Gym

*keyword: women's fitness, female fitness*

Have you ever been just plain jealous of the way guys seem to make the decision to get fit and then they zone in on it? They seem to have more determination and get results so much faster than us girls. Well, we've taken a look at the men's side of the gym and we are going to bring their top five workout secrets right on over to our women's fitness plan. Are you ready to think, train, and see the results that the boys are experiencing? (Don't worry about bulking up like the boys. You won't grow hair on your chest or look like Mr. Steroid...we promise!)

### **1. Compound Your Workout!**

It's a fact. The more muscles you are able to work at the same time, the more calories you will burn. Those calories will continue to burn while you are at the gym as well as the days following, while they are repairing. By compounding your exercises, like your forward, walking lunges with bench presses, will give you the double shot power you need to kick your body into high gear. Always try to engage upper body and lower body at the same time. Use your imagination, like doing your bicep curls from your stability ball. There are plenty of ways to get twice the power in half the time!

### **2. Focus...Focus...Focus!**

How many times do you see a guy reading a magazine or the latest novel from the treadmill? Not too often. When it's time to do your cardio, focus on your form, keep your head forward to increase oxygen flow and to keep you from feeling exhausted sooner than you have to. You don't have to run the treadmill for 20 minutes if it's just too boring for you. Instead, do short blasts of cardio in between strength training sets. Bottom line? Leave the books at home.

### **3. You Gotta Push it Baby!**

Let's face it, men like to sweat at the gym. They have absolutely no problem with it, in fact. We can learn something from this in our women's fitness routine. Getting a good sweat at the gym is not only socially acceptable, but it proves that your body is heating up and you are burning those calories. Sweating also is a great detox for your skin, so stop worrying about it. Be proud of that sweat soaked brow! Push the limits!

### **4. Refuel After Training**

Men have no problem refueling after a good workout session. They aren't duped into thinking that they should starve themselves after depleting their body because maybe they will get even thinner. Guys want to bulk up. They want to look big and strong, so what do they do? They focus on lifting more weight or doing more reps to build their muscles and in order to build them, you've got to feed them. Women sometimes are either afraid of bulking up or just misinformed about how the body works. If you want to burn fat and build lean, sexy muscles you need that protein after your workout. And don't be afraid of bulking up. It's not going to happen. The muscles you build are going to raise your metabolism,

burn that fat off of you, and make you long, lean, and super sexy.

## **5. Guys Log their Sessions**

Have you ever noticed that more guys log their workouts than women? It might be because they think a little differently about their strength training. Instead of focusing on how many calories they have burned, they focus on how much weight they lift, how many sets, how many reps, and when they should increase.

Men know that in order to get past their next plateau they will have to continually make increases and they want to remember what their numbers are, so they will do it right. Logging your workout also makes your success tangible. You can look at your progress and see how your body is changing. This will help you to never look back and fall into the fat trap again!

So, how about it ladies? Are you ready to steal these five workout secrets from the boy's side of the gym and add them to your female fitness program?