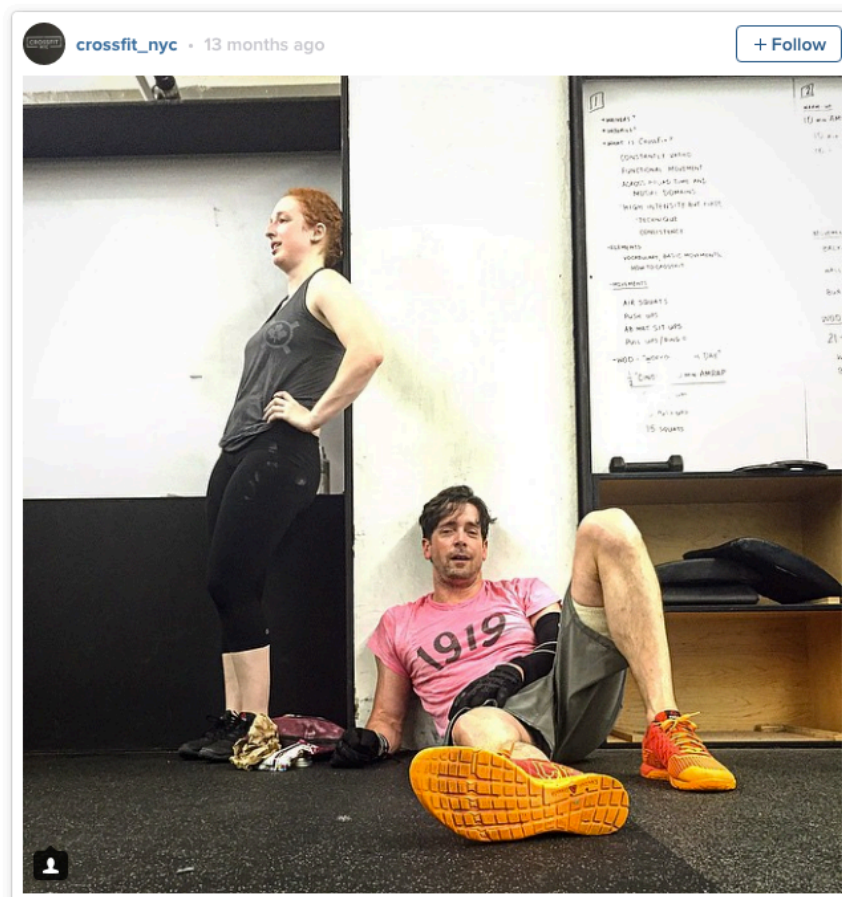


BuzzFeed

17 Fitness Tips That Will Actually Make You Psyched To Work Out

Insightful fitness gems from people who do this for a living.

8. Make sure your workouts actually make you work.



“Look for workouts that challenge you, not workouts where you are comfortable.”

If it doesn't challenge it's not going to change you.”

—Alonzo Wilson, [Tone House NYC](#)