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Workout plan on excel

Photo by Jordan ShakeshaftForget the time crunch! With a little prep, making a trip to the gym can be quicker than ever, and yield the same — or even better — results. Before making excuses, follow these steps to make your next workout as efficient as possible.Head to the gym during off-peak hours. There's nothing worse than waiting an extra 20 minutes to use the equipment, so if possible, schedule a sweat session during the lulls. New to a gym? Phone ahead and ask when they're usually the least crowded.Learn the lay of the land to skip searching for favorite equipment. Ask for a tour when you sign up.Try something new! Favorite class full? Try a different (less crowded) one. You might find a new hobby along the way.The Takeaway: Plan gym trips beforehand — what time to go, the circuit you make, and what class to try — to order to avoid wasting.Speak the LingoBrush up on your gym lingo to smooth the transition to a new space.Cutting Edge GymsPower the body — and even the planet — with our list of the 21 most innovative gyms. 1. On Mondays, Wednesdays, and Fridays you'll do strength workouts that work your entire body. Mondays also target your arms. Wednesdays also target your legs. Fridays also target your core.2. You'll do the same Monday, Wednesday, Friday workouts each week for the entire month, each week using incrementally heavier dumbbells. For example, if you did 10-pound goblet squats on the first Monday of the challenge, aim to use 12-pound dumbbells in week two. If you don't have access to dumbbells in the weights you need, you can add extra sets to your workout instead.3. When selecting a weight to start with, there's a simple rule of thumb: Choose a weight you can lift with perfect form for the number of reps prescribed plus one or two more. If you think you can do more than two additional reps with perfect form, you should use heavier weights. 4. Saturdays are for cardio. You will choose the exercise you most enjoy — running, swimming, biking, elliptical, rowing, etc. — and we will give you guidelines for time and intervals. Klaus Vedfelt / Getty Images While toning and maintaining some level of fitness is important to me, so is staying cool in the August heat. In NYC, everyone glistens with perspiration just walking down the street. I'd rather skip the sweaty workout and hole up in my newly air-conditioned apartment. However, as a beauty editor interested in wellness, I know that I should move my body at least a little bit. As such, I reached out to a few fitness experts and asked them to tell me their favorite workout moves that are both effective and sweat-free. This way, I can tone up without having to wash my dry, curly hair as often as I hit the gym (or ruin a blowout if I happen to have one). Here are 10 easy-to-master no sweat exercises that won't require deodorant and a face towel. 01 of 10 "I highly recommend tai chi, yoga, or Pilates," says Michelle Goldberg, a personal trainer at Equinox. But if you can't catch a class, grab a mini loop band—they're travel-friendly and give you a big burn. "This exercise targets your glutes, hamstrings, and outer thighs—but won't make you sweat," she says. Place the loop band above the knees and come to all fours. Extend one leg back, point the toe and lift until it's slightly lower than hip height. Pulse your leg with control 20 times. Then, bend the knee at 90 degrees, bring the knee to your chest and lift it right back up 10 times, just like a donkey kick. Now, try the fire hydrant. Keep your leg bent under your chest and lift out to the side 20 times. Switch sides and perform the same number of sets on the opposite side. 02 of 10 "Try a first position demi-plié with arms moving between first and fifth position," says Lauren Kleban of Lekfit. "This move engages your core, arms, back, glutes, and inner thighs." Start with your heels together, and feet turned out—rotating from your hips. Tilt your pelvis back, keep your chest up, shoulders down, and arms rounded with fingertips directly in front of your navel. You may start with holding onto something for support until you feel secure enough to let go. As you bend your knees slightly over your toes, lift your arms. This is a small bend of the knees. Stop if you feel any pain. Keep your heels down as long as possible. As you straighten your legs, your arms return to start. Perform two sets of 10 reps. 03 of 10 "If properly executed you, will build stability in the shoulders and strength in the arms, back, and core," says Athleta brand ambassador and trainer Jen Dapper. Start in an upper push-up or plank position, with your hands directly stacked under your shoulders, with your elbows hugging in. Keep your upper back flat with your legs fully extended and firm. Lower your