

1. Your GOGETFIT workout plan is well designed. Just stick to your plan.  
>>Read More: How should your workout plan look like? [https://www.instagram.com/p/CP3DLM1M1sS/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CP3DLM1M1sS/?utm_medium=copy_link)
2. Always Warm-Up before workout.  
>>Read More: Importance of warm-up exercises.  
<https://www.facebook.com/groups/759591404539390/permalink/1259188467913012/>
3. Drink enough water while you workout. Never play around with electrolytes.  
>> Read More: Should I drink water during workout? [https://www.instagram.com/p/CX\\_EptwAmH2/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CX_EptwAmH2/?utm_medium=copy_link)
4. Use the weights convenient to perform. Always focus on progressive training.  
>> Read More: What is Progressive Overload Training?  
<https://m.facebook.com/groups/759591404539390/permalink/1189518654879994/>
5. How you breathe is very important during exercise execution. You should develop proper breathing pattern from start.  
>> Read More: How to Breathe while Workout?  
<https://www.facebook.com/groups/759591404539390/permalink/1255639131601279/>
6. How many repetitions and sets you should do is really going to be dependent on your goal. However, your coach will take care of this part.  
>>Read More: How to determine Ideal Repetitions, Sets and Frequency for my workout?  
<https://www.facebook.com/groups/759591404539390/permalink/1253534361811756/>
7. How much you should rest between sets needs to be tailored as per your requirement.  
Pro tip - Go for next set when your breathing pattern has normalised.  
>>Read More: How much should I rest between sets?  
<https://www.facebook.com/groups/759591404539390/permalink/1220029565162236/>
8. Women should lift weights without fearing to the fact that it might make them look bulky.  
>>Read more: Does lifting weights make women look bulky?  
<https://www.facebook.com/groups/759591404539390/permalink/1190196118145581/>
9. Best time to workout is the one which makes you regular to the gym. It could be morning, afternoon or evening.  
>>Read more: When should I workout? (Morning or Evening)  
<https://www.facebook.com/groups/759591404539390/permalink/1168896403608886/>
10. If you have less time to workout speak to your respective coach, there are certain techniques that might help you to shorten the duration of your workout. Your coach will help you out.  
>>Read more: How to shorten my workout duration?  
[https://www.instagram.com/p/CSHImGsnisg/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CSHImGsnisg/?utm_medium=copy_link)
11. Cardio post training is beneficial. Do not drain your energy performing cardio pre weight training.  
Pro tip – Limited time? Choose weight training over cardio.  
>> Read more: Cardio or Weight Training?  
<https://m.facebook.com/groups/759591404539390/permalink/1235942396904286/>

12. Performing exercises with poor techniques repeatedly puts pressure on joints which can lead to severe damage. Improvise lifting but never compromise on form and technique.  
>>Read More: Are you making these training mistakes?  
<https://www.facebook.com/groups/759591404539390/permalink/1241874789644380/>
13. Follow 1:2:3 rule, 1 second to lift, 2 seconds hold and 3 seconds to release. This helps you build mind muscle connection.  
>>Read More: Mind Muscle Connection.  
<https://m.facebook.com/groups/759591404539390/permalink/1187951408370052/>
14. Focus on negative lifting and try holding weight.  
>>Read More: Importance of eccentric based training.  
<https://m.facebook.com/groups/759591404539390/permalink/1186917935140066/>
15. Rest day is OK. But, don't make it a lazy day. Hit your given target steps.  
>>Read More: Walking for fat loss  
<https://www.facebook.com/groups/759591404539390/permalink/1195411047624088/>
16. Never miss out cool-down sessions post workout.  
>>Read More: Importance of cooling down after workout  
[https://www.instagram.com/p/CauXlZYtcIX/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CauXlZYtcIX/?utm_medium=copy_link)
17. On days you feel more energy, go for more weights, sets and reps. On days you feel low, go for lesser weights, sets and reps. Giving up is not the solution. Find ways to push yourself.
18. Do heavy lifting but NO EGO LIFTING.
19. Training Mistakes that needs to be avoided.  
<https://www.facebook.com/groups/759591404539390/permalink/1241874789644380/>
20. How do we build muscles? Understand the basics.  
<https://www.facebook.com/groups/759591404539390/permalink/1186295885202271/>
21. Different training techniques.  
Part 1: [https://www.instagram.com/p/CSbu80lNRfi/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CSbu80lNRfi/?utm_medium=copy_link)  
Part 2: [https://www.instagram.com/p/CSeT0IXlOeV/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CSeT0IXlOeV/?utm_medium=copy_link)

Hope above guidelines gives you clear idea on what all to work on, pre, intra and post workout.  
Queries? Shoot them to your respective coach.

**LET's START & GOGETFIT**