

# Your Workout - Signs It Might Be Time For A Change

## **1.You're getting bored**

If you have been doing the same workout routine every few days for weeks or months, you've probably experienced boredom. Becoming too accustomed to your workout can make exercising seem like a chore. If you're getting bored working out, you may lose interest entirely and find your time spent exercising decreasing. Prevent workout boredom by introducing a new type of exercise into your routine.

## **2.You have stopped seeing changes**

Following the same routine over and over seems like the right way to build muscle; after all, repetition is one of the key aspects of muscle development. But if you do the same thing for too long, your improvements will eventually plateau. Your body will eventually become extremely familiar with the same motions. Instead, change things up to keep your muscles challenged. Try a combination of cardio, strength based, stretching and high intensity exercises each week.

## **3.You are getting injured more often**

If you use the same muscles repeatedly, you run the risk of developing an overuse injury. Your body needs adequate rest to recover from exercise. Prevent overuse injuries by switching up your routine and allowing your body time to recover, heal and strengthen.

## **4.You're not feeling challenged**

Don't let a familiar routine become a permanent one. Switch it up every couple months or once you start feeling like you've become comfortable with your current one. By keeping your exercise fresh and original, you keep workouts fun and your muscles adequately challenged.

Focus on different muscle groups. When you exercise the same muscles repeatedly, you're teaching your muscles how to become very familiar with the same routines without.

### **What happens When You Try Something New?**

Exploring new ways to move can spark physical change and stop your body from hitting a plateau. The amount of energy varies depending on how many times you've done the workout before. The more you do something, the easier it becomes, and every time you repeat the activity, your body is improving its ability to handle that stress. Your body knows what to expect, and as a result, it learns to minimize the energy expenditure. If you want to keep making progress, you need to keep progressively adding new challenges to your training. This is where trying out new workouts comes in.

Hogan, E. (2025, December 18). *Why it's time to switch up your fitness game*. LesMills.Com. Retrieved May 12, 2026, from <https://www.lesmills.com/articles/mixing-things-up>

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