

Fitness Facts

Three Ways To Improve Your Spring Workout

(NAPSA)—As the weather improves, spring is the perfect time to ease back into working out. “The sooner you start, the easier it is to achieve your goal,” explains Tom Holland, exercise physiologist and Bowflex Fitness Advisor. “Small changes spread out over more time is the secret to success.” Holland recommends these three ways to improve your spring exercise routine.

1. Maximize your routine with a total-body focus. An effective fitness regime targets the body as a whole, improving your overall fitness level. For example, the Schwinn Airdyne Pro (www.schwinnfitness.com) incorporates Airdyne technology for a total-body workout with a fan that uses your own body’s resistance for power. The bike lets you tailor the level of intensity as you set your own pace—the more effort given, the more resistance it delivers. This offers a custom workout suitable for any phase of your fitness journey.

2. Find a low-impact option that can support long-term success. Getting back into an exercise regime can be exciting, but finding activities that support individual fitness levels is essential. For example, running is an effective cardio workout, but can also be jarring for the body. For easing into a new routine, low-impact options such as walking, cycling and rowing can all be great places to start. Or look for equipment that can help soften the impact of high-intensity workouts. The Octane Fitness Zero Runner ZR8



Low-impact fitness options can offer a gentle yet efficient workout that will keep you moving all year long.

(www.octanefitness.com/home/products/zero-runner/zr8) turns running into a low-impact exercise thanks to the uniquely designed frame and the machine’s natural, smooth motion that replicates real running.

3. Get intentional about your choices—work out smarter, not harder. Fitness needn’t be complicated to be effective. Take advantage of tools that simplify your workout. For example, the Bowflex SelectTech 560 Dumbbells (www.bowflexselecttech.com) help you work out smarter with the built-in 3DT electronic sensor and Bluetooth connectivity that records reps and weight lifted, as well as provide you with an audible cue when a rep is completed properly. The free 3DT app records and syncs data wirelessly with a favorite smart device, and also features a workout library to guide your at-home exercise sessions.

By following Holland’s tips for building your springtime workout regime, you’ll be well on your way to a fitter and happier life.