



PREMIUM PERFORMANCE TRAINING INC.

Health & Fitness Newsletter

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PREFACE

This is a bi-monthly publication of Premium Performance Training Inc. aimed at providing general information regarding current health and fitness trends.

Quote to Remember:

Just because you're not sick doesn't mean you're healthy.

Unknown

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The Key To Improving Your Workout Efficiency—A Workout Plan

Time is valuable and the last thing anyone wants to do is to spend endless hours in the gym to obtain the desired results. In fact, with long hours constantly spent working out, it is possible your workout time is not being maximized. Subsequently, the main goal should be to maximize results while minimizing workout time. While they are varied workout techniques, exercises and in some cases gimmicks available on the market, it is fundamentally important to remember; to achieve desired goals, an appropriate and effective workout plan must be developed.

An Effective Workout Plan

The most effective workout plan to ensure users see the desired results is one which is personalized based on factors such as ; (1) workout goals, (2) workout frequency, (3) workout experience and fitness level and (4) workout preferences. This is not to say that the standard one size fits all 'weight-loss' or 'muscle building' programs that are seen in magazines or online are not effective and cannot achieve the desired results. These programs can be effective and successful, however, they may include aspects that are not suitable for every individual or be in their best interest to perform. This could occur as a result of the exercises included not being suitable based on personal preferences, or worst your fitness or actual physical limitations. Therefore whether it be a generic training plan or one self-designed, the most effective plan is one that is created to cater to your specific workout needs. (e.g. goals, frequency, experience & preferences).

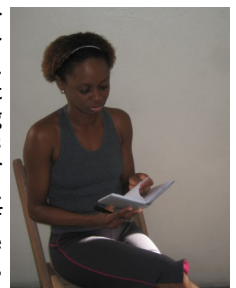
Lower Body Monday Workout						
Exercise	Set	Reps	Weight	Rest	Time	Notes
Overhead Press	1	10	30.0	01:40		
Lunge	2	10	30.0	03:20		
Lunge	3	10	40.0	05:00		
Squat	1	10	60.0	06:40		
Squat	2	10	60.0	08:20		
Squat	3	10	80.0	10:00		
Squat	4	10	100.0	11:40		
Upper						
Exercise	Set	Reps	Weight	Rest	Time	Notes
Hamstring Curl	1	10	40.0	13:20		
Overhead Press	1	10	40.0	15:00		
Cardio						
Exercise	Set	Reps	Weight	Rest	Time	Notes
Angled Calf Raise	1	10	30.0	16:40		
Angled Calf Raise	2	10	30.0	18:20		
Angled Calf Raise	3	10	30.0	20:00		
Workout Comments						

◆ Set Realistic & Specific Workout Goals

Goal setting is fundamental to the success of any exercise program. Goals should be both short term (daily, weekly, monthly) and long-term (3 months to 1 year) in nature and should not only be realistic, but also specific. It is the norm for most persons that their overall workout goals be long-term targets which, in many cases, are cosmetic in nature (e.g. increase muscle size). However, the setting of short-term goals are commonly overlooked and it is actually these appropriate short-term goals which are essential to the attainment of the often more highlighted long-term goals. Your short-term goals should function as stepping stones which assist you in obtaining your long-term goals, with the majority of your short-term goals being specific workout targets (e.g. complete 50 sit-ups) which by their attainment helps make your workouts more effective and efficient.

◆ Creating & Adjusting Your Workout Program To Suit Your Workout Frequency

Your weekly workout frequency should play a significant role in determining how your workout program is structured. Despite the fact that multiple persons may have similar goals, if their workout frequency differs their overall program structure should be different. This personalised approach would allow each individual to create a balanced workout program that allows them to obtain the most out of the number of days they are working out. Weekly workout frequencies are generally structured into one of four broad groups when designing a workout plan; 3 or less workout days per week, 4 - 5 workout days per week, 6 workout days (or more) per week, or multiple workout sessions per day. Subsequently, the workout plan employed should be based on the planned frequency of workouts for the week, and similarly can be adjusted on a weekly or even daily basis. The weekly adjustment would be based on the number of workout days planned for the week, while a daily adjustment would be based on either workout sessions missed during the week thus far, or any upcoming workouts that are expected to be missed. Creating and adjusting a weekly workout program based on your frequency allows you to not only maximise your workout time but also aids in keeping your workout program balanced.



