



ServeNoMaster 117: How To Stay Fit Even When You're Busy

Highlights:

Workouts Without Any Equipment

[5:43] Body weight programs - cool programs that you can do using the items around you

[7:46] Yoga - trendy now with a lot of resources online

[10:28] Tai-chi - a martial arts type of exercise that helps your body become smarter even as you get older

[11:52] Lack of equipment is not an excuse

Workouts Using Light Equipment

[12:09] TRX - uses a piece of suspension equipment i.e. rope hanged from the ceiling or door

[13:54] Kettle bells - a Russian workout that presents a lot of options for a workout routine

[17:12] Rubber band - helps you build back strength

[18:11] Key to Success: Find something you like and enjoy doing. Minimize barriers to entry.

[20:18] The more health you have; the longer you can enjoy the goodness of life.

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