Complementary Blog Post: 3 Total Body Fat Burning Workouts

Subject: 3 Reasons You Should Work Your Total Body

[firstname],

Working out is essential to live a long and full life, but sometimes you’ll get into a rut and keep doing the same type of exercises or sports. You might love to run, hike, cycle, swim, yoga or many other activities – so this is what you stick with. You don’t deviate from your regular schedule or routine.

Bringing a new variety to your workout routine is essential. It works different muscles and doesn’t allow them to get used of doing the same types of activities. This makes them work harder.

In fact you should be working your entire body once in a while. Why if you’re already meeting your weekly exercise quota? Here are X reasons to have a total body workout.

1.Helps prevent plateaus

One of the biggest reasons is that by working your entire body you are preventing those much dreaded health plateaus. When you’ve been exercising, eating right and still no progress is happening in losing weight or inches.

2. Easier for home workouts

Not everyone can make it to a gym and one way to make the most use of your time is to pick moves that are going to use your entire body. By doing this you’ll get a stronger body in less time.

3. Won’t miss a body part if miss a day

When you’re working on only certain muscle groups each day this could be a problem if you have to miss a day of exercise. You’ll either have to play catch up on the next available day or you’ll have to skip it all together.

Exercising your total body eliminates this problem because you won’t miss any of them because you’ll be working the entire body.

All of this sounds great, but what moves can you do in order to have a total body workout? Check out this blog post on the site that goes over three different moves that can easily be done at home.

LINK

Doing a total body workout can be exhausting when you first start, so make sure that you’re slowly getting back into the groove before you go full board into these workouts. Building strength throughout your entire body will make you stronger and healthier.

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