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# How to Workout During Ramadan

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## 6 Important Tips

When it comes to your fitness and exercising, Ramadan is a month where you can potentially lose a lot of muscle tone and hinder your fitness goal.

Here are **6 important tips** on how to workout during Ramadan, which can help with maintaining your fitness routine during this holy month.



## How Many Times Per Week Should I Exercise?

- To maintain lean muscle tissue, exercise **2 – 3 times weekly** on alternate days.
- For example exercise on Monday, Wednesday and Friday and rest on the other days.
- Adjust your workout schedule **1 to 2 weeks before** Ramadan starts, not on Ramadan itself.



## How Long Should Each Workout Session Be?

- Depending on your fitness level, a typical session can be between **30 - 45 minutes**.
- If you are someone who has been exercising regularly, then you can increase the workout time to 45 - 60 minutes.
- This is not the month for you to spend long hours outdoors or in the gym over stressing your body!



## How Intense Should Your Workout Be?

- Ramadan workout should be about **50% less intense** than how you would normally workout outside of Ramadan.
- Ramadan is not the time to increase the intensity of your workout or to try new crazy exercises.
- Stick to the workouts you have been doing and **regress by decreasing the weights, number of repetitions, sets and increase your rest time.**
- You can also aim for more **low intensity exercises** such as yoga, pilates or a simple bodyweight workouts at home.



## When is the Best Time to Workout?

- It is definitely **NOT** when you are fasting!
- Only train when you know you can have **food and fluid** in your body.
- Training when fasting can be more harmful than beneficial. Training when your body is in starvation and dehydration can **decrease strength and muscle mass significantly**.
- The best times to workout are either:



# When is the Best Time to Workout?

## 1) After Iftar

This is an excellent time to workout because you've eaten a small meal and taken in liquids, which can act as your pre-workout meal. If you choose to workout after Iftar, aim for a short session between **20 – 30 minutes** as your body can still be dehydrated and lack in energy. Go for easier gentle exercises.



# When is the Best Time to Workout?

## 2) After Taraweeh Prayers

If it's not too late, this is also a great time, because right after your workout, you're able to consume a proper dinner or post-workout to fuel your body. This meal is essential for muscle recovery, muscle growth and can also help with fat loss. You can aim for a longer session between **30-45 minutes** and you can push yourself a little bit more by increasing the workout intensity.





# When is the Best Time to Workout?

## 3) Before Suhoor

If you have the mental discipline to get up really early in the morning and fit in a workout session, your morning workout can **give you more energy throughout the day**. Drink plenty of water and you can even have a small snack 30 minutes prior to exercising. After your workout, be sure to drink lots of water and eat a healthy Suhoor meal to keep you going through the day.



## What Types of Workout Should You Do?

- Well cardio lovers, Ramadan is NOT the time to focus on cardio training. Since Ramadan is where you lose muscle tone, it is more important to focus on strength training over cardio.
- Aim to do **strength training 2 – 3 times a week.**
- Strength training includes going to the gym to use the machines, bodyweight exercises at home such as squats, lunges, push-ups, crunches and plank.
- If you really want to fit in a cardio session, **limit it to 1 or 2 days a week.** Perform **20 – 30 minutes of light to moderate intensity cardio.**
- Aim to do cardio before suhoor.



## Just for the Ladies!

- Ladies, the best time to workout during Ramadan and to increase your workout intensity is **during your menstrual week.**
- If you're wondering whether should I when you are on your period? Well the answer is yes! If you feel absolutely fine, then perform your workout as usual and give it your 100% effort. If however you do experience stomach cramp or discomfort, then take it easy and do gentle exercises such as yoga or pilates.