Continues on Page 4



Drop-set training involves an immediate reduction in the amount of weight being used, thereby allowing you to continue to complete more repetitions for the given exercise at a lower weight. This reduction can occur as many times as the individual prefers (general practice is for two or three drops per set) however, regardless of how many drops are done per drop set it is counted as only one set. There are many variations possible to incorporate within the concept of drop set training, such as; (1) carrying each group of repetitions to failure before dropping the weight, (2) completing a specified number of repetitions at each weight before dropping the weight, (3) increasing the number of repetitions each time the weight is dropped, (4) dropping the weight by a specific amount with each drop, (5) dropping the weight by a specific percentage with each drop. The benefit of drop-set training is that it allows you to push your muscles beyond their limits by forcing them to continue to contract with lighter weight after they have become fatigued, thereby resulting in an elevated response of growth hormone and IGF-1. Drop-set training is a high intensity training method and should be either done infrequently or with adequate rest between incorporating this method on the same body part to allow for full recovery and to prevent overtraining.

Drop Set Training Workout Guide & Tips:

- ◆ Keep the rest between drops to a minimum
- ◆ Incorporate the use of a spotter for safety as well as to improve the workout efficiency by helping your strip the weight quickly
- ◆ Generally stay within the six to twelve repetition range for each drop
- ◆ Allow muscle groups targeted with drop set training at least four days of rest to ensure full recovery
- ◆ Drop sets can be incorporated as the last set of an exercise to increase the overload factor on the muscles

Table 1: Drop Set Training Rating Scale

Rating	1	2	3	4	5
Time	1	2	3	4	5
Length	1	2	3	4	5
Difficulty	1	2	3	4	5
Results	1	2	3	4	5

*1 = shorter/easier/least effective

*5 = longer/harder/more effective

TIPS CORNER

Weight loss tip: *Diagnose Your Food Issues*

Many persons have 'triggers' which result in massive cravings or binge eating of unhealthy foods. By finding these 'triggers' (e.g. a depressed or angry emotion) you can help yourself diagnose and overcome such issues and start developing improved habits and behaviors that would help conquer the unhealthy eating patterns when these triggers occur.

TIPS CORNER

Muscle Building tip: *Reduce Your Cardio*

Don't try to build muscle and lose fat at the same time. Performing intense cardio daily will greatly hamper your muscle building efforts as cardio interferes with strength gains and has a detrimental effort on mass building.

PNF & Static Stretching Decrease Strength



PNF stretching involves a preliminary muscle contraction followed by a static stretch and helps improve your range of motion, and until recently was recommended as a mandatory part of a warm-up. However, numerous studies have now shown that such stretching pre-exercise actually decreases strength and power outputs and may promote injury. Subsequently, dynamic range of motion exercises are now suggested during warm-up, while static stretching is suggested for after exercise, when the muscles are warm and maximum performance is not important.

(Journal Strength and Conditioning Research, 27: 195-201, 2013)

Distance Walked Is More Effective Than Time Walked When Trying To Lose Weight

The most recent recommendations by the Centers for Disease Control and Prevention and the American College of Sports Medicine are to exercise at moderate intensities for 150 minutes per week or exercise intensely for 75 minutes per week. Paul Williams from the Lawrence Berkeley National Laboratory in California found that distance walked was better than time walked for predicting body mass index and waist circumference. Therefore when trying to lose weight with exercise, it would be more effective to pick a specific distance for your workouts rather than a specific amount of time.

(Medicine & Science in Sports & Exercise, 44: 1728-1737, 2012)

Kettlebell Swings Build Strength & Power



Kettlebells are 'throwback' equipment from the 19th century that helps build strength, power, cardiovascular endurance and prevents back pain. It has been discovered that by doing only a few kettlebell exercises for 10 — 20 minutes, 3 to 4 days per week a person can build whole-body, functional fitness. The kettlebell swing is one such good total-body exercise that builds strength and power.

