

Fitness Tip of the Week: Rest Breaks

Most people spend way too much time in-between sets resting, chatting or scrolling through social media. Unless you're training for pure strength increases you really don't need more than 60 seconds of rest in between sets.

Training with a faster pace will allow you to get more done and will keep your heart rate up as well. All this will lead to more calories burned and much more efficient workouts.

So when you head to the AFC today put in some head phones, ignore your gym buddies, leave your cell phone in your pocket and get to work!