



## Get Fit. **Life Tip.** Stuck in a rut?

Change your routine! Having a schedule for your strength training workouts is important for consistency and to ensure you hit all body parts without over working them. However, sometimes we get stuck into the same strength training routine that consists of same number of reps and weight. Throwing a new variable into the mix is important to break plateaus and re-energize your workouts.

### **Make new plan by making adjustments to your routine.**

Try changing of combination of the following variables and feel a difference in how your body reacts:

- Amount of weight
- Number of reps
- Order of exercise
- Number of sets (single set, super-set, tri-set)
- Type of weight (dumbbell, machine, barbell, cables)



Making changes to your strength training routine will ensure that your body gets the physical adaptations you're looking for along with strength gains, not to mention keeping things new and exciting!

More information on the Get Fit Referral Program at [www.bwittegetfit.com](http://www.bwittegetfit.com)

**Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.**

*If, at any time, you decide that you no longer wish to receive Get Fit. Life Tip., please respond to this e-mail with "Unsubscribe" in the subject line.*