

7 Ways to Bump Up Your Fitness

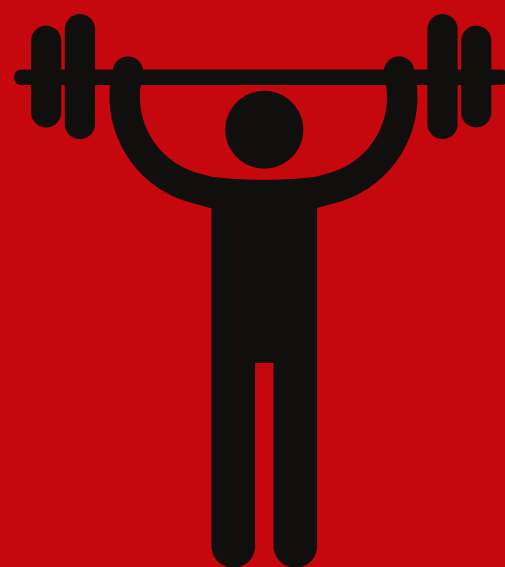
Do ONE More Rep

It doesn't sound like much, but over time your body will get stronger



Lift 5lbs More

Baby step your way to adding more load to any move just a few pounds at a time



Do Reps Slower

Increase muscle 'time under tension'



Take 5 Seconds

Less Rest

Try to do the same work while reducing the time between sets

Exercise 5 Seconds Faster

Pushing your body a little faster will mean increased strength & stamina



Find ONE Less Excuse

Choose something small & just start



Increase Your Daily Step Count

Whatever your step count is, bump it up by 10%

