

limeade®

it's totally possible.

5 FITNESS TRENDS WE LOVE

We've seen 'em all, and so have you — exercise trends that have stood the test of time (yoga) and those that fell off the radar as quickly as they appeared (ahem, Prancercise). As you sort through all the “what's hot” and “what's not,” it's hard to know if the latest and greatest in fitness is worth your time. But we're really digging some of the fitness fads out there these days — enough to believe they may become less of a trend and more of a tradition. We think these five are here to stay, so give 'em a go.

1. BODY WEIGHT TRAINING

The American College of Sports Medicine ranks this as the #1 fitness trend for 2015. We like its no-nonsense, back-to-basics approach it uses little to no equipment, instead relying on push-ups, pull-ups, squats, lunges, planks and crunches. It's simple and free, and you can do it anywhere. Challenge yourself with the truly effective 7-Minute Workout or even this series of 10 moves, which goes beyond the standard crunch/lunge/squat business.

2. HIGH-INTENSITY INTERVAL TRAINING (HIIT)

An oh-so-popular format for gym classes, HIIT involves short bursts of intense activity followed by a short period of rest. You might see this method branded as Tabata, circuit training, boot camp, even CrossFit. The beauty is that most HIIT workouts take just 30 minutes, making it easier to squeeze fitness into busy schedules.



3. TECH-FUELED FITNESS

Activity trackers and apps are everywhere — and we love them! People use them to track workouts, challenge themselves, and share their progress on leaderboards and social media. The competition they fuel may help inspire you to be more active throughout the day.

4. FUNCTIONAL FITNESS

This is NOT your grandma's workout. It's a strength routine that improves balance and stability to make daily tasks easier. In a functional fitness workout, you use your upper and lower body at the same time, say a squat while lifting a medicine ball over your head. These moves target the same muscles you use in everyday life — such as picking up a child or grabbing a heavy bag of groceries from the floor and heaving it onto the counter. Popular options are the MELT Method, CXWORK and even Pilates.

5. WEEKEND WARRIOR FITNESS

This might be the best news for the Monday-Friday time-challenged (which is, uh, everybody). The New York Times cited a study that found “out-of-shape adults who began vigorous endurance training on weekends were as fit after 12 weeks as those who worked out moderately five times a week.” Win! It might not be the best option for those with a heart condition — and we're still big fans of regular workouts — but if this is all you can manage, go for it.