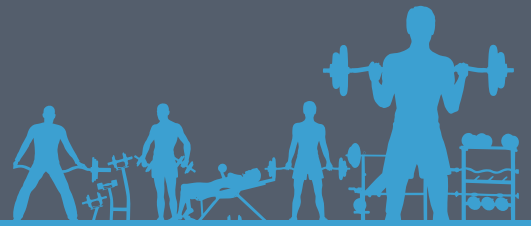


GET THE MOST OUT OF YOUR WORKOUT



Ready to make your workouts more effective?

Let's get you there! Here are some simple tips to help you get the most out of your workout time. From choosing the right exercises to fueling your body, we've got you covered. So, let's get started!



SWAP STRETCHING FOR A DYNAMIC WORKOUT



We know that stretching before a workout is important, but dynamic stretching is the way to go. Dynamic bodyweight movements mimic the workout that you're about to perform and better prepare your body for the workout. They increase blood flow and improve your range of motion without compromising the elasticity of your muscles and tendons thereby helping to prevent injury and soreness. So, if you're about to go for a run, spend five to ten minutes doing lunges, knee raises, and leg swings before you hit the pavement.



USE FREE WEIGHTS



Weight machines are great for helping you learn the correct form, but once you've got it down, it's time to move to free weights. Exercises using free weights like dumbbells, kettlebells, and barbells lead to greater hormonal responses compared to similar exercises performed on exercise machines. That's mainly because free-weight exercises use a wider range of muscles. When you have to move a free-weight and you don't have anything guiding or supporting you like a machine, all of your synergistic muscles have to fire to help you with the motion.



PREFACE YOUR WORKOUTS WITH ENERGY-RICH FOODS

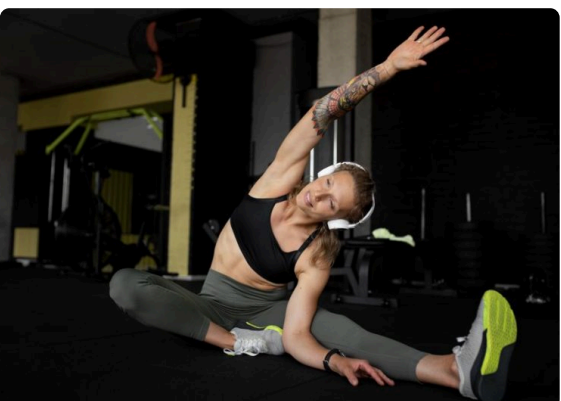


Carbs tend to get a bad rap, but they can be useful when it comes to getting the most out of your workouts. Carbs are the body's main fuel for a high-intensity workout. When your body is fueled, it's going to put forth more effort and you'll get better value in terms of caloric use and muscle growth.

Keep in mind that this is specifically when like interval training or a long-distance run, so munching on carbs before a light jog or yoga class doesn't come with the same benefits.



LISTEN TO MUSIC



Listening to your favourite tunes can really boost your energy during a workout, but studies show that listening to music AFTER your workout can help you recover faster as well. According to research, music boosts our serotonin and dopamine levels, which promote recovery. To help get your blood pressure and heart rate back to normal after a good workout, listen to music that you find relaxing.