

## **100 Best Fitness Advice**

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### **100 Best Fitness Secrets**

The 100 Top Fitness Secrets special report is here. This article is provided to you by <https://oxforddr.com> , where you can get the inside scoop on all aspects of at-home exercise.

This manual offers the best advice on how to lose weight, build muscle, perform compound exercises, stay motivated, use fitness gear and clothing, and improve overall fitness.

You are welcome to offer this book as a freebie on your website, but all of the links inside the book must remain active. Additionally, you need to cite the author in your copy.

Before beginning an exercise regimen, always consult a medical doctor. The author accepts all responsibility for any harm or death carried on by the information in this report. This information is provided at your own risk.

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100 Top Fitness Tips.....	1
Top 10 Compound Exercises.....	5
Squats.....	5
Clean and Press.....	5
Deadlift.....	5
Chin Ups.....	5
Bent over Row.....	5
Press Ups.....	5
Dips.....	5
Bench Press.....	5
Lunges.....	6
Crunches.....	6
Top 10 Workout Tips.....	7
Use a Workout Log.....	7
Set Goals.....	7
Stay Hydrated.....	7
Be well equipped.....	7
Plan your Workout.....	7
Don't be a workoutaholic.....	7
Warm up correctly.....	7
Stretch after exercise.....	7
Give yourself a holiday.....	8
Keep it fresh.....	8

Top 10 Health Tips.....	9
Stop Smoking.....	9
Reduce Stress.....	9
Drink plenty of water.....	9
Wear a seatbelt.....	9
Reduce alcohol consumption.....	9
Laugh.....	9
Don't ignore body changes.....	9
Sleep.....	9
Take tests.....	9
Check yourself.....	10
Top Ten Cardio Tips.....	11
Get a Heart Rate Monitor.....	11
No Pain Good Gains.....	11
Do something you enjoy.....	11
Switch Machines.....	11
Play with the intensity.....	11
Get the correct equipment.....	11
Do it in the morning.....	11
Stay Hydrated.....	11
Stay Motivated.....	12
Wait at least 45 minutes before eating.....	12
Top Ten Weight Loss Tips.....	13
Don't concentrate on losing weight.....	13
Eat more often.....	13

Eat fewer calories.....	13
Eat more protein.....	13
Eat the right fats.....	13
Consistent exercise.....	13
Weigh and measure weekly.....	13
Cut down on sugar.....	13
Keep it hot.....	14
Don't go hungry.....	14
Top Ten Muscle Building Tips.....	15
Evaluate.....	15
Keep your workouts short.....	15
Start with compound.....	15
Eat well.....	15
Supplement.....	15
Rest.....	15
Use correct technique.....	15
Lower at half the speed of your lift.....	15
Stretch and warm up.....	16
Measure your progress.....	16
Top Ten Equipment Tips.....	17
Consider the noise level.....	17
Size.....	17
Cost.....	17
Refund policy.....	17

Buy something you enjoy.....	17
Buy from a knowledgeable retailer.....	17
Buy some travel equipment.....	17
Have Cardio and Strength equipment.....	17
Buy the best you can afford.....	18
Do your research.....	18
Top Ten Motivation Tips.....	19
Find a partner.....	19
Set your goals.....	19
Vary your routine.....	19
Try something new.....	19
Get the new gadget.....	19
Focus on feeling.....	19
Take a break.....	19
Treat yourself.....	19
Keep a log.....	19
Music.....	20
Top Ten Clothing Tips.....	21
All eventualities.....	21
Comfort.....	21
Quality.....	21
Quantity.....	21
Wicking.....	21
Be Reflective.....	21
Socks are important.....	21

Go to a specialist.....	21
Take your old running shoes.....	22
Sun cream.....	22
Top Ten General Fitness Tips.....	23
Goals.....	23
Plan.....	23
Take a before photo.....	23
Do a fitness test.....	23
Take your time to stay up to date.....	23
Keep a journal.....	23
Eat several small meals.....	23
Drink water.....	23
Ward off stress.....	23
Think positively.....	23

## **Top 10 Compound Exercises**

Don't have much time to workout? Want THE top muscle builders? Want to develop real strength? If so compound exercises should be the core of your strength routine!

Compound exercises are simply exercises that target more than one muscle group. For clarity, exercises that target a single muscle group are called isolation exercises.

Anyway on to the Herculean strength builders!!

## **Squats**

The good old traditional squat should be a part of any strength workout

## **Clean and Press**

This exercise will work the muscles AND the heart and lungs, it's like a workout on its own!!

