

5

STEP FRAMEWORK FOR home exercise



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STEP ONE

Select an Exercise on Demand Service

Instructions...

You need to be able to be able to stream workouts (lots of workouts) to your house. I know it's an investment but you're worth the money.

Exercise on demand is so much smarter than buying individual workouts. With most services you get access to a ton of routines instantly as well as the new workouts added to the service in the future.

Do your homework and research which service is best for you. And if you sign up for something and hate it, it's ok. Cancel it and move on to another one. They're all different in every way you can imagine. There's something out there that fits your style and needs.

Pro tip>> Consider signing up for more than one service to really increase your options and give yourself a style to choose from no matter what mood you're in.

****If you live somewhere that you can't stream live video to your house then try and find a service that'll let you download the routines. Then you can download them to your device while you're out and about and do the workouts at home in your own space.**

Exercise on demand can be a membership type service that charges you every month or a library of workouts that you pay for once (like my service 10minuteworkoutssystem.com)

What makes them 'on demand' is that you can stream them to your location whenever and wherever you are without having a physical disc.

STEP TWO

Buy Some Exercise Equipment

Instructions...

Yes, you have to buy some equipment. The good news is that exercise equipment isn't that expensive and it generally lasts a really long time. In fact, I've never had any exercise equipment break and need to be replaced.

BUT

I've UPGRADED a ton of equipment because I started out with the cheapest version of something only to use it and realize I should've invested in the more expensive option to begin with.

There's a reason that the gym in town has a room full of equipment. It's because all those tools give you variety in the way you can workout. Not only can you make exercises more interesting and fun but you can also use equipment to work your body in different ways than you can without equipment.

You don't need to make your house into Gold's Gym but you do need to do some basic research on the workouts you'll be doing at home and what kinds of equipment you might need or want to try out.

C'mon invest in some nice exercise tools that get you excited to use them. You'll be glad you did.

STEP THREE

Create Your Workout Space

Instructions...

I can't emphasize enough how important it is that you have one place in your house where you can exercise.

It's OK if you have to move some furniture to give yourself space. In fact, if you're gonna kick over a lamp or break your foot on the sofa every time you try to kick or lunge then you **HAVE TO** move some furniture. It's ok. It's worth it to be able to workout under your own roof.

Pro tip-Put the furniture you have to rearrange all the time on furniture sliders so it's easy peasy to slide it back and forth.

If you have a room in your house you can claim as your gym then make it fun. Add a mirror (these are SO HELPFUL to see your form), hang up some art that inspires you (I like motivational quotes but you might like a big 'ol photo of a beautiful 6-pack on your favorite model.)

It's your space. Decorate it with whatever image is gonna make you want to squeeze out one more rep every. single. time.

Also, keep everything in your workout space clean and organized. If your home gym makes you want to run and get the vacuum then you're not keeping it clean and tidy.

STEP FOUR

Set a Slew of Mini Goals

Instructions...

It's time to mini goal the crap out of your workout.

I love setting goals that I can crush in the next day, week or month.

That's how you see constant progress in the right direction and keep yourself excited about exercise.

*If you never feel like you accomplish anything then you're just gonna want to curl up on your yoga mat with an Oreo Blizzard. (Trust me on this. I've had to clean bits of Oreo off my yoga mat plenty 'o times.)

Use those mini goals to get wins on a regular basis.

Examples of mini goals:

- ✓ I'm working out TODAY
- ✓ I'm running a 5K thirty days from now (find one and sign up)
- ✓ I'm going to plan out every workout for this week and put it on my calendar

So, the trick is to give yourself credit for taking small steps in your progress as often as possible.

There's nothing wrong with writing down your annual fitness goals. In fact, you should do that, too. But the fact is that it's very common to forget about your New Year's resolutions by the first week of February. So, I strongly encourage you to set smaller short-term goals (monthly, weekly and daily) so that you constantly see wins in your fitness routine and feel like the superstar that you are every single day.

STEP FIVE

Show Up

Instructions...

This might be the hardest of the 5 steps.

Self-discipline is a slippery slope because your brain is a manipulative little thing and it'll talk you right out of your fancy workout bra and into your lazy pants and holding a bag of Cheetos because you had a crazy day at work.

Listen up. There will be a tiny voice in your head that tries to justify skipping every single workout. It happens to all of us. This is between you and your willpower. You have to decide to show up. Period.

You must decide that no matter what happens during the day before you workout, it's not an excuse to skip your exercise. Your physical health is one of your top priorities so act like it.

And having a strong body will create a strong mind that will help you face all the things life is going to throw your way.

You've got this. Show up. All the time. Over and over.