

## 10 Fitness Hacks You Need To Know



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# Introduction

In this short report you will be presented with 10 Fitness tips and strategies that can help you live a better, fitter life and achieve all your fitness goals, whether you want to add muscle, burn fat, or just get in better shape so you can play with your kids.

Most are pretty short and simple, which makes them easy to implement. Not all of them will apply to your situation all the time. Some might even contradict each other, but be effective at different times in your training plan.

The more tips you can implement in your life, in general, the better your results are going to be. The great thing is, you can do it over time.

These 10 Fitness Hacks will reveal simple advice how to transform your body. Ready? Let's dive in...

# 10 Fitness Hacks You Need To Know

## 1. Find Your WHY (Burning Desire)

Do you know your reason why? It's your reason why that spurs you to action and keeps you from quitting.

If your reason why isn't big enough, you'll stay on the couch, or at least go back to it after a few weeks. Find a big enough reason why and you'll push through to success. Do you know your reason why? Well figure it out!

## 2. Forgive Yourself

Life is about mistakes. We all make them. All the freaking time! It's not whether or not you make a mistake, it's how you react to it that counts.

Don't let a mistake like missing a few workouts, or binging in front of the television one night completely throw you off your game and cause you to quit.

Acknowledge you slipped, and start fresh in the morning. Don't let it fester and become a big thing so that before you know it, you've been eating Krispy Kreme for three months and haven't worked out, either! You can't change yesterday. Focus on now!

### 3. Eliminate Negativity (Yeah, People, Too!)

Sadly, some of the biggest obstacles to overcome when trying to make positive changes in your life are your friends and family.

They have many reasons, I'm sure, from trying to "protect" you or your self-esteem, to trying to sabotage you out of fear because if you make all these positive changes, you might just leave them behind as they still go to happy hour (for hours), party late into the morning and sleep half the day, and waste away the hours in front of the television.

Whew! That was a long sentence!

You need to make very clear what your goals are and that you need their support. If they can't support you, they can't be around you. Sure, that sounds harsh but sometimes necessary.

### 4. Turn Off The Freaking TV!

You heard me! Don't look at me like that! Everybody is too freaking busy for this and that and the other thing, yet they spend 10 plus hours a week watching television.

Here's a shocking news alert for you. 99.99% of what is on TV is complete crap! Turn it off!

### 5. (Re) Cycle

I'm as big a believer in hard, intense workouts as anyone. But there's a difference between training hard (and smart) and just beating up and wearing down your body.

You need recovery days and periods of lower intensity as well so your body can recover, repair, adapt and improve.

This means easing off the gas pedal every once in a while. This can be done a few different ways.

You could take a full week off out of the gym every 8 to 12 weeks or so (and if you must do something, take easy bike rides or walks). If you think that will mess you up and get you out of the habit of exercising, then just dial things back for a week.

Go to a full body weight training workout using regular old straight sets (no metabolic resistance training, circuit training, supersets or any intensity techniques) and don't go near failure.

If you can bench 150 for 3 sets of 10, try 150 for 3 sets of 5 or lower the weight to 120 for sets of 8 or 10.

Another version of cycling is to improve your lifts, especially when you get stuck and can't seem to move up your numbers.

## 10 Fitness Hacks You Need To Know

Once this is accomplished, you back off and then perform another training cycle, working up to a poundage that is slightly higher than your previous best.

You don't want to peak with a 1 rep max lift. You want to increase your training poundage that you use for 6 to 20 reps.

Here's an example of a 12 week cycle using the squat.

Let's say you can squat 260 pounds for six reps. Start the program with 75 percent of this amount (roughly 200 pounds) and do two sets of 10 reps each.

Yes, you could most likely do more but we are building momentum.

Remember, cycling is to help you avoid burnout and sort of trick your body into new territory.

Your 12 week intensity cycling routine might look like this:

Week 1

Monday – 200 x 2 x 10

Friday – 205 x 2 x 10

Week 2

Monday – 210 x 2 x 10

## 10 Fitness Hacks You Need To Know

Friday – 215 x 2 x 10

Week 3

Monday – 220 x 2 x 10

Friday – 225 x 2 x 10

Week 4

Monday – 230 x 2 x 10

Friday – 235 x 2 x 10

The intensity is ramping up. Time to drop the second set.

Week 5

Monday – 240 x 10

Friday – 245 x 10

Reduce the frequency to three workouts every two weeks.

Week 6

Monday – 250 x 10

Friday – 255 x 10

Week 7

Wednesday – 260 x 10



## 10 Fitness Hacks You Need To Know

Week 8

Monday – 265 x 9

Friday – 270 x 9

Week 9

Wednesday – 275 x 9

Week 10

Monday – 280 x 8

Friday – 285 x 8

Week 11

Wednesday – 290 x 7

Reduce the training frequency to once per week.

Week 12

Wednesday – 295 x 6

Week 13

Wednesday – 300 x 6

Week 14

Wednesday – 305 x 5

End of cycle! Great work!

At this point, you can take a week to ten days off from the gym to rest and recover and then start another training program or a different type of cycle.

Keep in mind, there are endless variations of this idea and you may want to experiment with different one's.

### 6. Warm Up Don't Burn Out (Exercise Specific)

A warm up is to keep you from getting injured while also priming your body to perform at its best.

A warm muscle contracts better than a cold muscle. But you don't want to wear yourself out on your exercise specific warm up and hurt your true work sets.