abdominals, drawing up, and pull your right knee to the right tricep (while still drawing up abdominals). Then, cross to the left side and return to the start position. Repeat for the other side and try for 10 reps on each side. 04 of 10 "This targets your latissimus dorsi muscle on the back," Goldberg explains. Stand up straight, holding a resistance band or loop band in front. Reach your arms up to the ceiling, keeping tension on the loop band. Squeeze your shoulder blades, drive your arms down and wide while keeping the band in front of your face and ending slightly below your chin. Extend your arms back up to the ceiling while maintaining tension. Repeat for two sets of 10 reps. 05 of 10 "This move works because it is a compound movement that requires focus and control but doesn't necessarily make you sweat," explains celebrity trainer Astrid Swan. Start in top push-up position with your feet slightly wider than hip-width apart. Lift your hips in the air, so you look like an inverted V. Keep both legs down or, for more of a challenge, lift one leg into the air. Lower your shoulders toward the floor, and before your chin or chest hits the floor, swoop your body forward so that your chest ends up facing forward, your back arched, head up, and arms straight—similar to a yoga move. Do your best to reverse the entire move back to starting position. If that is too advanced, lower knees and reset back to push-up position. Do one to two sets of 10 reps. 06 of 10 Dapper says that The Dead Bug exercise will "strengthen deep abdominal muscles and stabilizes your lower spine to build strength and reduce back pain." Begin on your back with your arms and legs firm, fully extended to the ceiling. You can keep your legs bent at 90 degrees, progressing to a straight leg as your core strength improves. Perform a pelvic tilt to press the small of your back flat into the mat, keeping your belly tight. Slowly extend the opposite arm and leg parallel with the floor. Exhale and return to start position. Make sure the small of your back is flat on the floor for the duration of the exercise. Repeat this move 10 times. 07 of 10 Siri Stafford/Getty Images Resistance stretching is a type of exercise that increases range of motion and flexibility while also increasing strength. The best part? It is a great no-sweat way to tone up. This hamstring stretch will improve flexibility and tone your legs. Lie on your back with both legs straight out. You can also bend one knee up if that is more comfortable. Place a resistance band around the sole of your foot. Contract your hamstring muscles (the muscles at the back of your leg) as you push into the band like you are bending your knee. Your knee shouldn't bend much, as this is more of an isometric movement. As you push into the band, pull the band back to stretch your hamstrings. Perform 10-15 reps on each side. 08 of 10 This Lunge With Twist is a great no-sweat exercise because it targets your legs and core at the same time. The lunge portion strengthens your quads and hamstrings, while the weighted ball challenges your core muscles. You can start without a weighted ball and progress to a small one as your strength improves. Hold the weighted ball or medicine ball slightly in front of you, with your arms bent. Lunge forward with your right leg. Using a slow and controlled motion, twist to your right, keeping your core tight. Rotate back to the center. Repeat sides, lunging forward with the leg and twisting to the left. Perform two sets of 10 on each side. 09 of 10 Balance boards or wobble boards strengthen and tone your body while also challenging your balance. Several different brands, such as the Simply Fit Board, consist of a plastic board that you stand on. They work your muscles but don't work up a sweat. Place your balance board on a firm surface. Stand on the outer edges of the board, holding onto something as you step on it. Once you have your balance, begin slowly twisting, so the board starts moving in a circular motion. To work your muscles even more, hold a three- to five-pound dumbbells in each hand. Twist for one minute. Repeat three to five more times. 