(Journal Strength and Conditioning Research, 26: 3209-3216, 2012)

Interference Between Strength and Endurance Training

Emphasizing one component of physical fitness (e.g. cardiovascular endurance, strength, power, muscle size, muscle endurance) can interfere with the development of the others. A University of Tampa study combined the results of 21 studies to analyze this concept as the study examined interference between strength and endurance programs and discovered that strength interference from running was volume dependent as their study concluded that not only did running more miles result in fewer gains but that combining vigorous running and weight training potentially decreased strength gains by as much as approximately 50% compared to strength training alone.

(Journal Strength and Conditioning Research, 26: 2293-2307, 2012)

1. **True**
2. **False** — A child's appetite regulates food intake to meet need, therefore caretakers should not force food on children because this will only create conflict
3. **True**
4. **False** — Antibodies protect the body from illness caused by antigens
5. **False** — Energy drinks are not regulated; therefore, manufacturers do not have to prove the safety or efficacy of these products

◆ **Cater Exercises To Your Workout Experience & Fitness Level**

One of the most important factors to consider when creating your workout plan is the fact that ‘every exercise is not suited for everyone’. Incorporating exercises best suited to both your experience and fitness level will allow you to create the most effective workout for you. This fact is one of the main reasons why some ‘generalized’ workout programs are not as efficient and effective as individualistic ones. These ‘one size fits all’ programs cannot take into account the specific limitations of every person who is attempting to follow it. In some cases the exercises included will not be suited for every individual, thereby resulting in the program not only being ineffective, but possibly dangerous due to an increased possibility of injury. Therefore, ensuring that the exercises included in your workout cater to your experience and fitness levels, helps to reduce the risk of injury, while increasing the efficiency and effectiveness of the workout.

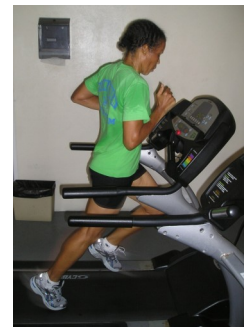
◆ **Create Workouts That You Prefer**

In fitness, like most aspects of life, there are many different roads to the same destination and while admittedly some activities and exercises are more effective or beneficial compared to others based on their intensity levels, your workouts should focus on including activities or exercises you enjoy, or at least prefer. Focusing on, or simply including activities and exercises you enjoy within your workouts contributes to making your workouts more enjoyable or tolerable in some cases, and overall more efficient as the commitment and dedication to YOUR fitness program is increased.

Tips For Improving Your Workout Efficiency

General

1. Workout at a time which suits you
2. Avoid distractions
3. Adjust workouts when necessary
4. Progressively increase workout intensity
5. If combining cardio and resistance training consider goals and complete the main focus of the workout first



Cardio Training

1. Vary cardio exercises
2. Incorporate High Intensity Interval Training (HIIT)
3. Complete interval portions of the cardio workout before steady state portions



Resistance Training

1. Perform exercises properly
2. Train larger muscles before smaller muscles
3. Vary workout routine and exercises periodically
4. Adequately rest trained muscles 48 hours between resistance workouts
5. Incorporate Advanced Training Techniques (e.g. drop sets, supersets, plyometrics)

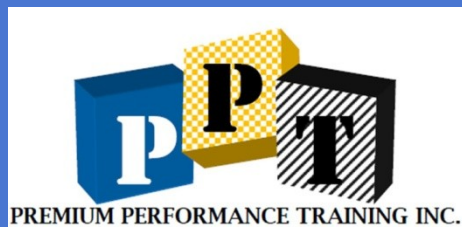
ASK YOURSELF True or False ?

Score: _____ out of 5

[Answers can be found on the bottom of page 3](#)

1. Adult bone loss occurs first in the pelvis and the spine	<u>True</u>	<u>False</u>
2. If a child loses his or her appetite, the caretaker must insist that the child eat his or her meals anyway	<u>True</u>	<u>False</u>
3. Adults can lose two or more quarts of fluid during every hour of heavy exercise and must rehydrate before, during, and after exercise	<u>True</u>	<u>False</u>
4. When antibodies enter the body, they produce illness	<u>True</u>	<u>False</u>
5. Energy drinks are regulated and therefore always safe to consume	<u>True</u>	<u>False</u>

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Let Us Know What You Thought Of This Issue

Read something that you disagreed with, that you did not understand or that was really helpful? Send your feedback to [**jamiljones@premiumperformancetraining.com**](mailto:jamiljones@premiumperformancetraining.com)