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To decide how many sets and reps you'll perform of each exercise, think back to your fitness goal. If strength is what you want, you should focus on low-rep, high-set schemes such as six sets of three to five reps. Meanwhile, three sets of eight to 12 reps is more effective for putting on muscle size.. How to Exercise (with Pictures) - wikiHow Pick one exercise from each category above for a workout, and you'll work almost every single muscle in your body. Get stronger with each movement each week, and you have yourself a recipe for a great physique. An example for a great, effective, simple workout: Barbell squats: 5 sets of 5 reps. Barbell Deadlifts: 3 sets of 3 reps.. Workout Routines Fitness tension with these magic mobility moves. Turn up the burn with these cardio and core moves. Get the toned, sexy legs you've always wanted with these lower-body toning tips. Eliminate arm flab and sculpt rock-star arms and shoulders. Does Spinning Make Your Butt Hurt? How to make it stop.. How to Start Exercising: A Beginner's Guide to Working Out 2. Make a Plan and Set Realistic you decide to start exercising regularly, try to create a plan that includes attainable steps and goals. One way to do this is to start with a plan of easy steps to follow. Then you can continue building on it as your fitness level improves.. How to Start Working Out (If You Basically Haven't Moved) How to you're not used to physical activity, start slow. Go for 10 to 15 minute walks, and work your way up to briskly walking or jogging for 30 minutes daily. Try adding strengthening exercises 2 or 3 days per week, and consider boosting your flexibility with yoga or Pilates classes.. Videos for How To Workout See more videos for How To Workout

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