

# Top 10 Mistakes Women Make in the Gym

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The biggest complaint I hear is: "I am making the effort to workout and I am not seeing the results!"

Well, have a look at our Top 10 list of what NOT to do and see if you are falling prey to these mistakes!

## 1. Instant Gratification

We make a decision to begin to workout by sometimes taking the all or nothing approach, so what happens? We burnout and quit, saying to ourselves that working out is just too hard. Instead, it's smarter to workout in moderation. Break your workout into three 10 minute stints, which can provide important health benefits.

## 2. Unbalanced Workouts

Do you have a favorite body part that you tend to train over and over? When we only focus on our favorite, we are participating in an unbalanced workout, which can cause injuries. To achieve optimum results, make sure you work ALL body parts. Choose at least eight exercises, working the largest to the smallest muscles, which will result in obtaining muscular balance and improved posture.

## 3. How is Your Form?

Form is the key component to obtaining desired results. Whether you are new to exercise or seasoned, make sure you are educated on how to perform the exercises. If you are a visual learner, seek out a personal trainer who can teach you by the tell-show -do method. Reputable books and videos can also provide tips on how to avoid injury.

## 4. Progression, Not Obsession!

Are you going at your workouts too hard or too easily? Keep a fitness journal to record your progress and work within a healthy target heart range. Rest and give your body time to refuel between your strength training days.

## 5. Mix It Up Baby!

Do you love your cardio and skip out on the strength training or vice versa? It is important to have variety in your workouts. A proper combination of strength training (metabolism burner) and Cardio (for fat loss) will give you the bikini body you want this Spring! Performing the same routine will cause you to plateau and eventually cause burnout.

## 6. One Size Does Not Fit All!

When working out on machines at the gym, make sure you adjust it to YOUR size. Take advantage of most gyms' free orientation to learn what fit is best for you. This will reduce injury and be more effective in providing the results you want.

#### 7. Focus -not Hocus Pocus!

Caught up in your favorite reality show while on the treadmill? Without knowing, you can become distracted by your TV, book, or magazine and this will show up in the lack of your results.

#### 8. Warm Up AND Cool Down!

Do not skip these very essential steps. Warming up will safely elevate your heart rate for exercise and cooling down will lower your heart rate. Stretching your muscles improves your flexibility.

#### 9. Etiquette Miss Fitness Manners Review

Are you courteous to others while working out? Hogging a machine, chatting on your Blackberry and not wiping down your machines after your workout are NO NOs! Be considerate to those around you.

#### 10. Be Realistic

Set realistic goals. Rome wasn't built in a day and neither were your love handles or bat wings! Be kind to yourself and create small goals that will empower you and lead you to the results you are seeking!

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