



# 2015 Exercise for Men and Women

Exercising consistently is a great way to get healthy. For those who find their workout routines monotonous, switching up exercises and embracing some of the newer, trendier fitness regimens may be a way to maintain your momentum at the gym or home.

Looking at the latest exercise trends of 2014, high-intensity interval training (HIIT) topped the American College of Sports Medicine's prediction for the number one fitness trend. HIIT's popularity grew due to the workouts' combination of cardiovascular and strength-training movements designed to keep heart rates elevated. These workouts combine intense exercise with either rest or low-intensity activity inhibiting faster weight loss than the prolonged workouts performed at moderate paces. HIIT has recently lost some of its popularity moving to number 2, being replaced by bodyweight training.

The number 1 exercise trend of 2015, bodyweight training is not a new craze. This practice has been around since the Greek times of 1890 when lifting stones was not a physical task to improve one's appearance, but rather show one's ability of strength. This old school exercise trend allows exercise to be performed anywhere with no special equipment making it an economical and time-saving option. The basics include pushups, planks, lunges, squats, and pull-ups. A gym is not necessary for this training so it is a great pick for everyone!

*Other exercises growing in popularity are:*

**Kettlebells:** These weighted cast-iron workout tools can be an interesting addition to strength-training workouts. But their utility does not stop there. Using kettlebells during any physical activity will increase the amount of fat burned and can provide a full-body workout. Kettlebells come in different weights, and newcomers are urged to start out gradually and build up in weight as they become more familiar and toned.

**Trampoline cardio:** For those who want to shake up their workouts and lift their moods, jumping on a trampoline can do just that. It's difficult to be in a bad mood when bouncing around like a kid on a trampoline. Trampoline classes are turning up in some upscale gyms, where each participant has their own individual trampoline. Routines mix in different choreography and small hand weights to promote a fun and effective cardio experience.





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