

Fitness Exercises

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Wednesday, 12 September 2007
Last Updated Wednesday, 10 October 2007

Fitness exercises is main path to improve your fitness levels. But why would anyone even care about improving it. In general human body is experiencing various situations in which it could feel pain or required to overcome certain intensity actions. This is where fitness level comes very important because it will ensure higher level of pain or intensity that can be overcome with less effort or damage done to your body.

In sports training activities athletes are consistently improving their physical abilities and usually trying to raise it to new levels human body allows by increasing workout intensity and performing certain activities that match their sports movements. This ensures that their aerobic and muscle endurance is improving and will allow performing better at maximum intensity for longer time which allows achieving better results and winning over their opponents who have lower fitness levels.

This can be achieved via fitness exercises that are performed on consistent basis. Higher the goals for fitness levels are set more frequent this consistency is required. Most professional athletes are doing their practices on daily basis but frequency is not the main factor that ensures higher levels of fitness. Each action requires different set of muscles involved and oxygen intake levels used so just working out in general for whole body will not ensure best results in certain activities. Best approach is to use expert advice like personal trainer who will prepare specific routine for your exercises depending on goals you want to achieve.

Choosing trainer is quite essential part of achieving your goals for exercises because trainers have different level of education and practical experience. Most knowledgeable and experienced trainers are more expensive as well because they are in great demand but just getting most priced expert will not ensure best results in your particular situation because they have mostly general knowledge level and experience and some are more experienced in specific activities like running, weight lifting or even more particular sports as basketball, soccer and etc.

Planning of your fitness exercises is essential as well because different situations require different approach. In general achieving your goals can be set in several steps where first could be foundation training then strength level improvement with most intensive exercises and if needed agility exercises but quite important part in all exercise planning is given to aerobic exercises which can be not just running set distance but different interval training exercises and speed improvement practices.

For best results varying intensity of these exercises is vital and usually is done in climb and drop approach in 2 dimensions where first dimension gives immediate affect on intensity levels of exercises but second dimension gives longer term affect. For example increasing intensity level for first 2 weeks and then doing few less intensive fitness exercises will be first dimension variation but increasing overall intensity over several months and then giving your body a rest for few weeks to regain energy and prepare for another big round is second dimension and such approach ensures consistent improvement of exercise results over time without getting into improvement stagnation

situation which is often main obstacle for continuing any exercises since results stopped improving.

This is like pushing the limits constantly while facing high resistance. If you want to move a heavy item on the ground you will try to push it further and further but most effective approach would be pushing it with intervals of maximum intensity instead of trying to push it at same effort for longer time.

Fitness exercises are best tools to achieve healthy and fit body which can improve also other aspects of your life so after some time of routine exercising considering them as part of your life like eating or drinking will ensure more effective and productive existing in general by allowing to reach more goals that you set to achieve in least possible time. Usually people claim that there is no time to waste for such activities as exercising but that mostly happens because they are quickly fatigued when trying to perform some actions even if it doesn't involve physical efforts but only mental effort. For less fit people this will require more time to finish the task and additional time to get some rest while those who choose to improve their fitness levels by training constantly will be able to finish same tasks much quicker and won't require much rest as their body will be recovering more quickly.