



TRAIN RIGHT

SHORT TRAINING TIPS

PIVOTING IN STEP OR KICKBOXING CLASSES has the potential to injure the knee joint, since the knee may continue turning while the foot is planted on the floor. To prevent this problem, never pivot with entire foot flat on floor. Instead, lift the heel off the floor and pivot on only the ball of the foot; the ball moves with the knee.

QUICK TIP: WHEN DOING SNOW SPORTS, DON'T FORGET TO PUT ON THE SUN BLOCK.

BY NATASHA LINTON

There isn't anything fancy about this way of working out. It's basic, and just like the squat, it is one of the greatest creations on the gym floor of all time. No matter what your trainees' goal(s) or size or current activity level, it works. In short, the push/pull workout involves any exercise where one is pushing the load away from the body and pulling the load towards the body.

Here's more – all muscles have a partner. An easy example we'll use here is the biceps curl. During the biceps curl, the triceps work with the biceps. As we curl, the triceps relaxes to allow the biceps to contract. Perform a set of lying triceps extensions after a set of biceps curls. The triceps exercise allows the biceps to deactivate and recover much faster. The same happens to the triceps when the biceps allow them to deactivate.

Furthermore, we've been accustomed to organizing our exercises by body part since the 1980s. However, the body knows movement and not individual muscle. For example, this means that when we choose to do a bench press to work our chest, other muscles are getting a workout as well.

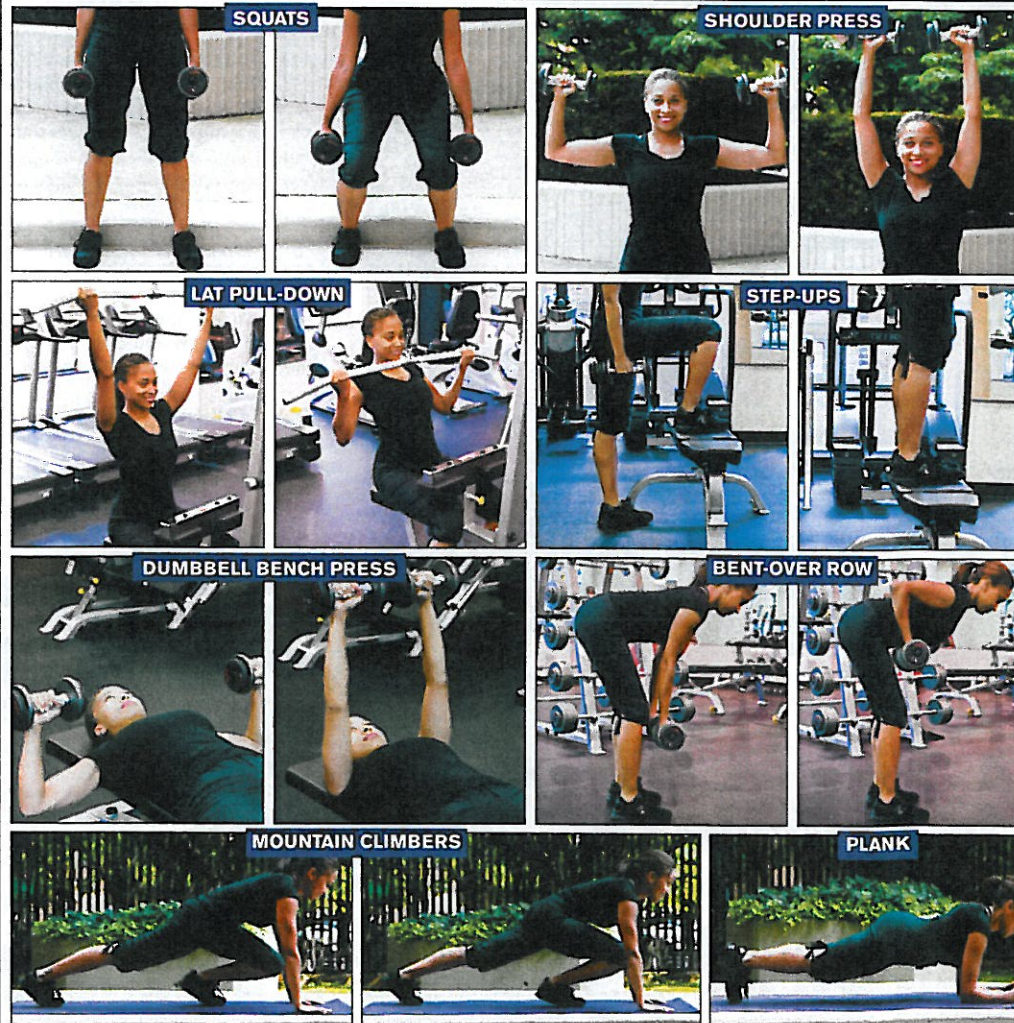
Especially when the major goal is to lose weight, let your

