

## Switch your workout routines for continues muscle growth

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There is one important tip that I have learned over the years about building muscle and losing fat that is so very IMPORTANT that I honestly cannot emphasize it enough. This tip is the Fitness Tip 4 Life which is how very important it is to change your workouts often. No one could have told me that 30 years ago. Unfortunately it is sometimes the mindset of thinking that we know it all that keeps us from achieving our goals. I too have been there.

You can imagine how it is to be in a weight training or body building routine and you are feeling excited because you are putting on some good mass and muscle. You are 6 to 8 weeks into your program and hoping to put on another 10 lbs and someone in the gym starts talking to you about changing your workout routine. And who really wants to listen to someone telling them that they should change their routine when it appears to be working? Not me and probably not you either! But the reality of it, **WE MUST CHANGE THEM OFTEN!** This same tip applies to burning body fat too and pretty much any fitness or exercise program.

Your body quickly adapts to what you are doing in your workouts. Changing the type of workout you are doing every 4 to 6 weeks is a **GREAT IDEA!**