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Welcome to the podcast I'm Shelby a certified strength coach, nutrition coach and mama to two. If you're looking to smash goals, eat better, feel better and enjoy the occasional mom rant this is the place for you.

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There's nothing like a quick five minute Monday to chat about flipping your workout time. So I am a morning workout person. I've been that way for a little while now, but it wasn't always the case. I definitely used to be the person who worked out after work and not that I dreaded it, but I was definitely a little bit more tired. My workouts, obviously then were a little bit more intense. And you know, that last set or rep kind of got knocked off far too often. Switching up my workout time while it definitely took a little bit of effort to get them done in the morning has made a huge difference. So not only do I look forward to my workouts, but I love that feeling that it's already seven thirty in the morning, I've accomplished something for the day and it just feels good.

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It kind of energizes you for the day. So one of the tips that I like to give my moms is if you're struggling to get your workouts in and you find that having them at the end of the day, you're pushing them far back just because you have other things going on. See if you can flip the switch and work out in the morning. Now I know that that is a scary thought for some, because it does involve getting up a little bit early, but not that much earlier, even back when you know, real life schedules and school were a thing. My girls and I have always kind of gotten up at five forty-five or 6:00 AM, I'd have my coffee, we do the gym thing around six 30, be done by seven. The reason why I like telling people to work out in the mornings is because if you are short on time, it means you are going to hustle in your workout.

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You are going to make your workout short, a little bit more intense and a lot more effective instead of kind of wandering around, messing around on your phone, checking whatever stats you're kind of checking. When you're short on time, you're forced to move through it quickly. And I find that is just better for busy moms versus kind of going through the motions at the end of the day. Now, if you have super little, so if your kids are under the age of one, ignore all this advice, because nothing's going to happen routine wise anyways, let's be honest. If you are thinking that you need to get up at 4:00 AM. I don't think we need to be that extreme. I think that 20 minutes in the morning is a lot of time to get a good workout in and think of how amazing it feels at the end of the day to already have such a big thing accomplished.

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You're not dreading it after dinner. You're not scrambling to make time for it. You're not trying to find the energy to get in the zone to do something intense. It makes a huge difference in terms of getting into a routine and staying consistent with it. And we all know that consistency is key for absolutely anything. So my goal for you this week is to show up in the am, give it a try, even if it's just three times a week, 20 minutes in the morning, I think that starting your day, productive and energized and with something accomplished is going to be a huge win. And it's going to just kind of keep the wind in your sails and you're going to want to do it. So that's my goal for you. Let me know how it goes. Drop me a comment on my Instagram on one of my workouts. And tell me if you are loving the early mornings or if you just want to hit that snooze alarm. Have a great week, everyone.

