

# Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020



By Alycia Williams

The start of this new decade offers us a chance to reflect on both the past and the future. You want to make sure you're keeping up with the latest [fitness trends](#) as the trends are always developing and changing.

**Here are five new fitness trends to**

# keep up with in 2020:

**1. Wearable technology:** Smart watches, heart rate monitors, fitness trackers, and GPS tracking devices appeal to a wide audience, from those just beginning their fitness journey by counting steps and tracking sleep, to seasoned athletes who record every single workout to analyze their performance over time.

**Related Link:** [Fitness Tips for Working Out While Wearing a Mask](#)

**2. High-Intensity Interval Training (HIIT):** The HIIT style of training remains a popular trend in the fitness industry. In 30 minutes or less, exercisers can achieve an efficient, results-driven workout of high-intensity exercise followed by short rest breaks. HIIT training incorporates strength training, cardiovascular exercise, or a mix of the two, and can be done solo or as part of a group training class.

**Related Link:** [Health Advice: Exercise Is a Complementary Medicine for Chronic Conditions](#)

**3. Group training:** Group training involves five or more participants in a variety of workouts and exercise styles led by an instructor. Strength and toning class, yoga, indoor cycling, barre these classes are everywhere, and with good reason. Group training programs are designed to be effective for people of different fitness levels, creating a highly motivating environment that holds them accountable and helps foster a tribe-like mentality.

**4. Training with free weights:** The emphasis of free weight training is on ensuring proper form for each exercise. Once form is mastered, resistance and new exercises are added to build progressively.

**5. Personal training:** This style of training involves one-on-

one sessions among trainers and clients, where specific workouts are prescribed to help the client reach their unique needs and goals. Personal training is used for both strength and cardio training.

**What are some other fitness trends to keep up on for 2020?  
Start a conversation in the comments below!**