

# Keyword Idea Notes

## 1. Main Keyword - Work out routines

- best workout routine
- a workout routine
- men workout routine
- workout routines
- chest workout
- gym workout
- gym workout routine
- chest workout routine
- ab workout
- ab workout routine
- intense workout routine
- men workout routine
- crossfit workout routine
- insanity workout routine

## Rising Search Terms

- thor workout
- thor workout routine
- bodyweight workout routine
- pregnancy workout routine
- arnold schwarzenegger workout

## 2. Main keyword - how to exercise

- lose weight
- how much exercise
- best exercise
- how to diet
- lose weight fast
- stomach exercise
- exercise at home
- lose belly fat
- abs exercise
- exercise plan

## **Rising Search Terms**

- kegal exercise

### **3. Main Keyword** - exercise bike

- recumbent
- recumbent bike
- recumbent exercise bike
- exercise bikes
- schwinn exercise bike
- schwinn
- best exercise
- best exercise bike
- exercise bike reviews
- exercise equipment

## **Rising Search Terms**

- livestrong exercise bike
- davina exercise bike
- exercsie ball
- y-fit
- y-fit exercise bike
- cross trainer
- pro fitness
- reebok exercise bike

### **4. Main keyword** - sports bra

- sports bras
- best sports bra
- nike sports bra
- bra size
- champion sports
- champion sports bra
- enell sports bra
- enell bra

- enell
- shock absorber

### **Rising Search Terms**

- kalyx sports bra
- panache sports bra
- sports bra reviews
- compression sports bra
- padded sports bra

### **5. Main Keyword - cardio workouts**

- cardio workout
- home workouts
- home cardio workouts
- home cardio
- at home workouts
- cardio at home
- cardio exercises
- best workouts
- best cardio
- best cardio workouts

### **Rising Search Terms**

- kettlebell workouts
- different cardio workouts
- workouts for women

### **6. Main Keyword - sport motivation**

- motivation in sport
- motivation and sport
- sports motivation
- intrinsic motivation
- motivation definition
- motivation in sports

- what is motivation
- sports quotes
- extrinsic motivation
- motivation quotes

### **Rising SearchTerms**

- concentration in sport
- anxiety in sport
- arousal in sport
- what is motivation
- motivation definition
- personality in sport

### **7. Main Keyword** - exercise for seniors

- exercises for seniors
- senior exercise
- exercise videos
- exercise classes
- exercise for senior
- exercise for seniors
- senior fitness
- senior citizen exercise
- senior exercise programs

### **Rising Search Terms**

- senior fitness classes

### **8. Main keyword** - fitness for kids

- fitness games
- kids fitness games
- kids health
- physical fitness
- fitness activities
- exercise for kids
- kids gym
- fun fitness

- gym for kids
- fitness programs

### **Rising Search Terms**

- zumba for kids

### **9. Main keyword - swimming exercises**

- exercises for swimming
- pool exercises
- swimming pool exercises
- swimming exercise
- best swimming exercises
- swimming workouts
- swim exercises
- water exercises
- good swimming exercises
- swimming benefits

### **Rising Search Term**

- swim exercises

### **10. Main Keyword - walking shoes**

- shoes for walking
- best walking shoes
- women walking shoes
- walking shoe
- new balance shoe
- new balance
- walking company
- walking shoes men
- running shoes
- walking running shoes

## **Rising Search Terms**

- walking dead shoes
- berghaus walking shoes
- baby walking shoes

## **11. Main Keyword - exercise clothes**

- women exercise clothes
- exercise clothing
- workout clothes
- maternity exercise clothes
- yoga clothes
- cheap exercise clothes

## **Rising Search Terms**

- nike exercise clothes

## **12. Main Keyword - Exercise equipment**

- fitness equipment
- home exercise equipment
- gym equipment
- best exercise
- best exercise equipment
- exercise bike
- used exercise equipment
- elliptical
- exercise tv
- elliptical exercise equipment

