



## Is It True That It Is Not A Good Idea To Do The Same Exercises During Each Workout Session?

### ANSWER:

Everyone needs a change from their workout. If you continue to follow a workout without any changes, it can place you in a plateau and hinder your results. It is recommended that you change your program every 4 to 6 weeks. However, you can also alter your program slightly each time you work out. Just changing how you perform an exercise can help you see results.

For example, during one workout you could execute the plank on a bench and then on the following workout perform it on a mat. The small adjustment in height uses your muscles slightly differently even though the same exercise is being done.

These little differences add up and keep the body guessing and changing. Every 4 to 6 weeks you will probably be ready for new exercises, changing up sets/reps, moving from machines to dumbbells or adding more weight. The combinations are endless. Change is good when it comes to working out!



Need answers to your fitness questions?

You can email them to [fitness@aurora.ca](mailto:fitness@aurora.ca) and one of Club Aurora's Fitness Professionals will post the answer On **The Training Zone** section of our Recreation At Home page [www.aurora.ca/recathome](http://www.aurora.ca/recathome)