GYMPAD

WHY TRACK YOUR WORKOUTS?

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WHY IS IT IMPORTANT TO TRACK YOUR WORKOUTS?

I think that we can all be in agreement that the main reason we go to the gym is because we want to improve in one way or another. Whether your goal is to loose weight, become leaner, gain size, or simply wanting to get fitter, we all want to progress and become better versions of ourself. With this said, it must be pointed out that the majority of us are guilty of simply walking into a workout without any plan or structure in place and because of this you will just pick the nearest free machine to train on. Whilst this is okay as you are been active, are you really getting the most out of your workouts? As a result of walking into a workout without a plan, every workout just becomes a normal routine as you feel most comfortable training this way. Repeating this process over and over without a structure in place, makes it more difficult for you to compare your workouts and assess if progress is been made.

Can you remember what it is that you actually did the last time you worked out? What muscle group(s) you had trained as well as the weights, sets and reps that you had managed to achieve? Can you look back over your training and analyse what worked best for you and what hasn't? Is this really where you want your progress to stop? By tracking the specifics of your workouts it allows you to measure where you are against your fitness goals, at any given point in the process. This therefore makes you accountable for noticing where your progress is diminishing, so that you can spot where change is needed in your programming for you to further your progress.

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WHY TRACK YOUR WORKOUTS WITH GYMPAD?

The GymPad Workout Journal was designed and created by 3 fitness professionals all of which graduated from the National Personal Training Institute in Orlando, Florida. Since graduation the GymPad team have created a platform of various workout journals that allow you track your workouts and nutritional goals along with your body compositional progress. We are proud to say that over 10,000 GymPads have been sold worldwide in our first year, with GymPad now being a No.1 best selling workout journal in the USA and the UK. Do not take only our word for it, check out our reviews on Amazon. Start tracking your workouts today by downloading your free GymPad workout template via the free downloads section on our website.

Now lets dive into our top 10 reasons as to why you should start tracking your workouts today!

#1 - Increases Accountability

Tracking your workouts keeps you accountable for making sure you go to the gym, if you start missing days off training, you will start to see your progress diminish and therefore you will notice the reason for this as there will be missing dates filled in your journal.

#2 - Provides you feedback

Tracking your workouts provides you with quantitative proof that you're making progress in the gym. Most people just assume progress is just how quickly someone looses a few pounds. However if you keep track of your workouts and see the reps, sets and weights lifted in previous workouts to what you can do now, this just proves your body has got stronger and therefore progress has been made.

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#3 - Increases Motivation

Tracking your workouts with GymPad enables to look back at your previous workouts, your before photo, your previous measurement sheets and your previous fitness tests all of which are included in the GymPad. These will show you just how far you have come. This can boost your motivation and your need to keep going, at the toughest of times.

#4 - Keeps You Honest

What benefit would you get by writing down more reps than you could actually do, or more weight than you can actually lift? There isn't any, be truthful to yourself. By keeping a log of your workouts you will want to be honest with yourself so that you can look back through your workouts and see where your journey began to where you are currently.

#5 - Challenges You

Tracking your workouts enables to you see when your progress starts to plateau with the current workouts that you are setting yourself. Seeing less and less progress written down in your workout journal will encourage you to change your goals up and make change to your routine to push yourself, which is necessary in order to challenge the muscles and spark new growth.

#6 - Accomplishment

Tracking your workouts enables you to have a log of the workouts you have completed in past to look back on and be proud of what you have managed to achieve over this period.

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#7 - Scheduling time off

Tracking your workouts will allow to you see how often you are training. Remember rest days are important for your muscles to repair and rebuild before you start training them again.

#8 - Plan Ahead

How many times have you walked into the gym without a clear plan of what you wanted to train? By tracking your workouts you can tell which exercises work best for you and which don't. By planning ahead you will cut out the wasted time of picking exercises in the gym rather than sticking to a plan that works for you.

#9 - You Will Exercise Harder

By planning and writing your workouts out yourself, you will be keen to not write a bad workout. Keeping a track of your workouts will allow you to mix and match the exercises that work for you and therefore you will train harder as you will enjoy your workout.

#10 - Client Record

If you are personal trainer, tracking your clients workouts will allow firstly to have a clear log of your clients workouts, plus it will allow you to pre programme their workouts in a neat fashion. By keeping a log, you can flick back and show your client(s) all the hard work that they have gone through to get where they are now.