

## 10 WAYS TO TRAIN “AROUND” THE GYM

Who said you have to go to a fitness club to get in shape? I know from experience as a trainer and coach for over 12 years, as well owning a large wellness facility a few years back that had a few thousands members. So, let me share you some secrets what you can do to stay healthy, have fun, and get in great shape at the same time. Well, it's not really a secret and we just lost focus what our real objective is. Most of the time the gym has been utilized as a social club for dating or meeting new people. If you are a person that has a busy lifestyle with your family, or a professional that is always traveling, or possibly someone that can't afford the expensive membership cost. So, I am here to give you some ideas on how to train outside the gym. Are you ready? Ok, let's begin!

**If you are a person that enjoys the outdoors then give this a shot.**

1. Find any park or soccer/football field. Warm up for a good 5 minutes to get the blood flowing through out your body and do some light stretching. Afterwards, run about 50-100 yards all out doing wind sprints. After each sprint, rest long enough to catch your breath before tackling the next one (approximately 1-2 minutes). Depending on your conditioning, try these wind sprints anywhere from 6 to 20 for a great workout that will get you looking lean in no time.

**If you are pretty healthy with no injuries such as knee issues then you might enjoy this next one.**

2. Find a nearby hill and you can begin doing hill sprints. It can be fun but as well a gruelling workout that will see tremendous results. First thing, sprint up the hill as fast as you can and slow down or walk for your rest interval coming down the hill. You will repeat this until you are tired. These sprint workouts are very effective as it will transform your body. Note, this isn't for individuals that have a challenge jogging or running so do not attempt this exercise. This can also be applied to a stair routine work out at home. You are working the biggest muscle groups in your entire body stimulating metabolism while simultaneously increasing your fat burning and muscle building hormones. Now does this explain the reason why most sprinters have that lean look being practically shredded?!

**So you can't leave the house then this may be the option for you.**

3. I discussed briefly in the last point about stair training. The good thing is that stairs are inside your house or it can also be outside. If you live in an apartment there are stairs as well! If you want to train in your backyard then you can get aerobic staircases or blocks to step on. For a great workout you can implement a routine with stairs and body weight exercises. You can mix stairs sprints with pushups or pull-ups. If you do this with adequate intensity, you will see results throughout your entire body. The aftermath is the result of muscle building and fat burning hormonal response. Your metabolism increases working the biggest muscle groups in your entire body. These are basic stair exercises and there are many routines that you can mix with your stair training.

**What if you don't have any equipment at home? Well who needs equipment when you have your own body!**

4. Body Weight Exercises - You can begin with 2-3 workouts a week at home with body weight exercises. These are powerful tools since you can vary your intensity levels in your workout. As well, it can be done in anywhere from 15-30 minutes without stepping into a gym. You can begin with body weight squats, variation of pushups, lunges, and finish off with abs exercises. This can also be implemented into a circuit style routine by taking short rest periods or none at all. If your advanced then you can include exercises such as one arm pushups, handstand pushups, and one-legged squats into your body weight training routines.

**I get inspired every so often when I come across the movie Rocky and I see Sylvester Stallone skipping rope.**

5. Skipping Rope - It's a great full body exercise. Some individuals like to use it as a warm-up. A really good workout with the ropes is using the plastic one since the fabric one tends to slow you down. Once you get proficient you can jump rope much faster. Your workouts will be much more intense. You can also mix one legged jumps with two legged jumps and then arm crossovers. As well, double jumps are great as your rope passes under the feet twice for each jump. Also, you alternate your intensity levels by going fast a few seconds and slowing back down to get your recovery levels back. Boxers and athletes know what they are doing when it comes to skipping rope!

**As a child, I remember we use to do frog jumping or the standing long jump. I actually won a gold medal in the standing long jump (leaping the furthest) in junior high school.**

6. Jumping exercises - squat jumps, lunge jumps, box jumps and broad jumps are excellent ways to incorporate explosive jumping exercises into your routine. Please note to be careful with these exercises. If you have knee problems then I definitely advise you to avoid doing these movements. If you can rehab your issues or find a health coach to assist you with the proper routine. These explosive and powerful jumping exercises attacks and focuses your leg muscles in a different way compared slow to normal strength training movements.