So keep the reps on your warm up sets low (say 5 or less). If you need to, do an extra set or two with slightly more weight, as opposed to doing harder sets and higher reps.

### 7. Sleep More

We look at a lot of things when it comes to fat loss. We try and put together the best workout program for boosting our metabolism. We change our nutrition and even try and eat

## 10 Fitness Hacks You Need To Know

specific foods and food combinations that are supposed to help burn fat. And these are obviously crucial to your body transformation. If you want to shed fat and build some lean muscle, while feeling better, too, you need to eat right and exercise.

But one of the most important things we can do, and you almost never see it recommended, is just getting more sleep each night! Most of us don't get nearly enough sleep. This can not only affect your fat loss or muscle building efforts but your overall health as well. Stop staying up late to watch crappy television!

A lack of sleep raises cortisol levels. Cortisol is a hormone that increases when stress levels increase, one of the causes being a lack of sleep. Cortisol causes a breakdown of body tissue (think muscle). Combine this with dieting, which also raises cortisol levels and you have a problem with the potential loss of muscle mass.

Losing muscle mass is the opposite of what you want to happen when training for fat loss. Losing muscle makes everything worse – how you look, how you feel; it slows down your metabolism which makes it harder to lose fat. On top of that, it brings about a loss of strength which makes your training as well as everyday activities more difficult.

## 10 Fitness Hacks You Need To Know

A study that appeared in the journal *Laboratory of Physiology* in Belgium, showed that those who were not getting enough sleep, had higher cortisol levels in the afternoon and early evening, when compared to those that were getting enough sleep.

Ever crave carbohydrates after a night of tossing and turning? It seems a lack of sleep has an impact on hormone release and levels as well as on the metabolism, one of which is an increase in appetite, according to a Chicago study.

Two hormonal issues with sleep restriction that can become a big problem are insulin sensitivity and a decrease in glucose sensitivity as well. These are extremely important factors when it comes to diabetes as well as how full you feel after a meal.

You might want to reconsider how much damage that extra hour of television each night is doing to your health and your fitness.

### 8. Perform Interval Training

In its simplest definition, interval training is alternating bouts of high intensity with bouts of lower intensity. One example would be hill sprints. Sprint up the hill, walk down, and repeat. There are many ways to incorporate interval training into your program.

What is probably the most well-known interval, thanks to a study done by Dr. Tabata is the 20/10 interval where you do an all-out

## 10 Fitness Hacks You Need To Know

bout of exercise for 20 seconds followed by 10 seconds of rest before repeating.

But there are many, many effective interval ranges you can perform, with an almost endless variety of exercises. You can do intervals while running, or on a stationary bike or treadmill, which is what most people do. But you can also perform intervals using resistance training, such as with barbells, kettlebells, dumbbells, sandbags or even body weight exercises.

You don't have to complicate things. If you're doing some sort of cardio training with your intervals, you can use longer intervals, like 60 seconds hard, followed by 30 seconds or 60 seconds easy and go for 20 to 30 minutes.

With resistance training, you'll most likely want to keep the intense portion of the interval between 10 and 40 seconds.

A great interval training workout could be as simple as 8 rounds of body weight squats in 20/10 style, followed by 8 rounds of push ups in 20/10 style, which makes an 8 minute workout.

Or you could alternate by doing one round of the body weight squats followed by one round of the push ups and repeat for 8 rounds.

However you do it, DO IT!

### 9. Eat More Protein

Eating more protein will help you twofold. It will help boost your metabolism and aid your fat loss efforts. Protein is also crucial for adding sexy, calorie burning muscle mass to your body.

Eating more protein to burn fat was confirmed in a study published in the *American Journal of Physiology*. One group was fed a high protein diet (just over one gram per pound of bodyweight per day) while the second group consumed a protein diet near equal to that of the RDA.

The group eating the high protein diet burned more fat than the group consuming protein near equal to the RDA.

### 10. Include Body Weight Exercises In Your Routine

Adding body weight exercises to your fitness routine will work wonders for you. Body weight exercises allow you to workout any time, anywhere, so lack of time or space is no longer an excuse for missing a workout.

You can get an endless variety of workouts with body weight exercises.

## 10 Fitness Hacks You Need To Know

You can do an interval workout, a challenge workout, an endurance workout or even a strength workout. Yes, really. Don't believe me?

Give me twenty true single legged squats or one arm push ups or pull ups. With good form and no cheating. Yeah, that's what I thought.

With body weight exercises you can get in a complete workout whether your goal is strength, fat loss or overall conditioning.

## Conclusion

That concludes our short report on 10 fitness hacks you need to transform your body.

***Knowledge isn't Power. APPLIED Knowledge is Power***

You could memorize all these tips and be able to recite them to anyone who asks, but if you never actually TAKE ACTION and USE them, you won't change a darn thing.

Here's what you need to do RIGHT NOW! Implement ONE tip! Just one. Without delay! That will get you started in the right direction. Objects in motion tend to stay in motion so get some motion going right this very second! Build momentum!

## 10 Fitness Hacks You Need To Know

If you would like to fully super charge your knowledge and results I encourage you to check out the full version of this report where we will provide 52 Fitness Secrets just like these but enough to keep up your motivation while transforming your body!

⇒ *Check out the fully super charged complete set of 52 fitness secrets here:*

<http://www.dempseysresolution.com/FitHacks.html>