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Powerful Fitness Program Design Tips

Disappointing fitness program results are common in today's fitness world. Fitness enthusiasts simply don't realize they are on both ineffective, and inefficient workout programs.

The unfortunate aspect is these particular individuals do not realize their fitness training program is not as effective as it could actually be. When starting an exercise program it is important for participants to look at its effectiveness. Most simply copy a canned fitness program, and are, therefore, not on the very best exercise plan for their needs.

To make sure your fitness training program is the most productive, and efficient it can possibly be, I have devised a checklist of 6 critical points to consider when creating your workout plan. Please consider each of these key points while designing your exercise program.

6 [exercise routine](#) tips to consider before your next workout.

1. Clearly state your specific goals.

It is important to be ultra clear on what you want to accomplish from your physical fitness program. Bring these goals to life by writing them down on paper, and making sure they are time sensitive in nature.

Before a workout goal can be accomplished, you must know exactly where you are going. If not, your program will not be very productive.

It is important to closely consider your goals when planning any fitness program!

2. Take into consideration your medical history.

It is mandatory to take a close look at your medical history before implementing a training program. If you have an injured shoulder, then you might have to eliminate certain exercises in your workout regimen. Pay close attention to your medical history when designing your fitness plan.

3. Incorporate the 3 components of fitness - strength, cardiovascular, and flexibility.

When creating your workout program make sure it is in harmony with your specific goals, and medical history. If your main goal is aerobic endurance, then you won't be spending as much time lifting 100 pound dumbbells in the gym as you will be training aerobically.

It is important to match your goals, and medical history with the correct training protocol.

As far as general fitness is concerned, I always recommend incorporating each of the three component of fitness.

4. Think about the exercise order.

How you incorporate the [fitness exercise program](#) components into your ultimate plan should be of significant importance. If your fitness program has a main goal of strength instead of endurance, you will want to strength train prior to any endurance training. The best workout program is one that is planned with a focused strategy in mind.

5. Track your fitness training program workouts.

It is necessary to track your results to determine the effectiveness of your program. Without tracking reps, weight, sets, distance, etc., you will be lost. Track each, and every workout so you can analyze progress from time to time.

6. Re-assess workout program results, and modify, if necessary.

If there isn't proper exercise program checks, and balances in place, you will not have an effective exercise program. Without tracking, you have no idea how well your [physical fitness program](#) is working. From time to time carefully analyze, and change your exercise regimen if necessary.

Before you design your fitness program consider the 6 points mentioned above. Doing so will drastically help your chances of being on the best exercise plan for your particular goals.

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