10 of 10 Erik Isakson/Getty Images Walking is the perfect no-sweat exercise that you can do on your lunch break or after work. You can walk up hills for leg strengthening or increase the distance walked to work on your cardiovascular health. Walk outside or on the treadmill when the weather is too hot. Here are examples of some walking workouts: 10-minute slow walk, 10-minute fast walk, 10-minute cool-down 5-minute warm-up walk, 5-minute fast walk, 5-minute slow walk on an incline, 5-minute fast walk on an incline, 5-minute cool down 10-minute warm-up, 15-minute fast walk, 5-minute cool down 5-minute warm-up, 10-minute walk on hills or incline, 10-minute walk flat, 5-minute cool down Aim to walk at least 15 to 30 minutes per day. When considering a workout plan, many people stop before they ever begin—because they don't have any equipment, and assume that it's a necessity. Whether because of worry that there's no way to be successful at reaching exercise oriented goals without weights, or because they don't know enough different activities to do, there is a common misconception that getting fit requires equipment—a misconception that unnecessarily prevents people from getting started on a fitness path. In reality, there are many activities you can do with only the weight of your own body, and they can be highly effective at getting you in better shape. To help us best understand how to begin building a bodyweight workout plan, we consulted with WeStrive App trainers Torra Wolf and Tommy Hockenjos. They shared their favorite workouts that are based only on bodyweight, with assorted fitness goals in mind. Meet the Expert You can accomplish an array of fitness goals without having to use workout equipment. Let's look at how a bodyweight plan can help you reach your fitness goals, and where it may fall short. Strength Building: A bodyweight workout plan can help lead to increased strength, though you may need to get there through progressively higher reps. Let's take push-ups as an example, a common bodyweight exercise that can have profound effects by working multiple parts of your body. The act of doing push-ups will increase the strength of your pecs (chest), deltoids (shoulders), triceps (back of your arms), and abs (stomach). You might begin by working up to doing a single properly formed push-up, then after time gradually doing many more. You can also do variations that are more complex: "If you have mastered 30 push-ups in a straight set, now challenge yourself to decline push-ups," says Wolf. By increasing repetitions and making individual exercises more difficult, you can gain strength through simple bodyweight movements. There is only so far you can go with bodyweight workouts when it comes to building muscle mass, though. Hockenjos cautions that for those whose goals is a more extreme version of strength gaining, like for powerlifters, a bodyweight plan alone won't be sufficient. "Our bodyweight, for most, is not enough of a stimulus to generate the massive strength adaptations that are possible from using external weight," he says. Weight Loss: A bodyweight plan can be effective for weight loss for two reasons. First, cardio activity may help you lose weight through burning calories. "If you are looking to lose weight, add some extra movements to your workout plan that will make you break a sweat," says Wolf. For example: "Instead of an ordinary lunge, do a lunge jump with a front kick in between each rep," she says. "The more you increase your heart rate, the more calories you will burn." The second reason that a bodyweight plan can work for weight loss is because as you increase your muscle mass, your body will burn more calories on its own, because muscle increases your metabolism. Hockenjos recommends that if your goal is weight loss, you should "choose an easier variation of an exercise (push-ups with hands on a bench vs. regular push-ups, for example) where you are able to burn more calories and increase the number of reps you are able to perform." Muscle Toning: Knowing that you can build strength with bodyweight only, it shouldn't be surprising that you can also enhance your muscle tone. "Although lifting heavier weights does help to increase muscle faster, toning muscles can be done through your own body weight," too, says Wolf. And because having more muscle increases your metabolism, you'll burn more calories, helping you to shed the fat that may be hiding your musculature underneath. Endurance: Bodyweight workout plans can increase your endurance for a straightforward reason: The more you practice a specific exercise, the more endurance you'll have for that exercise. Because there is such a wide variety of bodyweight workout options, you can increase your endurance in a large array of ways. Wolf says that anyone can benefit from a bodyweight plan because, even though injuries are the top reason to avoid certain exercises, there are plenty of others meant to help you recover from them. "Most bodyweight exercises are dynamic and multi-joint," says Hockenjos. "When recovering from an injury we need the ability to isolate certain muscles and movement, which is sometimes difficult to do properly with bodyweight exercises." This means that until you're fully healed, you may be a little limited in the scope of exercises you can safely perform. If you have an injury, you should discuss it with your doctor before beginning any regime. There is no limit to what types of activities can be done with bodyweight only. From cardio exercises to strength building that improves your balance and posture, there are as many movements using just your body as there are body parts—if not more. Below are some of the trainers's favorite bodyweight workouts. Wolf's choices for bodyweight workouts all engage multiple muscles, and Hockenjos's choices are focused on increasing endurance and strength. 