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Beat workout boredom with these tips

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When your brain abandons your exercise routine, your body is soon to follow. *Fitness* magazine shows you how to bust out of almost any rut.

ADVERTISEMENT **I'm So Over ... Running On The Treadmill**

Instant replay: "The No. 1 mistake runners make is going one speed, at one incline, every workout," says trainer Jamie Norcini, who teaches treadmill/elliptical classes at Clay in New York City. His love-it-again solution? Play with the control panel. After a five-minute warm-up, jog for two minutes (at 5.5 mph, for example), then walk for two minutes (at 3.5 mph) or sprint (at 7.0 mph) — surprise yourself. Repeat for 20 to 30 minutes.

I'm So Over ... Doing Downward Dog

Instant replay: With so many yoga hybrids to sample, there's no need to get stuck in a holding pattern. Our fave fun twists on typical classes: Hip Hop Yoga (think Kanye and Rihanna; yogahop.com), Pole Yoga (asanas meet striptease; teachstreet.com), Antigravity Yoga (strike poses in a hammock suspended from the ceiling; crunch.com) and Buddha Camp (yoga, tai chi and Pilates all in one; equinoxfitness.com).

I'm So Over ... The Elliptical

Instant replay: Take your workout in a different direction. After four minutes at a steady pace, set the resistance to eight and do four strokes forward, then four strokes backward, repeating for two minutes before returning to your original pace for another four minutes, Norcini suggests.

I'm So Over ... Lifting The Same Old Way

Instant replay: Quit counting reps, says Los Angeles-based trainer Lalo Fuentes. Instead, lift until you can't go one rep further with good form, then move on. And tinker with your technique. Do fewer reps with Fuentes's Freeze method: Pause at several points throughout each move to work your muscles better. For example, while doing a biceps curl, pause for one count each when the weights are one-quarter of the way up, halfway up, three-quarters of the way up and all the way up. Lower slowly.

I'm So Over ... Pounding The Pavement

Instant replay: Multitask through the miles to keep your mind from asking "Are we there yet?" Or sign up for a charity walk to put new purpose into your strides (find one near you at active.com). On the treadmill? Mix things up with some hip-slimming side slides: Set incline to 0 percent to 2 percent, speed to 2.0 to 3.0 mph. Turn body to the right, holding front bar with left hand and side bar with right hand. Step left leg to left, then bring right leg to meet left. Continue for two minutes. Turn body to face forward, walk normally for 30 seconds, then switch sides and repeat.

I'm So Over ... Working Out At Home

Instant replay: If you miss your fair-weather routine, go ahead and re-create it indoors. Turn your road bike into a stationary one by mounting it on a CycleOps Magnetic Bike Trainer (\$179, rei.com), or keep running sans trail with the Stamina InTone Jogger trampoline (\$80, sportsauthority.com). And bring a touch of the outdoors inside to help you get your nature fix: Open up the shades and add some low-maintenance plants, like bamboo or ferns, to your exercise space, recommends trainer Ellen Barrett, creator of the Studio exercise DVDs.