

Exercising

Posted by breakingthehabit - 30 Dec 2014 20:18

Hi Everyone! For me working out has helped a lot, and I think it would be helpful if you could share how you get your exercise done without going to a mixed gym or watching a workout video (with inappropriately dressed trainers), I found that running/jogging is great, the problem is the weather can be a constraint. What do you do?

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Re: Exercising

Posted by SIB101854 - 31 Dec 2014 07:07

Why not a same gender (and frum) personal trainer? The mixed gym scene and workout videos would be a definite trigger for me. I go to a personal trainer and it works wonders for my weight and blood pressure.

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Re: Exercising

Posted by breakingthehabit - 31 Dec 2014 19:06

I agree that's why I am asking for ideas. I guess i didn't add the budget constraint, a personal trainer can be pricey.

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Re: Exercising

Posted by dms1234 - 31 Dec 2014 21:31

Lusting can also be pricey.....

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Re: Exercising

Posted by cordnoy - 31 Dec 2014 22:19

[dms1234 wrote:](#)

Lusting can also be pricey.....

in more ways than one!

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Re: Exercising

Posted by shomer bro - 31 Dec 2014 23:40

Buy cheap weights from ebay or walmart and ask someone u know who works out what they'd suggest you do. Curls, squats, pushups, sit ups, lunges, crunches, etc. U can also check online for a cheap treadmill to jog on. Elastic resistance bands are also good.

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Re: Exercising

Posted by SIB101854 - 01 Jan 2015 02:53

See what's available. If you go to the trainer once a week for a number of months and really work your kishkes off, you can achieve real results with your weight and blood pressure for a reasonable price without the risk and triggers associated with a coed gym. The alternative is what my trainer told me-he told me that the upstairs tenant in the two family house that he lives in had to be mnachem avel his 65+ father who had a coronary at the Shabbos table.

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Re: Exercising

Posted by cordnoy - 01 Jan 2015 03:43

[shomer bro wrote:](#)

Buy cheap weights from ebay or walmart and ask someone u know who works out what they'd suggest you do. Curls, squats, pushups, sit ups, lunges, crunches, etc. U can also check online for a cheap treadmill to jog on. Elastic resistance bands are also good.

Please don't mention squats.

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Re: Exercising

Posted by shomer bro - 01 Jan 2015 09:26

Lol! Sorry for bringing that up

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Re: Exercising

Posted by breakingthehabit - 02 Jan 2015 18:24

Thank you all this is very helpful, a friend of mine mentioned a suspension training system called TRX, it seems very versatile and not that expensive, has anyone tried it?

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Re: Exercising

Posted by Keepclimbing5 - 22 Mar 2015 23:32

I have been working out at home for almost two years now after the mixed gym become too tough to handle... For starters any exersize that gets the heart pumping is great for you! At home ,cardio can be achieved by using a treadmill, iliptical or spinning bike but if you don't have one that's fine. You could try jumping jacks jump rope or running in place to get things moving. P90X ,insanity, or swork it are all great home platforms for working out but they all may contain footage of females so use it at your own risk... For strength training ,anything that requires body weight should be sufficient when it comes to working out. Push up, chin ups lunges and squats (sorry Cortnoy) are all great:)

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Re: Exercising

Posted by serenity - 23 Mar 2015 03:17

I was going to say P90x, but I'm sure the tapes are not tzniut. if you are in a frum or semi-frum area, There are probably all men Krav Maga classes. Self defense and a great work out.

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Re: Exercising

Posted by improvementway - 23 Mar 2015 03:38

There is something called "7 minutes workout", it worked for me. You can do two or three cuddles of that a day - should be enough. And finally it's spring now - time for running and cycling.

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Re: Exercising

Posted by samiam - 23 Mar 2015 05:38

i have been exercising for a long time . there is a program called 5bx its only 11 minutes a night and very very good completly free as all it is ,is a couple of sheets of paper take a look for your self @ fit450.com/HTML/5BX_Intro.html[/color]

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Re: Exercising

Posted by shomer bro - 23 Mar 2015 13:03

Jump rope is a very good, and cheap form of cardio exercise. That, and of course, jogging outside. For strength training, pushups are a must!! Very important to have music for when you exercise.

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