

**Why not try the home or outdoor gym?**

Does the following sound familiar “I cannot afford to go to the gym” or “I do not have enough time to go to the gym”? As a personal trainer, I firmly believe that you do not need expensive gym memberships or equipment to achieve your health and fitness goals. Many of my clients have been surprised just how successful you can be in achieving your goals by simply training at home and/or outdoors. This has resulted in them cancelling their gym memberships and using their ‘home’ or ‘outdoor’ gym. Rather than paying a gym to use their ‘equipment’ why not use the ‘equipment’ that you always have at your disposal; yourself, your property and/or the great outdoors.

Look around your house and you will see infinite ways to use household ‘equipment’ to get a fantastic workout, for instance the stairs for doing walking/running, kitchen chairs or garden bench for doing steps ups and tricep dips and the carpet for doing press ups on. The ways in which you can devise a targeted and effective programme to achieve your health and fitness goals at home is endless.

Best of all, training at home or outdoors will save you time and money, including:

* Driving to and from the gym;
* Waiting at the exercise machine for the person to finish their set;
* Waiting at the water machine for the person to stop checking their phone;
* Paying for your gym membership;
* Car fuel;
* Needing to buy the latest gym gear to look good and impress people

If you feel you will miss the social aspect of going to a gym, why not team up with a friend, neighbour, family member and do the sessions at each other’s house.

As a starter, try the following workout at home (or outdoors):

* 1-2 minutes of stair work (mixture of running and walking)
* 20-30 seconds of jumping jacks
* 10-20 seconds of press ups
* 20-30 seconds of lunges
* 10-20 seconds of Tricep dips on a step
* 20-30 seconds of lunges

All you need for the above circuit is yourself, a bottle of water and a small amount of space (e.g. garage, patio, bedroom, living room etc). If you do not have any stairs inside your house or outside you can substitute this with 1-2 minutes of running, walking and jumping on the spot.

Do the circuit 2-3 times and only rest for 30-45 seconds at the end of each circuit. Warm up correctly by doing mobility exercises e.g. walking up and down the stairs, doing 8-12 lunges, 8-10 arm circles and side twists. Cool down correctly at the end by doing a whole body stretching session. You can progress the circuit by increasing the time that you perform each exercise and/or reducing the rest after each circuit. If you do the circuit 2-4 times per week you will soon start to notice a difference.

Should you require any help, advice or information please do not hesitate to contact me. I would be delighted to discuss with you the tried and tested methods and lifestyle changes that I have developed. You can visit me at www.mattswaz.co.uk

“Together, we’ll achieve your goals”

Matt Swierzynski

E: matt@mattswaz.co.uk

M: 07936654876

W: www.mattswaz.co.uk