



Cultivate your Gift of Life with Personalized Fitness & Care



Training Principles & Exercise Interpretation

1. Believe and surround yourself with people that feed your passions. Our top two stressors are ourselves and the people around us.
2. Support system. It is important to build our own self-esteem and to have a good support system.
3. Intensity of weight on the bar. The most important factor in strength training is the weight being used (intensity) for the weight will establish the training effect as well as the hormonal benefit from the training session.
4. General Adaptation syndrome. Our bodies are amazing and will adapt to a training stimulus in 6 sessions. Ever wonder why soreness is very high initially on a new routine, but then minimal after completing it a few times? In order for continued progress to happen, a change in stimulus must occur. Think of a lumber jack; the first few weeks on the job, blisters all over the hands. The next 30 years, no new blisters. He has adapted to swinging an axe.
5. Repetitions. Rep selection affects all other training principles (sets, tempo, rest). They correlate with the desired intensity zones and dictate the hormonal response.
6. Sets. There is an inverse relationship between sets and reps. When reps are low sets are high, and when reps are high sets are lower. The law of diminishing returns states that the relative reward for every set diminishes with each additional set...fatigue takes place.
7. Rest. Should be individualized to the client. Range of motion of the exercise, muscle mass being recruited and size/strength of the client all need to be considered in programming rest periods.
8. Tempo. Dictates the strength quality being trained. Variation in tempo is very important for long term success. Tempo prescription is 4210. The 4 represents the eccentric contraction, 2 represents the pause at the end of the eccentric contraction, 1 is the concentric contraction, and the 0 is the pause at the end of the concentric contraction.
9. Progression of Load. Increase the amount of weight and/or reps in every workout. This ensures training progression, which is the basic principle of your programs. Microplates or Platemates are a great option to make small incremental increases in load from workout to workout.

Training Principles & Exercise Interpretation (cont.)

10. All exercises on your workout sheets are sequenced by letters and numbers. This will tell you what exercise to complete first and the sequence they should be completed. For example, exercise one (A1) is a flat bench press and exercise two (A2) is a 1 arm row. This means you would complete the rep range in exercise one (A1) using proper tempo prescription and taking the rest period shown before completing exercise two (A2). You would then alternate back and forth between both exercise (A1 & A2) and complete all the sets listed before progressing to the “B” exercise series and the next part of the workout.

11. Strength qualities. There are certain strength qualities recruited based upon the amount of time the muscle is under tension per set.

- a) Relative strength = under 10 seconds. Results in an increase of neuromuscular efficiency. This produces elevated muscle fiber contraction force, which results in strength enhancement.
- b) Functional hypertrophy = between 20-40 seconds. Results in myofibrillar hypertrophy. This creates a gain in muscle mass due to the increase in size of contractile proteins and also increases muscle fiber contraction force.
- c) Hypertrophy = between 40-60 seconds. Results in sarcoplasmic hypertrophy. This creates a gain in muscle mass caused by an increase in the volume of the fluid in the muscle cell. No contraction force increase.
- d) Strength endurance = 60+ seconds.

As you can see, each quality will elicit a different result to the body.

Training Principles & Exercise Interpretation (cont.)

12. Body Orientation.

- a) Prone = belly position,
- b) Supine = back position.
- c) Hand and feet positions