01 of 10 This will work muscles throughout your body, ranging from your triceps to your legs and abs. Start sitting on your backside. Place your hands underneath you, with your fingertips facing your heels. Come up into a bridge. Lower down into your triceps dip. As you extend back up, kick your leg up to the ceiling. Lower the leg and body into a dip, and repeat on the other side. 02 of 10 You'll strengthen more muscles with this variation on a lunge than you would through a standard front or back one. With your feet shoulder width apart, take a large step forward with your right leg and lower your body toward the floor, forming a 90-degree angle with both legs at the bottom of the lunge. Push off your right leg rising back to the starting position. Step your right leg out to the side, lowering your body over your knee. Bring yourself back to the starting position and take a large step backward with your right leg and lower your body toward the floor, forming a 90-degree angle with both legs at the bottom of the lunge. Bring yourself back to the starting position. Take a large step to the left side with your right leg. Then, bring yourself back to the starting position. Tip: Keep your weight in the front heel. 03 of 10 Feel the burn in your obliques, glutes, and shoulders simultaneously while practicing this movement. Start on the ground in a side modified plank position, with your right leg extended parallel, and your left knee bent under your body. Lower your hips up and down a few inches while lifting your leg up. 04 of 10 You'll work your abs as well as your legs with this move while using your upper body to stabilize yourself. Lie on your back, feet flat on the floor. Keep your left leg planted firmly on the ground, and raise your right leg to a 90-degree angle. Lift your hips off the floor. Returning your hips to the floor and bring the left leg up. Both of your legs should be at a 90-degree angle. Lift your hips off the floor. Return your hips to the floor. 05 of 10 Follow the guidance of increasing your reps—as well as utilizing variations—to never get tired of this move, which notoriously improves the shape of your glutes. 06 of 10 You don't actually need any weight at all to do a deadlift. This action will enhance your balance, as well as your strength. Stand straight with your arms very slightly extended in front of you, and with your hands balled into fists. Lower your body forward as though you are picking up a barbell, while extending your right leg behind you. Slowly raise yourself, as though you are deadlifting a barbell, while returning your leg to the ground. Return to the starting position. 07 of 10 You can strengthen the entirety of your upper body through this classic exercise. As you improve at it, try variations and progressively more reps. Place your hands shoulder-width or slightly wider apart. If you draw a straight line from your chest/nipple down, it should be directly over your thumbnails. Place your feet shoulder-width or slighter wider apart. With the body in a straight line from the top of your head to your heels, brace the core and glutes, then look a few inches in front of your fingers to lengthen the neck. Begin to bend the elbows to a 90-degree angle or less. Elbows should be a few inches from the body so your form looks like an arrow if looking top-down. You may also position your elbows flared in a "T" shape. Pause, then push into the floor, continuing to engage the core and glutes to press up to plank position again. 08 of 10 This plyometric move is as effective as it is fun. Plus, jumping helps your lymph system function at its best. Standing up straight, propel your body upwards, bringing your knees to your chest. 09 of 10 Another plyo move, lateral hops are a great way to speed up your heart rate while building your cardio endurance. Starting in a straight, standing position, simply jump side to side with both of your legs. 10 of 10 Combined with squats, this move helps sculpt and lift your hindquarters, giving them a rounder shape. Start on all fours on your hands and knees. Your hands should be directly below your shoulders, your knees below your hips, and your back flat. Extend one leg straight out behind you. Slowly curl your heel towards your glute, then slowly extend back out. Try to keep the same speed both in both directions. This can be done with or without resistance. Repeat on the other leg.

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