

Published based on [How Often Should I Switch Up My Exercise Routine?](#)

# How Often Should I Switch Up My Exercise Routine?

Do you keep doing the same exercise and not seeing any results? If so then you should check out this article. This article is a lot of help.

I usually see two major scenarios when it comes to people changing their [exercise](#) programs. On one hand, you have individuals who rarely change their programs at all. They go into the [gym](#) and repeat the same routine (i.e., same exercises, same reps, same equipment for the same amount of time). These people often look the same after months of [training](#).

Then, there is the other group. These trainees change their training programs way too often; for some, almost every workout. Ironically, some of these people are actually under the guidance of a trainer. Anyway, inevitably, I'll run into one of these people at a dinner party or some event and they'll find out that I own a gym and I'm a trainer, and they'll start to tell me all about their training routine. The conversation usually goes something like this:

### [How Often Should I Switch Up My Exercise Routine? - That's Fit](#)

You can also find this article published on [How Often Should I Switch Up My Exercise Routine?](#), and on the tag pages [exercise](#), [how often should i change my work out](#), [work out](#), [work out tips](#).