

## Bodybuilding Regime Tips

Most people want to be in great shape but many just don't know how. Getting to the gym is only half the battle; what's really important is having a great bodybuilding regime and sticking to it.

There are so many bodybuilding routines and programs available, it can be a hard to find the right one for you. How can you be sure that you'll get the results stated in the sales brochure? Why should you choose one plan over another? How do you find a bodybuilding regime that you'll actually stick with?

The following tips can make it a little easier to find a great regime and get the results you want:

\* **Look for Top Marks** Ask around, read the blogs, do your homework. When you find a bodybuilding regime that sounds promising, check to see what others have to say about it. Find out if the product or program has been tested. Ask other athletes and instructors. Go online and search for consumer ratings or fitness blogs. Don't take the sales brochure as gospel; conduct your own research to find empirical data and experimental results.

\* **Fitness That Fits** It's important to ask yourself if the program is right for you. It's even more important to answer correctly. Don't choose a bodybuilding regime that is too taxing for your body, or settle for one that won't challenge you to your full potential. You need to know whether the routine is right for you. Commit to a bodybuilding regime that meets your personal requirements based on your age and training level, the duration of the workouts, and whether you fall into the product's target demographic.

Everyone is different, so the program that worked wonders for your neighbor might not be the best choice for you. For example, some routines are just too taxing for teenagers with smaller and less developed muscles. On the other hand, a beginners' program will not deliver the degree of training that a seasoned bodybuilding veteran requires.

\* **The Whole Routine** A well-planned bodybuilding regime that promises results will incorporate a number of elements. Look for a routine that clearly states and involves goal setting, training loads, progress monitoring and recovery periods. When you're investing your time, money and sweat, you want more than a "just do it and see" semi-promise. You want assurance that the program you choose will bring major results.

Look for a bodybuilding regime that incorporates progressive training. The routine that you choose must offer guidance on changing your workout loads, as well as periodic progress monitoring. Do one-rep maximums, take regular measurements and be a common visitor to the weight scales; it's the best way to directly measure your progress and success.

Recovery periods are essential to success, but are frequently overlooked in bodybuilding regimes. Your body needs to rest every bit as much as it needs to work. These rest and recover periods are absolutely necessary, and a successful routine will incorporate regular rest periods into all of the training phases.

\* **Duration, Duration, Duration** Sometimes success lies not in the exercise itself, but rather in the duration of the routine. While repetition is an important element to realizing optimal results in any fitness routine, it's also important to implement a gradual progression from level to level. Look for a bodybuilding regime that clearly indicates the length of time that you should spend on each level, before progressing to the next. Don't move too quickly, or push yourself too hard. If you suffer an injury or feel like a failure in the early stages of your routine, it will lessen your chances of working hard and achieving your goals.

If you're serious about realizing your full fitness potential, take the time to find the bodybuilding regime that will work best for you.