## **Deadlift**

You can move some big weights eventually with this strength builder

## **Chin Ups**

Tough to do at the start but worth persevering with as they will give you a fantastic physique

## **Bent over Row**

Really works the back, but make sure of your form when performing this exercise

## **Press Ups**

The good old fashioned press up has lasted the test of time for a reason!

## **Dips**

Another time tested exercise

## **Bench Press**

THE way to work out those pecs

## **Lunges**

A great leg builder that will also build explosive strength and the heart and lungs

## **Crunches**

Not strictly a compound exercise but simply the best way to work those abs!

[Click here for cutting-edge fat-burning information.](#)

## **Top 10 Workout Tips**

Getting the most from your workout time is essential; your time is precious right? So let's make sure you squeeze the maximum from your workout with these top tips.

### **Use a Workout Log**

If you aren't logging your workouts, you've not got the data to progress.

### **Set Goals**

To perform effectively you need to know why you're working out when you don't feel like it!

### **Stay Hydrated**

Most of your body is made up of water, don't get depleted during your workout otherwise you can't perform at the top level.

### **Be well equipped**

Have the best clothing and equipment you can afford, you'll workout better and stay more comfortable.



## **Plan your Workout**

If you meander around the equipment you're wasting valuable time and you aren't focused.

## **Don't be a workoutaholic**

Going to the gym or working out all the time leads to staleness and injuries - don't be a bore!!

## **Warm up correctly**

A poor warm up will lead to poor gains and injuries, spend the time to get that blood pumping.

## **Stretch after exercise**

Stretching can help the body to rid it's self of the chemical build ups that cause muscle soreness. No one likes to walk like Frankenstein after our workouts!!

## **Give yourself a holiday**

Every few months, give yourself a few days off. Your body will appreciate it and you will return with renewed vigour.

## **Keep it fresh**

Mix up your workout sessions, join a class, try a new machine, change your strength days. Shock your body into new growth.

**[Get positive discipline to workout for you.](#)**

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## **Top 10 Health Tips**

Good health is essential to your quality of life and longevity, try these ten for size.

### **Stop Smoking**

Smoking has no benefits to you at all, so why do it?

### **Reduce Stress**

Stress is one of the major killers in the western world, learn to meditate and relax, your body will love you for it.

### **Drink plenty of water**

Water can help you loose weight and will help detoxify you.

### **Wear a seatbelt**

Not wearing a seatbelt increases your chances of death or injury.

### **Reduce alcohol consumption**

Alcohol abuse can cause relationship, money and health problems and contains a massive amount of needless calories.

### **Laugh**

Laughing keeps you young and is proven to provide countless health benefits.

## **Don't ignore body changes**

If your body changes or you start to feel pain don't ignore it, get it checked out. Catching problems early can help professionals to cure them.

## **Sleep**

Your body needs quality sleep to regenerate and to live it's essential; you die from a lack of sleep before you die from a lack of food!!!

## **Take tests**

Make sure you keep up with smears and other essential health tests

## **Check yourself**

Ensure you check for breast cancer, testicular cancer and skin cancer regularly and take action if you notice any changes.

## **Liver Health: that is diabetes, cancer, sclerosis of the liver, general**

[Findout- Liver health](#)

## **Top Ten Cardio Tips**

Cardio is the cornerstone of your workout; these ten tips will help you ensure your cardio is ultra effective.

## **Get a Heart Rate Monitor**

A heart rate monitor ensures you don't over train or workout at too high a tempo and can help you hit your goals

## **No Pain Good Gains**

When performing a normal cardio session you should still have the breath to conduct a conversation, don't overdo the intensity it won't benefit your development.

## **Do something you enjoy**

Hate running? Don't do it. Love cycling? Do that. Pick a cardio routine you will look forward to doing

## **Switch Machines**

A forty minute treadmill workout can be boring can't it? Why not switch between the treadmill, rower, elliptical and stepper?

## **Play with the intensity**

When you have completed your base phase why not throw the odd high intensity session into your workout? Sprint for thirty seconds and jog for two minutes and continue this for twenty minutes. A real tough workout!

## **Get the correct equipment**

If you are running as part of your cardio routine, ensure you have the correct footwear. The wrong equipment will get you injured.

## **Do it in the morning**

Performing your cardio routine in the morning on an empty stomach will massively improve the session's fat burning properties.

## **Stay Hydrated**

You will quickly become dehydrated if you're not taking on water during your cardio sessions.

## **Stay Motivated**

A standard cardio workout can become boring quite quickly so make sure you have some music on the go or a great view to keep you focussed.

