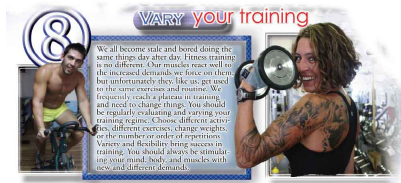


## Vary your training

Written by

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### Vary your training

We all become stale and bored doing the same things day after day. Fitness training is no different. Our muscles react well to the increased demands we force on them, but unfortunately they, like us, get used to the same exercises and routine. We frequently reach a plateau in training and need to change things. You should be evaluating and varying your training regime regularly. Choose different activities, different exercises, change weights, or the number or order of repetitions. Variety and flexibility bring success in training. You should always be stimulating your mind, body, and muscles with new and different demands.

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