

Exercising

Posted by breakingthehabit - 30 Dec 2014 20:18

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Hi Everyone! For me working out has helped a lot, and I think it would be helpful if you could share how you get your exercise done without going to a mixed gym or watching a workout video (with inappropriately dressed trainers), I found that running/jogging is great, the problem is the weather can be a constraint. What do you do?

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Re: Exercising

Posted by inastruggle - 24 Mar 2015 00:14

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Check these out:

[7minuteworkout.us/](http://7minuteworkout.us/)

[fit450.com/HTML/5BX\\_Intro.html](http://fit450.com/HTML/5BX_Intro.html)

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Re: Exercising

Posted by Keepclimbing5 - 26 Mar 2015 03:20

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Thanx Sam for the post... I'm gonna give your program a shot

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Re: Exercising

Posted by yiraishamaim - 26 Mar 2015 03:31

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Thanks I need chizuk in this area

Be careful that the music you listen to does not trigger

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Re: Exercising

Posted by breakingthehabit - 27 Mar 2015 17:23

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This is all very helpful! This is what i finally did I bought some adjustable dumbbells (used) and a suspension trainer (TRX) with that a jump rope and some running I've been able to fully replace the mixed gym I used to attend!

I googled some workouts and built a program for a 30 to 45 minute workout a day (push ups, rows, pull ups, burpies, etc). I searched in youtube for guys doing the insanity workouts and with that I was able to filter out the non tznus content and incorporate some of the moves and workout structure (lol I still don't understand why somebody would record themselves performing somebody else's workout, food for thought). I recommend downloading a HIT Timer to optimize your time.

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Re: Exercising

Posted by SIB101854 - 27 Mar 2015 18:12

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I agree that the music that I mentioned could be problematic-however, "popular music" from that time period pales in comparison for what passes for "popular music" today-which is far worse in content ( and especially in a music video-which I would suggest pushes the envelope of "acceptable" imagery and content continuously.

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Re: Exercising

Posted by gye1962 - 06 May 2015 16:39

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lately i have been attending to krav maga classes (all men all Jewish) and hapkido classes (just me and my brothers) and it has been very helpful in a lot of different ways, not just with the lust, but also with stress and self esteem.

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