**This summer of 2010, I promised myself I would take lessons and I will certainly do that! So, what am I talking about? It's swimming! I am not afraid of the water and its something I didn't have an opportunity to really continue since my childhood incident. Thanks to one of my sisters who pushed me into the deep end of the swimming pool and I almost drowned! I actually love the lake, beach, ocean and plan to have a place in that area to do my exercising and meditation as well.**

7. Not only is swimming a wonderful body workout as it stresses all the muscles and joints in a different manner than resistance training. Swimming can also be used for physiotherapy to rehab those nagging injuries. By incorporating swimming into your routine a few times a week will not increase your cardiovascular conditioning but it will enhance your physique. For those wanting a challenge you can try a sprint style swimming workout.

## **Ding Ding Ding! It's a TKO!**

8. Alright I am talking about boxing! Whether you are boxing with someone else or just shadow boxing on your own. Sometimes you can envision yourself boxing an opponent or by training in front of a mirror. Boxing is an aerobic exercise since you can really incorporate pad and bag work or skipping and ground movements. Boxing trains all parts of your overall body using your arms, back, torso, legs, etc. It's also great for burning calories and you can literally burn anywhere from 300 to 500 calories within the hour. Besides its benefit in strengthening your core muscles or defining your arms and legs, it can also relieve tension and stress levels or improve your mental acuity. Now, I would say that packs a punch!

## **I came across this exercising tool in 2004 and it is unbelievable! It can be carried anywhere and it's called the Kettlebell!**

9. The Kettlebell can assist anyone from a sport athlete, military, police force, martial artist, to that regular individual who wants to become active in exercising. This is definitely a bonus for females who want to improve on those problem areas such as hips, legs and arms. Kettlebells allows you to tone up and lose fat at the same time. Kettlebells are solid cast iron weights that look like a cannon ball with a handle. The Kettlebell utilizes all your core muscles, which are essential for maintaining good health. Unlike any other standard weight training or fitness program, Kettlebells also reduce the risk of injury because the movements are based on functional movements. A typical Kettlebell routine builds functional muscular strength by mimicking movements in your everyday life such as picking up groceries, gardening or flipping over a mattress. A single routine will use all ranges of motions so joints and muscles are strengthened from all angles. Simple 2 handed or 1 handed swing between your legs will get your heart ramping in no time. When you become more proficient with the Kettlebell you can begin with snatches, clean and jerks, front squats, etc. I would say this is the ultimate tool that functionally works your whole body seeing the greatest results in no time!

## **This last suggestion can work well with many other exercises such as body weight training, some cardio, kettlebells, etc. It's called sandbag training!**

10. Sandbag Training - This type of training works your body with a weight that isn't fixed or is unstable. It makes your muscles resist against the weight and balancing it at the same time while doing the movements. I have been doing sandbag training for a long time with various weight bags ranging from 25lbs up to 200lbs. It's very effective when you integrate it with the various other routines I mentioned. I'm not going to fool you and it is intense so it isn't for the weak. You can purchase army bags and fill it with sand to get various weight classes into your routine. You can perform overhead presses, squats, cleans, presses, lunges, shouldering, throws or heaves, carrying up hills, and so on.

So, there really isn't an excuse saying you don't have a gym membership or you don't have any equipment at home to do your work outs. A few years ago I was training a friend of mine and she was over 60 years old. The inspiring part of it was that she was training with Kettlebells and they were 55lbs! Now, that should get your motivated!



## UPCOMING PROJECTS:

A series of E-Books completed for February 2010. In addition, I will be launching a best selling book as the Ultimate Guide with healing concerning health, nutrition, mind, body, and soul. Further details will follow and a release date will be early 2010. Be sure to inquire about the **full version E-Book of The Wisdom and Knowledge of Water**

as I will discuss in detail how to heal with water. It will be a step by step guide.

## RICHARD CHAN:

Richard Chan has written publications online, a freelance writer, and author. The creator of the F.L.E.X. approach which stands for Focus (a persons mind and intention), Lifestyle (extends to you making the necessary changes by adjusting yourself to those variables), Energy (staying upbeat with a positive attitude), and Xercise (to stay healthy with our mind, body, and soul). He is also looking forward to traveling to the U.S and internationally promoting health. He will be sharing a best selling book for early 2010. It will be the Ultimate Guide with healing concerning health, nutrition, mind, body, and soul. You can also listen to Richard along with 2-3 million others on a monthly basis at <http://www.voiceamerica.com> on the station 7th Wave. It is the top show on their network. The show **F.L.E.X. APPROACH** will commence on January 25, 2010 at 5pm PST, 8pm EST. For more details, please visit <http://www.flexnation.org>.

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