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## Body Solid EXM3000 1-hour workout

**You don't need to go to the gym every day for three hours. A one-hour workout twice a week will keep you fit.**



My trainer buddy told me there are four components to a healthy life. 1) Resistance training, 2) Diet (as in lifestyle), 3) Stretching, and 4) Meditation or spiritualism or religion or riding your Harley into a sunset for an hour.

That trainer also taught me not to over-train. Two 1-hour workouts per week is fine. I am doing high reps with low weight just to keep from muscle wasting as I age. Even if you are bulking up, two sessions a week gives your muscles a chance to fully recover, and you will get the best results.

I find the combination of stretching and resistance training gives me strength, stamina, and keeps me limber.

I was going to a commercial gym twice a week, but as the pandemic got into September with no sign of stopping, I bought a home gym.

The Body Solid EXM3000 has a squat station to do lower body exercises, as well as three other stations. These can provide a workout just as comprehensive as in the commercial gym I was going to.

In this video, I run through a one-hour workout as I learn to set the weights and use the machine. I will do another video in "real time" where I don't explain things, but just count off the stretches and the repetitions. I can listen to that one as I do future workouts.