

Top 10 Challenges When Starting A Fitness Program

1. *No time to exercise*
2. *No written goals*
3. *Don't want to bulk up*
4. *Can't stick to a workout routine*
5. *Lack of motivation*
6. *Can't afford a Personal Trainer*
7. *Hate to exercise*
8. *Dreading the soreness*
9. *Don't have the proper equipment*
- 10.** *Not knowing what to do or how to exercise*