

Top 10 Workout Sins That Prevent Success

Wondering why you can't see the results you were hoping for with your workout program? Far too many people 'spin their wheels' in the gym so to speak, going round and round but never seeing the progress they were going for.

What gives?

Often, it's one simple mistake you are doing that is entirely holding up your results. Fortunately, by figuring out what this mistake is and then getting onto a smarter path, you can remedy the situation.

Here are the top 10 workout sins that could be preventing you from moving forward.

Not Exercising Intense Enough

If you want to *change* your body, you need to give it a reason to change. Nothing is going to do this as well as an intense workout session. When you hit the gym for your workout, you want to be giving 110%.

This means high intensity training, which is what helps you get stronger, improves your cardio fitness level, and will also create the metabolic response in the body that keeps you burning calories for hours after the workout is over.

If you are just going through the motions at the gym, this is why you aren't seeing progress.

Relying Too Heavily On Machines

Another common mistake often made is forming a workout program that consists entirely of machine work. If you hop on the elliptical for your cardio training and then proceed to all the weight training machines for the rest of your session, this is your problem right there.

When you use free weights, you get deeper overall muscle activation and you'll also call your core into play to a much larger degree. Free weight training is a far superior way to boost strength, improve fitness, and get the lean and fit body you are going for.

This isn't to say you can't use *any* machines, but they should not be the focal point of your workout program.

Using A Typical Fitness Model's Program

So you pick up your favorite fitness magazine and note that your favorite fitness model is doing legs one day, arms the next, chest another day, back another, and shoulders to round out the week.

You should do the same, you think. But should you?

The answer is no. Body part splits like this typically only work for those who are already in incredible shape and only need to 'tweak' their body a bit more.

For someone who is looking to build a muscle foundation and again overall definition while losing body fat, multi-joint compound exercises should be the focus.

This means using a full body approach or if you want to, an upper/lower approach. This will have you doing fewer isolation exercises and instead, using moves that give you the best 'bang for your buck' so to speak.

Using Poor Technique

When was the last time you stopped and really thought about your technique? Can't remember? You aren't alone. This is another of the biggest mistakes often made by women as they go about their routine.

Get a trainer to check your form on all the lifts you are doing. Often just a small change here and there can produce incredible results – and possibly prevent injury as well.

Form counts. It's easy to develop bad habits over time if you aren't careful. Once every couple months, do a form check to ensure you are not making any mistakes that could cost you progress.

Lack Of Accountability

What happens when you skip a workout right now? Perhaps you feel guilty for the first 10 minutes or so but after that, you get on with life.

You need to find a fitness home that keeps you accountable. One that calls you up if you miss a session and checks why. You want to workout in an environment where you are missed if you don't show up and people are there who care about the results that you get.

When you have this, you'll think twice about not going.

Remember that simply showing up to do your workouts regularly is half the battle

when it comes to seeing great results.

Going *Too* Intense

Okay, so earlier we spoke about the fact intensity is necessary for optimal results. But remember, there is a thing as *too* intense. If your workouts are physically draining you to the point where you can have to crawl out of the gym, you're headed for burnout, if not injury.

You need to find balance. Do some intense workouts, some that are a bit lighter, and then make sure that you have your rest days in there as well.

If you are constantly breaking your body down and beating it up, you aren't recovering and growing stronger. It's during your recovery time that you are really making progress. Remember that.

Neglecting To Make Modifications

It's always vital that whatever fitness program you do, you are doing one that's designed for *you*. Not someone else at an entirely different fitness level. One that is going to cater to your own body and give you the results that *you* desire.

This means making modifications to the exercises that you are using, the sets and reps you are performing, and how you are structuring your workout routine. If you are doing some bland cookie-cutter workout program, you simply will not be moving forward as you had hoped you would be.

Failing To Have A Program Design

Which now brings us to the next point – failing to have a proper program design. If you're the type to go into the gym to just 'wing it', this needs to stop.

Get a plan in place. Know exactly what you are doing each time you step foot in the gym so that you have a mission with each rep you perform.

As the saying goes, 'if you fail to plan, you are planning to fail'. Be sure that you do have that plan in place.

Not Getting Assessed

One workout sin that many beginners make is failing to get assessed and set proper goals before they start their workout. It's vital that you take the time to learn what you can accomplish in the desired time frame you have selected.

Don't take goal setting lightly. Get a professional to help you with this as they'll be able to carefully assess where you currently are and what you can do in the coming months ahead.

If you set a goal that is simply too lofty for what you can realistically achieve, you are going to be facing frustrating right from day one.

One of the best ways to get yourself started on the right foot is to come see us for a free consultation and one week trial. We'll go over what you need to do to get the body you are after and there is no cost obligation on your part.

Neglecting The Big Picture

Finally, the last mistake many people make is simply neglecting the big picture. It's not just about what you do in the gym, but your overall lifestyle – nutrition included. Nutrition is a big part of the equation and if you aren't tending to that, you aren't going to be seeing the results you had hoped for.

This is why at Results Performance Training we've created our 28 day transformation program. This program will walk you through everything you need to be doing, step by step, to ensure that you are getting all areas of your life in check.

It also has the built-in accountability mentioned earlier. If you are serious about results, it's the program to get yourself on.

---- > Send an email to info@resultsperformancetraining.com for more information on the 28 day Transformation Program

So there you have it – the biggest workout sins that you could be making that are entirely preventing you from seeing the results you desire. How many of these mistakes are you making?