achieve balance

THE PUSH/PULL WORKOUT – MORE EFFICIENT TRAINING FOR YOUR CLIENTS

MYTH TAKES

ATHLETES ARE LESS PRONE TO LOW BACK PAIN THAN THE GENERAL POPULATION. Studies show that athletes are not better off. What's more, research indicates that trainees involved in athletic endeavors may experience low back pain with a higher frequency than the average person. According to an article in the *Strength and Conditioning Journal* (April 2007), the athletes most likely to experience lower back distress are those engaged in weightlifting and football. The impairment to the back includes stress fractures and spinal instability. Ironically, weightlifting is also a tool to help prevent low back injury.



trainees know that it is 100 percent safe to work the total body at once. This way of training will help achieve fat loss, as it allows them to train the major muscle groups at the same time. This prevents overstraining the body or a particular body part.

Upper body push workouts involve the chest, shoulders and triceps simultaneously, while the upper body pull workouts involve the upper back and biceps. Among the many ways you can design a push/pull workout are: Have an upper body pull day, upper body push day, total body pull day or total body push day. For legs you can divide by quad dominant (squat, lunge) and hip dominant exercises (glutes, hamstrings).

SOME OF THE BENEFITS OF THIS FORM OF TRAINING ARE:

- 1: You are guaranteed to help the trainee develop strength around both sides of the joint, limiting the risk of joint injury, hence achieving balance. This is very important because the brain will reduce strength levels to protect the joints if the strength ratio between either sides of the joint is significantly distinct.
- 2: Achieving more during a single workout as opposed to working 3 sets of one exercise in a row.
- 3: Achieving physical symmetry.
- 4: Preventing tendinitis, rotator cuff injuries and rounded shoulders, to name a few.
- 5: Burning fat and building muscle faster than with traditional body-part training.

To the right is a sample of a total body workout that incorporates these types of exercises. Have your client warm up for 5-7 minutes with any activity of his/her choice, and don't forget about the cool-down after the workout. You will see that there isn't a specific arm exercise in this workout. During your session explain to trainee that we can live without the biceps curls if the push/pull is done properly.

Program the routine for 3-4 days a week on non-consecutive days with 2-3 sets of 10-12 reps.

Exercise is tailor made. For example, if your client comes to you and has rounded shoulders (tight chest, need to strengthen back), you should know right off the bat that no matter what their goals, you'll want to make sure that you design a program for him/her with more pulling than pushing exercises. This will balance them out, as at the moment the chest is tighter than the back. Remember, consistency is the key. 🐾

SQUATS (UPPER LEG AND HIPS)

- Stand with legs shoulder width apart and feet pointing out about 20 degrees.
- Keep knees slightly bent.
- Slowly lower body.
- Maintain the natural arch in lower back.
- Slowly straighten legs and rise back up while contracting glutes and hamstrings.

SHOULDER PRESS (SHOULDERS, TRICEPS)

- Hold dumbbells at sides of shoulders with palms facing forward.
- Press dumbbells straight up and at arms' length overhead.
- Lower the weights slowly back to starting position.
- Exhale and tighten abs when lifting; inhale when lowering.

