

Maintaining 24 hr Fitness With Online Exercise Videos

The title seems a bit optimistic. I am sure you are sitting there and asking, "how is that even possible?" 24 hour fitness? And an effective fitness at that, too. Running down the stairs and lifting a heavy box once in a while doesn't constitute a proper workout. Realistically, especially in our busy schedules, we would love to be able to access a gym whenever we want. Leaving a meeting at 3am in the morning, stoked with coffee and having enough energy build the Pyramids is pointless when no gym is open for you and your trainer is buried under his or her covers asleep. I am here to dispel that doubt, because with the internet, some cheap equipment and soundproofing (in case you scream), you can turn your home into a gym and your desktop into a bonafide gym instructor.

Online videos and streaming fitness instruction programmes are all the rage over the web. When they first came online, no one really paid much attention to them, but as the years went by and as gyms get more and more expensive, people have been turning to the 'digital doctors' of fitness for advice and instruction. I mean, the theory and the practicality of it is actually quite good - 24 hour fitness, or other words, access to 24 hours of advice. Fitness doesn't just constitute working out, it is also about eating and lifestyle choices. The internet is like a big HAL-3000, just instead of wanting to kill you and throw you into deep space, it can have the potential to impart valuable advice on just about anything - if you know where to look.

I think something I have always stressed, especially in today's society, is that the underlying denominator for anyone to have a good workout is comfort. Comfort is a holistic term. It means that they are not self-conscious, uncomfortable, stressed, shy and afraid to do things. Home is the best incubator of the free spirit. Training should be about yourself and the only person that should have any impact on you while training is yourself and the trainer. Why worry about doing a fashion faux pas, or doing something the wrong way, or being laughed at because you think you look funny? There is no time to worry about all these things because you are there to burn fat, build muscle and eventually feel good about yourself.

There must be a space, a haven for the maniac - because you must have an attitude that is unconventional when you train. Your home is the best place for this. You are in your comfort zone and there is nothing to be embarrassed about. Your trainer is detached, a 'machine' that is only interested in imparting good advice and showing you the ropes. And the best thing about this deal? You get the benefit of a global advice system as well as replay-ability and affordability. Don't like something? Move on to the next one until you find one that understands you. Any time, any where. It's 24 hour fitness! No one is going to yell at you, no one is going to tell you to come back in the morning. All you have to do is log on - you don't even have to dress up.

About the Author

[Click Here](#) Now to watch regularly updated videos of [Free Online Workouts](#)! Liam Murphy is a celebrated authority on Fitness Toning, providing muscle and fitness advice at <http://www.shapeyourbodynow.com>.

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