## **Wait at least 45 minutes before eating.**

Waiting for at least 45 minutes after your cardio session before eating will massively benefit your fat burning capabilities.

## **[the direction of the cardio](#)**

## **Top Ten Weight Loss Tips**

Weight loss is probably the single biggest reason people start to exercise. Try these ten tips to blast that fat.

### **Don't concentrate on losing weight**

Concentrate on eating healthily and exercising rather than obsessing about weight loss.

### **Eat more often**

Smaller meals eaten more regularly will keep your metabolism high and will help you to burn more fat.

### **Eat fewer calories**

This is an obvious point but worth stressing. You CANNOT lose weight unless you create a calorie deficit. That is burning more calories than you consume.

## **Eat more protein**

The ideal fat burning menu contains a large portion of protein.

## **Eat the right fats**

Fats are very important to your diet, think oily fish however rather than saturated fats from fried food.

## **Consistent exercise**

To create a calorie deficit and to tone up you **MUST** regularly perform both cardio and resistance training. Aim for three cardio sessions and three weight training sessions a week.

## **Weigh and measure weekly**

Give yourself the boost of seeing the weight come off by weighing yourself weekly. Don't do it with any more frequency however as body weight can fluctuate.

## **Cut down on sugar**

Sugar causes insulin spikes and the sugar in your coffee or tea can really add up over the course of a day. Try green tea which is rich in antioxidants and can help burn fat.

## **Keep it hot**

Did you know that simply changing the temperature of the water you drink can speed up your metabolism and burn more calories? Drink hot water!

## **Don't go hungry**

Starving yourself will just prompt the body to slow down it's metabolism as it thinks there's a famine so will store fat.

**[Fat mom now looks like THIS](#) (down 62 lbs)**

## **Top Ten Muscle Building Tips**

Getting in great shape makes you feel superb; to get a great shape you must train with weights as well as your cardio workouts.

### **Evaluate**

Before starting a weights plan you should evaluate your current position and goals. How much can you comfortably lift? What size is your waist? Do you want to be the next Mr or Mrs Universe? This all impacts the plan you must put together.

### **Keep your workouts short**

Muscles respond better to short intense sessions, so does your boredom threshold and your life J

### **Start with compound**

Compound exercises will help keep your workout short and will allow your body to adapt to the rigours of weight training.

### **Eat well**

When training with weights your body will burn up more protein as these are the building blocks of muscle. Six small protein rich meals a day is your goal.

### **Supplement**

Your body will be stressed by a weights workout so ensure you take supplements that aid healthy joints and bones.

## **Rest**

Muscles grow when the body is asleep so get plenty of rest for maximum gains. It will also help you to not over train.

## **Use correct technique**

Bad technique leads to injuries and poor gains. Take the time to get the right technique. If you're struggling for form then the weight is too heavy.

## **Lower at half the speed of your lift**

The lowering portion of the lift can help build the muscle so make the most of it!

## **Stretch and warm up**

Warm muscles respond better to strength training, it will also help you to avoid injury.

## **Measure your progress**

Keep a log of your sessions so you can see your progress and you know what weights you were lifting in your last session.

## **[Time-Volume Training: Build Muscle Constantly](#)**

## **Top Ten Equipment Tips**

Buying fitness equipment can often be a baffling ordeal, try these tips to a stress free purchase.

### **Consider the noise level**

How noisy is the equipment? Do you live in an apartment? Can your partner still hear the TV?



## **Size**

Will the equipment comfortably fit in the space you have set aside? Will it stow away in a cupboard?

## **Cost**

Is the equipment within your budget? Will you get the usage from the equipment?

## **Refund policy**

What is the companies refund policy? If the product is defective can you easily return it?

## **Buy something you enjoy**

If you hate the idea of running then don't go out and buy a top of the range treadmill. Get a piece of equipment you will look forward to using.

## **Buy from a knowledgeable retailer**

Get advice if you need it from the retailer, they should have a good working knowledge of the products they supply.

## **Buy some travel equipment**

If you're away on business or on holiday it's always useful to have a jump rope and some resistance bands this will ensure you don't have to miss your workout.

## **Have Cardio and Strength equipment**

If you're kitting out a home gym you need both Cardio and Weight equipment to ensure a quality workout routine.

## **Buy the best you can afford**

Don't scrimp on fitness equipment, buy the best you can afford and it will pay you back for years to come.

## **Do your research**

Research the product fully before you decide to purchase.