LAT PULL-DOWN (BACK AND ARMS)

- Attach a straight bar to the lat pull-down machine.
- Grab the bar with palms facing you - slightly closer than shoulder width.
- Sit on the bench with feet flat on floor.
- Keep back straight and stomach tight.
- Pull the bar down until it reaches upper part of chest.
- Raise the bar back up.

STEP-UPS (GLUTES, HAMSTRINGS)

- Using either a bench or plyo box with weights in hands, place the right foot on the step, transfer the weight to the heel and push into the heel to come onto the step.
- Step up with the left leg.
- Slowly step back down to the floor.
- Repeat all the reps starting on the right leg, then switch to start on the left.
- Perform 1-3 sets of 10-16 reps (each leg) according to trainee's fitness level and goals.

DUMBBELL BENCH PRESS (CHEST AND ARMS)

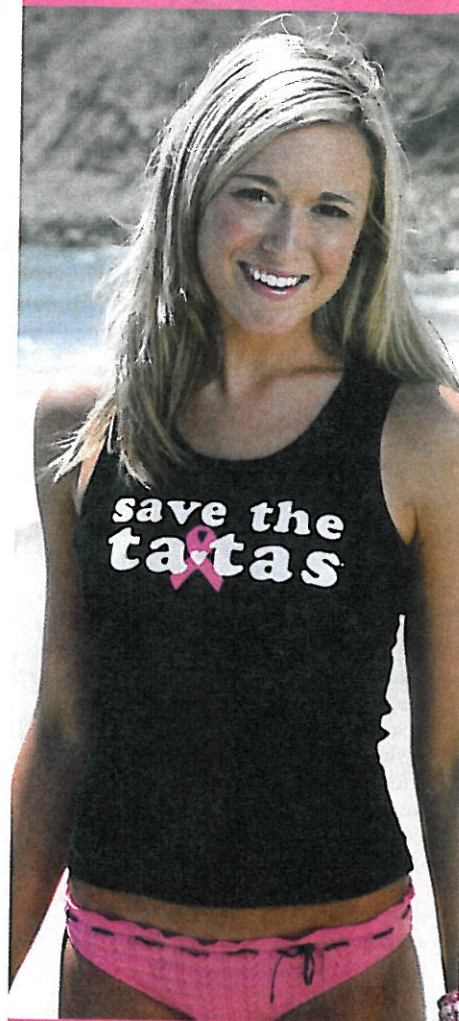
- Lie on back on a flat bench with feet firmly on floor.
 - Keep a natural arch in back.
 - Grab dumbbells with palms facing away from you.
 - Hold dumbbells perpendicular to body with shoulders at 90 degrees and elbows extended.
 - Slowly lower the weight down and out until upper arms are parallel to floor.
 - Press dumbbells back up to starting position.
- #### BENT-OVER ROW (LATS, BICEPS, TRICEPS)
- Stand with legs slightly wider than shoulder width apart.
 - Bend upper body just short of parallel to floor while holding a set of dumbbells.
 - Pull dumbbells up towards chest.
 - Contract lats until elbows are pointing up.
 - Do not jerk body.
 - Return to the starting position with control.
 - Keep back flat.

MOUNTAIN CLIMBERS (LEGS, OVERALL CONDITIONING)

- Bend down with hands in front of feet on the floor.
- Extend to pushup position.
- Kick one leg back while keeping on toes.
- Support body with hands and bent leg.
- Keep head in line with body and stomach.
- Keep stomach contracted throughout.
- Bring right knee to chest and back to starting position.
- Alternate this movement quickly between right and left leg.

PLANK (ABS AND BACK)

- Lie face down with forearms and palms flat on floor.
- Raise up onto toes and rest on elbows.
- Keep back flat.
- Contract abs to keep from raising rear end in the air.
- Hold anywhere from 20-60 seconds.
- Lower back down to the floor.
- And repeat 3-5 times.



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