

Fitness - Dec 27, 2004

Update your video library. If your workout videos are more than 10 years old it may be time to treat yourself to some new ones. Some older exercises are found to be too strenuous on the lower back or may have you using light weights with high repetitions which is not the best use of your time. One way to tell if your toning video is outdated is to see if they are using more than 20 repetitions per exercise. At that point you are no longer strength training.