## **Top Ten Motivation Tips**

Motivation is king when it comes to exercise and health, if you're motivated to succeed you will succeed.

## **Find a partner**

If you have someone to workout with your odds of sticking to it are greatly increased.

## **Set your goals**

You need goals to work to in order to succeed. Want to run a marathon? Want to drop a dress size?

## **Vary your routine**

Don't just hit the same machines over and over again, you'll soon get bored.

## **Try something new**

Why not try a game of squash? Or rock climbing? Go wild and try new things all the time.

### **Get the new gadget**

There's nothing like the latest heart rate monitor to make sure you hit the gym.

### **Focus on feeling**

Focus on the positives of exercise, how do you feel and how does it make you look.

### **Take a break**

Take a rest from working out occasionally you'll come back with renewed vigour.

### **Treat yourself**

When you hit your goals, go out and buy yourself a gift, dropped that dress size? Get a new dress. Got a six pack? Get some new clothes to show them off.

### **Keep a log**

Tracking your workouts and progression will demonstrate the gains you are making.

### **Music**

Make sure you have your favourite music with you when you workout.

## **[Software for Setting Goals for High Achievers](#)**

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## **Top Ten Clothing Tips**

To get the best results you have to be wearing the correct clothing, here's ten to help you get the best from your kit.

### **All eventualities**

Going for a jog outside? Make sure you have the right kit for rain, sleet and snow!

### **Comfort**

Comfort is king with workout clothing, if you're not comfortable you will not get a good workout.

### **Quality**

Workout clothing is often treated harshly, it is washed a lot it is thrown into the bottom of bags. If your clothing isn't of a good quality it will fall to pieces only too quickly.

### **Quantity**

If you're working out everyday you will need plenty of clothing for your workouts.

### **Wicking**

Wicking fabrics should be worn next to the skin as they pull moisture away from the body and keep you cool.

### **Be Reflective**

When the winter months arrive you will be jogging in the dark, make sure your clothing is reflective and you can be seen.

## **Socks are important**

Don't scrimp on socks! Poor fitting socks will give you blisters.

## **Go to a specialist**

When buying your running shoes, go to a specialist running store that will help you select the correct shoes depending on the style of your running. This will help avoid injuries.

## **Take your old running shoes**

Taking your old running shoes will allow the store to see the wear on the sole of the shoe therefore giving them an insight into your running style.

## **Sun cream**

If you're jogging or cycling in the summer months make sure you "slap on the sun cream!"

## **[Smoking and Preserving Meat](#)**

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# **Top Ten General Fitness Tips**

Here's a quick top ten of what we feel are some of the best general fitness tips.

## **Goals**

Before you start any new program always write down your goals

## **Plan**

Once you have set out your goals, draw up a plan on how you will achieve them.

## **Take a before photo**

The change will be gradual and it is often difficult to see by looking in the mirror but take a picture every month and see the changes.

## **Do a fitness test**

Before you start a new regime make sure you know your current state of fitness.

## **Take your time to stay up to date**

Read the latest fitness magazines and books so you can stay up to date with current fitness developments.

## **Keep a journal**

Keep a food and fitness journal; you will be surprised at what it will reveal.

## **Eat several small meals**

Eat several small meals through the day rather than the accepted "three square meals."

## **Drink water**

Aim to drink at least eight glasses of water a day

## **Ward off stress**

Take time to relax and reflect every day

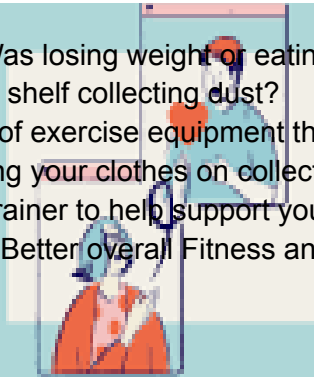
## **Think positively**

Think positively, negative feelings can set back your gains.

## **muscle imbalances revealed**

### **Best Tips: Best Fitness Secrets**

- Always keep your body guessing for maximum long-term fitness and health results
- Studies suggest a combination of cardio and resistance training is the best fitness formula for the heart
- How many times have you started an exercise program and stopped? Remember those New Year's Resolutions?
- How many have you kept? Was losing weight or eating healthier part of those resolutions that are now on a shelf collecting dust?
- Do you have multiple pieces of exercise equipment that you bought on an infomercial late at night that you now hang your clothes on collecting dust? Get motivated and use a Fitness Coach or Personal Trainer to help support you in your life long mission to Permanent Weight Loss and Better overall Fitness and Health



# **THANK YOU**

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