

## The Biggest Mistakes People Make When Training From Home

Training from home can help you to get better results from your workouts 9 times out of 10. Why? Because there's no commute, there's no need to feel self-conscious and you can easily fit your training in around your routine. If you have a home gym, then you can opt to do a quick 10 minute workout first thing on a Saturday morning - which is something you just can't do if you're training at a gym 20 minutes away.

But home gyms aren't perfect and if you don't know how to attack home workouts properly, it's easy to do yourself a disservice. Read on then and we'll take a look at some of the biggest mistakes people make when training from home and how you can avoid those problems...

### **Having the TV On**

One common thought process when training from home is that seeing as you have all of your amenities and entertainment around you, you may as well make your training more interesting and enjoyable by sticking on the TV...

The minute you do this though, you just pretty much sealed your own fate. One of the most important things of all when training is that you be completely engaged with your training. *Feel* your muscles working, *watch* them working and dive into your energetic movements.

When you approach training like this, you will be guaranteed to naturally put in more effort and see faster results. This is as opposed to training with the television on, which means you're constantly distracted, looking up and generally not paying attention to what you're doing.

### **Not Pushing Yourself Enough**

Another issue when working out at home, is that a lot of people won't push themselves hard enough. The simple reason for this is that they don't have enough punishing equipment around. They don't have a squat rack, a weights bench or any of the other bits - so they end up just doing press ups.

But this isn't enough. To trigger muscle growth, you *need* to be feeling the burn and the pump. And this is still possible with no equipment - you just need to be a little more inventive and creative in the way you're going to accomplish it!

### **Having a Gym You Need to Set Up**

Perhaps the worst mistake of all is creating a home gym that you need to set up. In other words, if you have a gym that consists of things that are behind wardrobes, need constructing or are hard to reach, then there's a good chance you won't be as easily convinced to train.

The great thing about a home gym is that it's *right there*. If you have a bench press in your front room, then that means that you can simply hop on it and start pressing the weight. This makes all the difference to your training frequency and results, so make sure that you are taking full advantage of this with a gym that's ready to go whenever you are!