25 Expert Fitness Tips and Strategies Every Lifter Should Know

Check out their 25 insightful tips and strategies specifically designed to help you build strength, gain muscle mass, lose fat, enhance your endurance, and maintain healthy eating habits.



- [ ] Make sure you're eating healthy
- [ ] Prepare ahead
- [ ] Eat more clean food
- [ ] Control your portion sizes
- [ ] Eat with purpose
- [ ] Understand the basics of building muscle
- [ ] Work your full range of motion
- [ ] Don’t go too heavy
- [ ] Carefully consider cardio
- [ ] Choose supplements intelligently
- [ ] Prepare yourself for endurance training
- [ ] Heart rate monitor
- [ ] Exhaust for endurance
- [ ] Consider reducing rest time
- [ ] Learn how to fight fatigue
- [ ] Understand strength-training basics

- [ ] Find your motivation
- [ ] Carefully focus on form
- [ ] Be mindful of the little things
- [ ] Change helps
- [ ] Understand the basics of fat loss
- [ ] Take photographic evidence
- [ ] Understand how to use carbs
- [ ] Attack your lower body to burn fat
- [ ] Hydrate properly

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