



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Establishing health-related goals outside of the gym is just as crucial as those within it. Once a consistent routine is established, life becomes significantly healthier and more manageable.

FITNESS TIP

By recognising the benefits of repetition and including it into your exercise routines, you will benefit immensely, but also remember it is good to mix up repetitive exercises with new exercises to keep you motivated and interested.

Don't miss David's tips every Saturday in your Journal

REPETITIVE exercise can be seen as monotonous, but it is necessary for achieving fitness goals. While repeating the same exercises might seem unexciting, it's important to recognise that repetition plays a key role in fitness success.

Here are some benefits of including repetition into your exercise routine.

Skill improvement: Repetition allows you to master proper form and perfect the technique of exercises. Whether you're lifting weights, doing squats or sprinting, consistent repetition helps you refine your movements, reduce the risk of injury, and improve your overall performance.

Muscle Memory: Your muscles have an impressive ability to remember movements through repetition.

This "muscle memory" improves coordination, making it easier to perform exercises accurately and efficiently. When you repeat exercises, your body

becomes more accustomed to the movement, enabling you to push yourself further.

Progressive Overload: Achieving fitness goals often involves progressive overload, gradually increasing the intensity of your workouts. Repetition helps with this by allowing you to start with manageable weights or durations and consistently challenging yourself.

Mental Discipline: Exercise repetition can build mental discipline and determination. When you commit to repeating exercises regularly, it brings about a sense of commitment and perseverance, helping you

overcome obstacles and stay consistent with your fitness routine.

Trackable Progress: Repetition makes it easier to track your progress where you can measure improvements in weights lifted, endurance or speed. This tracking can be motivating and help you set and achieve specific goals.

Injury Prevention: When you repeatedly perform exercises with controlled and consistent movements, you reduce the risk of overexertion and injury. Additionally, by strengthening supporting muscles through repetition, you can better protect your joints.

Time Efficiency: Rather than constantly learning and performing new movements, you can target specific muscle groups or skills, which is particularly helpful in busy schedules.

Repetition is not about mindlessly doing the same routines, it is a necessary part of achieving fitness goals.

Consistency is what transforms average into excellence

Motivational quote of the day



> Practice makes perfect when it comes to achieving fitness goals