

How to Adapt a Workout to Suit Your Fitness Level

Bootcamp is a group exercise activity. And in a group setting you will always have a range of fitness levels and abilities. So how do you make the most of your workout and cater it to your fitness??? There are a few ways. Let's start with how you can make it harder...

If you find that a particular session is not quite pushing you like you would like it to, you can make it harder by upping the intensity. How do you do this? If it is a cardio based session, you run faster and jump higher. Don't get stuck in your comfort zone with cardio sessions. Push yourself by upping the intensity and making your body work harder. During a weights based session, you can add resistance bands to your weights to make them heavier. For example, if doing dumbbell bicep curls, add a resistance band by holding each end in your hands (as well as the dumbbells), and standing on the band. Then complete your bicep curls with the added resistance of both the dumbbells and the bands. Perfect way to make a set weight harder. Another way is to lift the weights slower. Yep, this might not make a lot of sense, but the slower you go with a weight, the harder it is on the muscle. So don't rush through the exercises, take your time, do them with slow and controlled movements. Finally, change it up and make the muscles work harder by adding a little pulse between each movement. For example, if you are doing a shoulder press and the weight is not quite heavy enough, do a bottom half pulse at the bottom where you only go half way up, then back down, then push all the way back up again. This will fatigue the muscles faster and make it feel like it is much heavier than it really is.

If you find a session a little too intense and you need to make it a little easier, simply modify some exercises. Opt for lower impact versions of exercises such as a squat with a toe raise instead of a squat jump. Or walk your feet out and in during a burpee rather than jumping them. You can also utilise walls or benches around you to make exercises like pushups, burpees and mountain climbers easier. Drop to a fast paced walk if the running is too much. Take it at your own pace and rest when you need to. With weights, do as many as you can with the chosen weight, ensuring good technique, then you can either drop the weights and have a quick rest before getting into a few extra reps OR drop the weights and continue the movement without the resistance. It will still have the muscles working hard. And then each round or session, try to do just a few extra reps before you have a rest. The main thing to remember is to always push a little bit harder each session to ensure you are improving on your fitness.

Trainers are always well equipped with ways to make a workout easier or harder, so be sure to chat with them if you are finding an exercise or a session to easy or too hard. They are there to help and will do their best to ensure everyone is sitting just outside their comfort zones to really get the most out of each workout.