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HEALTH DIET FITNESS

Why You Should Work Out in a Hot Room During the Summer

By [Simona Rabinovitch](#) on June 13, 2014



(Source: Lyons Den Power Yoga)

With stifling summer weather imminent, hot-room fitness aficionados may well wonder: if it's warm outside, should we turn down the heat during our workouts? While opinions vary and personal preference plays a major role in selecting one's workout temperature, experts agree that hot-room workouts (done safely) offer tremendous benefits, not only during summertime, but year-round.

"Working out in the heat increases flexibility," explains [Pure Yoga](#) instructor Loren Bassett, who not only teaches Hot Power Yoga classes but also leads the studio's PXT program of high-intensity conditioning classes, some of which are taught in a regular and heated studio. "It warms the muscles so you can go deeper into the postures." But the benefits go beyond the body. "[Heat] builds mental strength," says Bassett. "It takes discipline to hold a sustained intensity while you're sweating profusely." It also increases your heart rate so you burn more calories and, of course, makes you sweat, leaving you feeling detoxed and revived.

Michelle Swiatkowski, instructor at [Lyons Den Power Yoga](#), agrees. "Who doesn't love to sweat," she says. "Leaving a workout drenched in sweat gives you the gratification that you worked hard and earned it. Getting drenched in sweat feels good. When you work out hard, your body releases hormones that make you feel better, sexier and more confident." It also might help you avoid unnecessary injuries. "Tight muscles are more prone to injury, thus a heated environment is safest for stretching and lengthening muscles," reasons Swiatkowski.

One final caveat: just remember to stay hydrated!