

Summary of Popular Workout Routines

Workout Routine	Advantages	Disadvantages
Newer Fitness Trends		
Functional Training	<ul style="list-style-type: none"> - Functional – Activities for daily life - Limited equipment - Increase joint range of motion - Increase balance 	<ul style="list-style-type: none"> - Limited muscle size and strength gains - Complex exercises - Requires baseline level of strength
CrossFit	<ul style="list-style-type: none"> - Short workout times - High intensity - Group workouts - Total body workouts 	<ul style="list-style-type: none"> - Complex lifts - Learning curve - High intensity – May not be suitable for beginners
Kettlebell Training	<ul style="list-style-type: none"> - Total body workouts – Focus on posterior chain - Improve mobility, range of motion, and strength - Different stimulus - Dynamic explosive movements - Core training 	<ul style="list-style-type: none"> - Equipment cost - Learning curve - Stabilizing muscle contractions – Novice lifters may not have enough strength to complete exercises correctly
Suspension Training	<ul style="list-style-type: none"> - Bodyweight exercises - Increased core muscle activity - Portable exercise - Quick change between exercises - Increased activity in stabilizing muscles - Easy to increase or decrease resistance 	<ul style="list-style-type: none"> - Difficult to increase muscle size - Limited resistance – Only bodyweight - Shoulder and arm strength may make some exercises difficult for novice lifters
Cardio Workouts	<ul style="list-style-type: none"> - Burn calories - Fun and different - Stress relief 	<ul style="list-style-type: none"> - Do not increase muscle size, strength, or endurance
At Home Workouts	<ul style="list-style-type: none"> - Home workouts - High intensity - Total body workouts - Burn calories 	<ul style="list-style-type: none"> - Not designed for a beginner lifter - Some exercises are difficult to reduce resistance - Learn form from a DVD - Motivation
Traditional Workout Programs		
Machine Exercises	<ul style="list-style-type: none"> - Easy to learn - Low injury risk - Good starting point for a novice lifter 	<ul style="list-style-type: none"> - Mostly seated - Not functional - Equipment cost
Free Weight Exercises	<ul style="list-style-type: none"> - Increase muscle size, strength, or endurance - Train stabilizing muscles 	<ul style="list-style-type: none"> - Greater risk of injury - Larger learning curve - Equipment cost
Circuit Training	<ul style="list-style-type: none"> - Shorter workout times - Total body workouts - Cardiovascular benefits - Burn more calories 	<ul style="list-style-type: none"> - Hard to train for muscle strength and size - Need equipment or space - Cannot use complex exercises

Choosing Your Own Workout Routine

Goals:

Fitness Level/Past Resistance Training Experience:

Workout Time

Days Per Week:

Time Per Workout:

Things you like to do:

Things you do not like to do:

Limitations: