

10 BIGGEST WORKOUT *Mistakes*

**PITFALLS THAT SABOTAGE YOUR
RESULTS, WASTE YOUR TIME, AND
KILL YOUR FITNESS JOY
(AND WHAT TO DO INSTEAD!)**

Hello!

I am honored that you are here and have taken the time to download this guide.

You opening it tells me you value self improvement, looking and feeling your best, and using your time wisely. (so basically we're already besties)

But it also tells me that you might not be happy with your current fitness results. You may feel like you are putting in a lot of effort with little to no return.

It's frustrating. I hear you.



This guide came from watching smart women make the same workout mistakes over and over because of outdated ideas, social pressure, or unrealistic advice.

Whether your goal is to lose weight, get stronger, or fit into an old pair of jeans, these tips will help you get there faster. Let's maximize your efforts shall we?

Be sure to scroll to the end for a free bonus!

Mistake #1

AVOIDING RESISTANCE TRAINING

Resistance training is not only the most effective way to burn fat and tone up, it's also proven to help slow down the development of osteoporosis and bone loss as we age.

So yes, it'll help you look better AND age better (win, win).

But the weight-room can be a scary place, both because of the annoying guys that seem to permeate the dumbbell rack, and also because it can be intimidating to get started.

What weight do you select? Which exercise should you do first? What if you do something wrong and either hurt yourself or look like an idiot?

I get it, a lot going on. But once you start and realize that dumbbells don't bite, you'll be hooked. And you'll seriously love showing off your sexy new shoulders!

Psst! Feel lost at the gym? Keep scrolling!



Mistake #2

UNREALISTIC TIMEFRAME FOR RESULTS

Achieving dramatic results, or losing the last 10 pounds can take time. This time-period is different for everyone, and some may have to work harder than others to see similar results (not exactly fair, eh?), but be patient!

Your body is a highly adaptive machine, and it will always try to take the path of least resistance. So if you are trying to lose weight, it will fight you to stay where you are because it's easier on the system.



The good news is that repeated behavior will compound over time. Focus on consistent workouts at least 3-4 days per week (to maximize your time and effort make sure 2 of those days are resistance training).

And track your progress! Take measurements every few months, or snap a photo of yourself in the same pose and a similar outfit each month or quarter. You'll be amazed how much tiny changes add up.

And remember...

Only look back to see how far you've come.

Mistake #3

ONLY DOING CARDIO

Cardio is great and necessary, but it should also be used in context with your goals. If you want to run a marathon, then you should train with lots of running. But if you want to lose weight or tone up, cardio workouts alone aren't the most efficient way to burn fat or build muscle.

Remember how our bodies are highly adaptive machines? They are smart, and will adjust to sustained levels of activity pretty quickly. So adding another hour on the treadmill won't help to speed up your metabolism or burn excess fat, nor is it the most effective way to build lean muscle.

Start by adding 2 days of cross-training with weights. Or check out that new HIIT class your co-worker keeps talking about. Not only will you burn unwanted fat more efficiently, you will also decrease your risk for injury by getting stronger in other movement patterns.

(so you can run your marathons pain free)



Mistake #4

SKIPPING TOO MANY WORKOUTS

We all have those weeks... the ones where you barely manage to get to work with pants on, let alone also pack gym clothes, and get off in time to workout...

Those aren't the skipped workouts I'm talking about.

The ones I'm talking about are the missed "not in the mood" workouts that sneakily start to add up. 1 becomes 2, then 3 missed, then all of a sudden it's been 2 weeks.

Sometimes you need the break, and that's totally ok, but be careful you don't accidentally create a new TV habit instead. That's when progress will halt (or start reversing!).

Workouts also don't need to be perfect, just get moving! Try a 10 minute jog on the treadmill or quick at home circuit while catching up on your favorite show!



Mistake #5

OBSESSING OVER THE SCALE

A scale can be a useful barometer to gauge progress, benchmark milestones, and help you stay (generally) on track. But it can easily become an obsession that will not only make you go crazy, it will steal your fitness joy and you'll hate your workouts. The biggest thing to remember...



You don't have control over how your body responds to diet and exercises changes.

This means, you can't control the number on the scale. Our weight constantly fluctuates, and for women, it will vary depending on where you are in your menstrual cycle. So if you weigh yourself every day, you aren't always comparing apples to apples physiologically speaking.

Gauge your progress by how you feel or how your clothes are fitting. Celebrate your wins, and if you start feeling frustrated with your progress, instead of beating yourself up because of a number on the scale, re-focus your attention on actions you can change and control going forward.

Mistake #6

DOING THE SAME ROUTINE EVERY WEEK

Over time your body will adapt to any repetitive stimulus. If you start running 3 miles a day, at the beginning it will be hard, and you'll probably be tired and sore. But over time, your body will adjust and you'll be able to breeze through it

(Which is great! It's fun to get better at something)

But as you become more conditioned, the amount of fuel required also starts to diminish. So with our same 3 miles, if you never changed the speed, distance, or conditions of the run, you will quickly plateau and progress will stall.

