

PRE-WORKOUT MUST-KNOWS

Too tired after a hard day's work to hit the gym? Or are you just lost among the countless gym equipment and just do not know where to start? This is exactly where fitness trainers come in!

From guiding you on using the right equipment in gyms to helping you out with exercises, a fitness trainer can really help you reach your health goals. But before we get to that, there are a few other things to know.

WHEN TO WORK OUT

Among the busy city life, it is usually the evenings when the gyms see the highest number of people. From training for competitions to just opting for a healthier lifestyle, there are people from all ages – from as low as 16 to as high as 45 year olds. That being said, there are no age limits to stay fit, although certain workouts do require a specific level of physical strength and is best to avoid without assistance.

For beginners, it is important to start simple and work your way up into more difficult exercises steadily instead of aiming for the whole package the first week and then stopping altogether. Working out about three days a week, combined with other sports or physical activities on other days is enough to keep an average person healthy. While working out is better, it is still not acceptable for it to become a hassle to your daily schedule, and so, it is important to find a balance.

GYM VS. WORKING OUT ALONE

For those looking to enhance performance, gym is clearly a much better option as you are always pushing your limits in the gym. However, those who are too self-conscious and want to go at your own pace should start working out at home. Not only does this help you become more familiar with the equipment but also allows you to have a customised setting. It will also save time.

You do not have to spend hours in traffic just to go to the gym or even wait on others to finish using the equipment. Moreover, many suffer injuries in the gym because they try to keep up with someone who is physically more capable. While gym workouts will provide you with more variety, with a minimal investment, you can just as easily develop a customised workout routine with strength training and bodyweight exercises at the comfort of your own home.

TYPES OF FITNESS TRAINERS

Whether you decide to hit the gym or plan a workout at your home, it is important to know exactly the kind of trainer you would require. Not only will trainers help you with various exercises, they will also monitor your progress and adapt programs as needed. In fact, it is the job of the trainer to ensure that you are carrying out the exercises safely.

Group fitness instructors at gyms usually train a small group of people and have a set pre-planned generalised fitness program that they follow. While more advanced instructors create their own routines, many just follow existing routines created by fitness companies. On a different note, personal fitness trainers design workouts specific to the needs of their clients. The client's body type is usually first analysed and the workout is programmed accordingly.

Specialised fitness instructors can be found for each specific method such as

yoga, aerobics or Pilates. These trainers are perfect for those who are not too enthusiastic about the traditional workout routines, but do enjoy one specific form. Those who are more advanced and know their way around the gym just need a spotter, who basically ensure safety during exercises and prevent injuries. With the help of a spotter, one can push their boundaries specifically during weight-lifting.



WHERE TO WORKOUT

With an Australian certified instructor and 12 trainers, Fitness Plus Bangladesh has been a popular choice among Banani and Gulshan dwellers for years. With a body analysis machine that will help decide the kind of workout a person will require, they have effective workout plans for beginners. Even Hammer Strength Fitness Club in Banani 11 is a great place to start, with their equip-

ment being upgraded on a regular basis.

For Dhanmondi dwellers, Muscle Mania remains a popular option, while Uttara has Esporta Gym. For those around the Motijheel area, WorldGym (BD) is also a good option. Membership costs from Tk 3000 to Tk 6000 per month, with packages and offers available for those thinking long-term.

You could also get a personal trainer to train you at home at about Tk15000 per month who will train you with the exercise as well as give you dietary plans. Often, gym instructors are willing to provide personal training in the comfort of your home when they are not working.

Make sure you talk the arrangements through thoroughly, especially specifying your health goals, and remember to ask what equipment you need to achieve it.

BASIC GYM EQUIPMENT AND WHERE TO FIND THEM

Having some equipment at your place will allow more variety during exercises. Equipment costs vary depending on the quality, but forming a personal mini gym would require a substantial amount.

Some basic equipment that are low on cost include the resistance bands, weights, stability ball, dumbbells and a yoga mat. Dumbbells cost around Tk 200, and you can find a yoga mat at around Tk 1000 in any sports shop. Those who are a bit more advanced should invest on a cross-trainer, which costs from Tk 40,000 to over 100,000.

A lat pull-down is also recommended and cost around Tk 40,000 to over Tk 75,000, while the treadmill, costing around Tk 30,000 tk to Tk 80,000 is a must-have! You could get them at 'Shop 21' or 'Body And Sports' in Panthapath, or check out the shops in Stadium Market, Gulistan or Mirpur stadium.

By Adiba Mahbub Prama

Photo: LS Archive/Sazzad Ibne Sayed

Fantastic workout outfits and where to find them



Preparation is the key to starting and more importantly maintaining a good habit, especially if that habit is doing exercise. Building a good habit is a lot like starting a war with the sluggish part of your personality. If you are not prepared, you will lose.

For exercise, one of the most important but often neglected parts of the experience is what you are wearing while doing it. In order to play the part, you have to look it. Not all exercises have the same clothing and each has a certain set of clothing suited for it. Don't fret - we at Lifestyle have your back. Here is guide to what to wear, what not to wear and where to find the right assortment of work-out clothes.

WHAT TO WEAR

Low intensity workouts like Yoga/Pilates /brisk walking- Pairing up sweatshirt, tops

or tee-shirts with leggings or tights are good choices for slow exercises as such. Pants that stretch can help you move while perfecting the yoga asanas.

High intensity workouts like strength /cardio- Running on the treadmill or doing fat-burning exercises is more comfortable in track pants, jogger or boxer shorts. They let the air pass freely through to your skin and the sweat dries up quick. Guys have the option to mix it up with synthetic jerseys and basketball shorts. In winter a light hoodie or pullover is enough to get you pumping up in the cold.

And for the ladies, I cannot stress enough on the importance of a good sports bra. Continuous and repetitive movements during physical activity can result in soreness, pain and sagging. A firm sports bra helps reduce the movement and relieves of such pain.

WHERE TO FIND THEM

As far as work-out clothes go, the best place to look for them is in the Doja market's alleys opposite the Dhaka College gate. You will find a plethora of designs of t-shirts, tights, sports-bras. Starting from track pants to spandex, they have everything for both men and women, more so in a reasonable price. In order to find the right fit one has to search a lot at times but the price and the availability of such a diverse collection makes it totally worth it!

You might also find authentic workout outfits and shoes in sports shops like Body and Sports and Sports World outlets scattered all around the city. They have good quality spandex, basketball shorts and swimsuits designed for professional athletes.

Other than these, Artisan has a great number of sweatshirts, leggings and tights made out of a variety of fabrics like cotton