

# [How to do, then start your workout](https://assignbuster.com/how-to-do-then-start-your-workout/)

how to begin correctly at gymAfter thanksgiving eve and festive seasons eating lead youto gain so much weight, that you cannot lose it by your normal workout routine.

But adding any new exercise or new plan gets difficult for us because we don’t knowto do it. You also feel lazy if you are doing the same exercises daily and youfeel like introducing yourself with new routine. It’s your first day in the gymand you don’t know what to do with all the equipments, so here are thesuggestions on how to start new workout when you don’t any much about it-1-      Start withsmall steps Don’t just change the whole routine on thevery first day. And if you are new in the gym then just don’t run to everymachine do all the exercises. Don’t run on the treadmill for 30 minutes. It alwaysgood to start with small steps like 15 minutes on treadmill or cycling and then30 minutes on other equipments.

And slowly increase your potential, startrunning for 20 minutes on treadmill and then 30 minutes.  2-     Choose the exercises before going to gymYou should know what you want to be likeyou want to stay fit or to become bodybuilder or anything else. Choose yourworkout according to it. And if you have no idea what to do, then start yourworkout with trainee. 3-     Buy yourself good gym gearsComfortable clothes and shoes play the importantrole in maintaining your regularity at gym. Buy comfortable and right size ofgears for yourself. Because if you have got small or big size of shoes then youwill hurt yourself somehow and will skip the gym. And new things in closet arealways exciting.

4-     Diet Proper nutritious diet is as important asgoing to gym; we can even say diet is more important. Spending hours in gym andthen eating at fast-food corners nullifies everything.  Your diet should include lots of proteins, complex carbohydrates and healthy fats. Ask your trainee to make a diet planfor you. To get good and long lasting results you have to do both the thingssimultaneously. 5-     Don’t skip the gymIt is difficult for everyone to take outextra time from your regular routine and do something new. But if you skip itfor few days then you have to start all over again, so it’s better to be regular.

Keep yourself motivated and just keep in mind why you have joined the gym, whatare your goals. Drink lots of water, eat fruits and greenvegetables. Keep in mind that you are doing this for yourself.

Don’t distractyourself and keep yourself motivated.