(also, you'd probably get bored, kinda like if you ate avocado at every meal. Too much of a good thing)

Some repetition is great, it's the best way to incrementally improve strength and consequently improve body composition, but keep the body on its toes (and also injury free) by mixing up your routine and trying different exercise modalities.



Mistake #7

IGNORING REST AND RECOVERY DAYS

This one is often hugely overlooked (mostly because going to bed early seems very counter-intuitive to fitness goals, right?). It's also easy to feel "guilty" about taking a day off, especially if you have a lofty goal.

But if you ignore this your body will shut down at some point.

Humans weren't made to go, go, go, and when you workout, you create tiny tears in the muscles (it's good thing, this is how you get that lean, strong bod), but your body needs rest in order to be able to repair and rebuild.

So when you push it too far, or workout too many days in a row, that's when you start feeling sick, or get a perpetual headache that won't go away, or just feel super tired and lethargic all the time.

Take at least one day a week completely off to rest, relax, and chill.



Mistake #8

WORKING OUT WITHOUT A PLAN

You've probably heard the adage, "failing to plan is planning to fail" before right? It feels almost over-used at this point, but it's SO important for achieving your health and fitness goals (or any goal really).

For instance, using our marathon example again, if you'd never completed a mile, you wouldn't start with a 10k. You'd start with a mile and work your way up.



The same is true for strength and weight-loss goals. Showing up to the gym is certainly the first step, but what you do with your time there will dictate your results.

If you wander from machine to machine doing as many reps as you are in the mood for that day, it probably won't propel your results in the direction you want.

Get a plan and stick to it!

(Need a plan? Scroll to the last page, I got you covered!)

Mistake #9

ONLY FOCUSING ON ABS

There is no such thing as spot training (please run from anyone who tells you that there is), and our bodies are wildly complicated and interconnected machines that work harmoniously (most of the time) to help us move through life.

Your body moves and responds differently than anyone else on the planet (pretty cool right!?). You truly are special and unique and no one else is the same as you (and no, your Mom didn't tell me to tell you that, it's just true!).

Your body is incredible when you think about it!

But because your body is such a complex eco-system, when it comes to fat loss, you (unfortunately) don't get to pick and choose where this happens on the body.

So ONLY doing core exercises, won't necessarily lead to sculpted bikini abs. Instead focus on consistently incorporating full body exercises, drinking plenty of water each day, and finding joy in the process.



Mistake #10

DOING WORKOUTS YOU HATE

Sometimes we have to do things we don't like in order to get something that we want. Like going to the dentist... But losing weight and being healthy is NOT one of those things.

Life is too short for workouts you hate.

There are many many ways to get in shape, burn fat, and get your sweat on, so don't bother wasting time doing something you don't enjoy.



(For me, it's spin classes. I just don't like them, and I finally realized that I don't HAVE to go just because other people love them)

The best workout is the one you stick to.

Experiment! Try new classes, go to different gyms and see what the vibe is like, and if you are curious about weight training I'd love to help guide you! Keep reading.



Free Bonus!

2-WEEK TRIAL OF WRK APP

Resistance training does not need to be time consuming or intimidating. I want you to experience better workouts, so am giving you an extra free week trial of my WRK app!

www.kettlebellsandcupcakes.com/free-trial

- ✓ Exercise demo videos
- ✓ Connectivity to MyFitnessPal and Fitbit
- ✓ Ready on your schedule
- ✓ Advanced tracking and private progress photo storage
- ✓ Personalized support from a person (no massive FB group)



Note from the author



Hey Friend! My name is Jess and am the founder of Kettlebells and Cupcakes (I know, already dropping 'friend' bombs... but by virtue of you downloading this guide, I know we have similar interests, which in grown-up terms means we are pals).

My fitness career started after I ran my health into the ground as an executive on Wall Street. I couldn't find a reliable resource for someone with my schedule, so I left to pursue a career as a Personal Trainer. KBCC evolved because my clients had the same crazy schedules I did, and they needed flexible online solutions.

I believe that getting stronger is incredibly empowering for women in particular because we tend to underestimate our own abilities. When you improve your physical strength, it carries over into your confidence, your self-image, and most importantly, it gives you the courage to live life on YOUR terms.

I'm genuinely thrilled to be in your inbox, and can't wait to hear your story. A few of my favorite things (other than kettlebells and cupcakes of course), are palm trees, dogs, french press coffee, a big glass of pinot noir in the evening, and croissants.

I also love connecting with other motivated women. Send me a note and introduce yourself! Where are you from? What is your favorite food? Email me at jess@kettlebellsandcupcakes.com.

Visit www.kettlebellsandcupcakes.com for additional resources.

