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The 7 Most Deadly Fitness Sins

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Are you guilty?



Have you committed any of these particular fitness trespasses? Photo: iStock

IMG personal trainer [Ricardo Riskalla](#) reveals seven sins that we're all a bit guilty of.

I know that fitness is like a religion for many, so like any religion there is a side to be avoided. So, let's talk about the biggest fitness sins that you should try to avoid.

1. More is better

This is the biggest sin of them all. You might think that the more exercise you do the better, but in reality moderation is key here.

The resting periods are actually more important than an excess of exercise. Add at least two days off to your routine each week.

2. "I like that one"

Hey, who hasn't committed this sin? You go to a gym, look at a sophisticated machine and you think: "YES, I like this one". Then for a whole three months you devote yourself to it, spending hours and hours in that machine looking for the holy grail of the perfect body, but in the end nothing happens.

The mistake here is that most of the time, simple exercises are better and they need to be prescribed by a highly qualified trainer.

3. My friends can't go

I have to say that training is like brushing your teeth, it needs to be done alone. Friends are necessary but not for your workout, especially if they can't come and do the routine with you ALL the time.

4. Too expensive, not for me

If you're thinking that to look good you need a \$300 pair of leggings or that special shoe, don't be fooled. You just need determination and any comfortable fitness clothes will do.

I remember in the '80s I used to cut old jeans and make my own fitness shorts. This was way back before fitness labels existed.

5. Too hard

Yes most people go too hard in their workouts. In my experience I always look into the longevity of training. By that I mean how long can a person sustain that level of fitness in a workout?

I believe that gentle and pleasant is always the way to go. You can go hard for a few weeks but after a while you will lose interest because no one likes to be tortured and exercise needs to be fun.

6. Weights

Controversial one here. In my training I avoid weights for my female clients. But don't be fooled - I still train them using their own body weight. Weights create bulk and whatever people say about it, in my experience it distorts the female curves. I keep the weights for my male clients.

7. TV

Most people say I have no time to exercise, BUT they have time to watch TV.

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