

FITNESS HEALTH SCIENCE

**NO HYPE!
ONLY THE TRUTH.**
OnFitness

TRAINING TIPS FROM TOP FITNESS EXPERTS

CONSIDERED BY FITNESS PROS
BEST FITNESS EDITORIAL CONTENT

OnFitness

FOR MEN AND WOMEN SEEKING KNOWLEDGE

POWER UP YOUR FITNESS

LIFTING & CARDIO STRATEGIES TO ELEVATE YOUR FITNESS LEVEL

MUSCLE WORKOUTS

TO PUSH YOUR ENDURANCE LEVEL HIGHER

CIRCUIT HI INTENSITY TRAINING

RIPPED ABS

1 MINUTE A DAY WORKOUT



PSYCHOLOGY OF A BIG WAVE RIDER

GET INSIDE THEIR HEADS



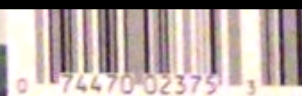
Grow grow grow!

"Muscles grow even when you're not in the gym working them," says Franci Cohen, exercise physiologist and ACE certified personal trainer.

"During recovery periods, your muscles are preparing themselves for the next workout. In fact, much muscle building is done outside the gym when you're not training. But muscles need time to do this, so do not weight lift every day of the week. More is not always better."

For optimal muscle growth and repair, lift weights no more than four days a week.

IS OLYMPIAN LOLO JONES HUMAN?



WELL WORTH THE HEALTH INVESTMENT