

TRY THESE 7 EASY FIT HACKS YOU CAN START USING NOW TO GET IN GREAT SHAPE WITHOUT A GYM MEMBERSHIP

A GREAT WAY TO GET FIT AND HEALTHY

THE PROBLEM: You are short on time or may not have a gym membership but you want to exercise to get in shape.

THE SOLUTION: Helpful tips along with simple, doable and effective exercises that you can use right now that will effectively tone and build your muscles, trim away extra pounds and improve strength and endurance.

THE FOLLOWING CAN BE DONE WITHOUT HAVING TO STEP FOOT INTO A GYM.

1. **SPEED WALK** to your destination instead of driving. You will get the benefits of cardio burn, mobility and flexibility.
2. **CLIMB** the stairs up to your destination floor instead of taking the elevator or escalator. You'll puff a bit but will notice greater endurance after a few weeks.
3. **BODY WEIGHT EXERCISE** in 3 ten minute sessions per day. In one day you can use each 10 minute session to knock out a session of different body weight exercises such as:

- JUMPING JACKS
- LEG SQUATS
- PUSHUPS (ON THE FLOOR, AT AN ANGLE AGAINST A PARK BENCH OR PIECE OF FURNITURE OR A WALL)
- LUNGES
- PLANKS
- CRUNCHES

* AT THE END OF THE DAY YOU WILL HAVE EASILY ADDED 30 MINUTES OF EXERCISE

4. **JOG** A 30 minute jog done 5-6 days a weeks in the morning, at lunch time or in the evening could effectively help you lose up to 1 pound of unhealthy extra weight per week.
5. **RIDE** your bike to your destination. It's calorie burning cardio and leg work all in one.
6. **JUMP ROPE** is a a great way to burn off extras calories, increase your cardio endurance and capacity, and strengthen many muscles including your legs and most importantly, your heart.
7. **FLEX** and strengthen your muscles with a resistance band or a couple of light weight dumbbells during your break time at work. Take 15-20 minutes to get in some light duty muscle work. Resistance bands usually come with instruction pamphlets that illustrate many exercises. At the end of your work week, you will have easily fit in 1.5 hours or more of exercise.

READY TO TAKE ACTION?

- Are you confused about how to get in shape or how to start?
- Do you find attending a gym to be intimidating and overwhelming?
- Are you bored with your fitness program and need a new direction?
- Do you find yourself unmotivated to start and stick to an exercise program?

GS Fitness Boot Camp and Personal Training's mission is to help people experience the benefits of maintaining a fit and healthy lifestyle. Our group workout sessions are a fun and motivating way to get in shape for fit and healthy results that will trim, tone, strengthen and improve the overall function of your body.

We have 3 FREE workout sessions to help you get on track to become a physically better and healthier version of yourself.

Get your 3 FREE sessions now at <https://gsfitness.net/promo/3free/>