

Cultural Daily

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Exercises for Muscle Maintenance

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When you have done all the hard work for reaching your body goal all you wanted to do is to take a break from it. Pausing your workouts for a while can impact your final result and you will be back at the beginning. Of course, you don't want that to happen so there are some ways that you can maintain your strength. If you continue to eat [healthy](#) meals and do some exercise set just twice a week you won't lose your hard-earned body look. Here are some workouts that can help you to maintain muscle strength.

Mountain Climbers

Mountain climbers exercise will burn up your thighs, glutes, core and arm muscles. They are one of the full-body workouts that will help you to maintain your strength. You could do them in a couple of sets or you could add some timer to make them more challenging.

Set your body in a plank position, draw your knee towards your chest and pull the leg back to its starting position. While you are holding your hands on the floor, draw and pull back left than right leg one by one like you are trying to climb up on the mountain.

Rowing

If you want to tone up your legs, back and arms at the same time with one exercise, rowing on the machine will be the right choice. Every gym has one of them and they are perfect for cardio workouts. You could find [good rowing machines](#) on the market if you prefer to do your workouts at home.

To do the right row exercise you have to sit on the rowing machine with your feet attached and grab the overhand grip in front of you. At the same time push your sit back with your legs and pull the handle towards your chest. Reverse the moves and repeat them as much as you can.

Squats

Doing squats will help you to maintain your lower body muscles like thighs, calves, and glutes. They are very simple and effective. To make them more challenging add some weights and your legs will burn.

Stand as you would normally and keep your feet within the width of your hips. Keep your hands on the waist or spread them out in front of you. Lower your glutes like you are trying to sit down on

the chair and pull yourself up again. When you are in a sitting position, pause for a few seconds to make the workout a little bit challenging. Repeat squats as much as you can or add a timer.

Plank

Plank workout can surely maintain all your body muscles just in few seconds. Even though it looks like an easy exercise you shouldn't underestimate it at all. If it still doesn't look enough challenging for you, add some push-ups for better results.

To do the plank workout properly, lie down facing the floor. With your hands pull your [chest](#) and hips up and straighten your legs relying on your toes. Retract the abdominal muscles with the spine to keep the lower back from bending. Keep that position for 10 seconds or more and rest on the floor. Repeat as much as you like.

There are a lot of ways to keep up with your fitness regime and other daily plans. You don't have to lose all that effort that you put on your body's goal. Continue with your healthy diet and do other workouts at home or in the gym. Make different training plans, like exercise once or twice a week, do only full-body workouts and you will still have your good looking body without losing any muscle strength.

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