EXERCISE INSTRUCTION

- Warm-up: perform 5-10 minutes of stretching before starting the exercises.
- Complete 1-2 sets of 8-12 repetitions for each exercise (as selected).
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of repetitions with each leg to avoid the development of muscle imbalances.
- Complete 6-12 repetitions of each exercise to ensure proper form is maintained.

HIT THE GYM

- All exercises should be performed with proper form to minimize the risk of injury.
- Focus on engaging the target muscles throughout the exercise.
- Keep a consistent pace and avoid rushing.

- Allow 5-6 breaths per exercise between each set to ensure proper oxygen supply.

- Aim to achieve moderate to impaired muscular fatigue following the completion of 3 sets of 8-12 repetitions through a full range of motion, decreasing rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.

- Continue to progress in difficulty and intensity to continually improve.

- The Ignite Fitness Mat is designed to enhance your workout experience, providing stability and support for all exercises.

- If you experience any pain or discomfort during the exercises, stop immediately and consult a healthcare professional.

- Incorporate a cool-down period of 5-10 minutes of stretching after the workout to aid in recovery.

- Consistency is key to achieving optimal results. Stick with the routine and be patient with the process.

- Remember to hydrate properly and fuel your body with a balanced diet to support your workouts.

- Always use proper form and technique to avoid injury and maximize the benefits of your exercises.

- Adjust the difficulty of the exercises as needed to challenge yourself and continue progressing.

- Tailor the workout to your specific fitness goals and preferences.

- Keep track of your progress and celebrate your achievements.

- Stay motivated and focused on your goals, and you will see the results soon enough.

- Happy exercising!