## **Rising Search Terms**

- exercise equipment northwest
- abs exercise equipment
- exercise equipment Calgary
- exercise equipment perth
- exercise mat
- ab roller
- desk exercise equipment
- exercise equipment seattle

### **13. Main Keyword - exercise ball**

- ball exercises
- exercise ball exercises
- exercise on ball
- exercise with ball
- exercise ball workouts
- ball chair
- exercise ball chair
- workout ball
- exercise ball workout
- medicine ball
- stability ball

### **Rising Search Term**

- 55cm exercise ball
- exercise ball bike
- exercise ball benefits

### **14. Main Keyword – what is fitness?**

- What is physical
- Physical fitness
- What is health
- Fitness components
- Components of fitness
- What is exercise
- Physical fitness components
- Zumba fitness
- What is Zumba
- Health and fitness
- Rising Search Terms
- Health related fitness
- What is crossfit

### **15. Main Keyword – fitness for women**

- Fitness exercises

- Workouts for women
- Fitness training
- Fitness workouts
- Fitness magazine
- Fitness diet
- Fitness plan
- Women fitness magazine
- Womens fitness
- Fitness routines

### **Rising Search Terms**

- Pink fitness
- Fitness blogs
- Fitness quotes

### **16. Main Keyword – wii fitness**

- Zumba fitness wii
- Zumba wii
- Zumba
- Zumba fitness
- Wii games
- Fitness games
- Wii fitness games
- Fitness for wii
- Wii fit
- Wii 2

### **Rising Search Terms – these terms are seeing huge increases!**

- Zumba fitness 2
- Zumba
- Zumba fitness
- Zumba fitness wii
- Zumba wii
- Zumba wii review
- Zumba fitness dvd
- Zumba fitness review
- Zumba dance
- Zumba dvd

### **17. Main keyword – wii fit fitness**

- Wii fit plus



- Wii fitness plus
- Wii fit games
- Fitness wii games
- Zumba fitness wii
- Wii fit board
- Wii fit Zumba
- Wii fitness board
- Wii balance board
- Nintendo wii fit

### **Rising Search Terms – also huge increases!**

- wii fit Zumba
- wii Zumba
- Zumba fitness wii
- Kinect fitness
- Xbox fitness

### **18. Main Keyword – kinect fitness**

- Xbox kinect
- Xbox fitness
- Xbox kinect fitness
- Kinect games
- Your shape
- Your fitness kinect
- Your shape fitness
- Fitness evolved
- Fitness evolved kinect
- Your shape kinect
- Rising Search Terms
- Best kinect fitness
- Fitness for kinect
- Kinect Zumba
- Zumba fitness kinect
- Fitness games kinect
- Kinect games
- Xbox 360 kinect
- Xbox fitness
- Xbox kinect games
- Zumba fitness

### **19. Main Keyword – fitness games**

- Wii fitness
- Wii games
- Wii fitness games
- Kinect games
- Kinect fitness
- Kinect fitness games
- Best fitness games
- Xbox fitness
- Xbox fitness games
- Zumba fitness
- Rising Search Terms
- Xbox kinect games
- Kinect fitness games
- Kinect fitness
- Kinect games
- Xbox fitness games
- Xbox fitness
- Zumba fitness

## **20. Main Keyword – fitness dvds**

- Fitness dvd
- Zumba dvds
- Workout dvds
- Zumba fitness dvds
- Best fitness
- Best fitness dvds
- Zumba fitness dvd
- Zumba dvd
- Total fitness dvds
- Exercise dvds
- Rising Search Terms
- Fitness dvds 2011
- Best workout dvds
- Jillian Michaels dvds
- Zumba dvds

This information was provided to you by Sue Fleckenstein of <http://buyplrtoday.com>. Please feel free to send me a topic request if you don't see the information you require, or email me at [sue@suefleckenstein.com](mailto:sue@suefleckenstein.com) to ask about custom topics or sites build for you.