



PREMIUM PERFORMANCE TRAINING INC.

# Health & Fitness Newsletter

VOLUME 9, VOLUME 3

## PREFACE

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

### Quote to Remember:

“Only I can change my life. No one can do it for me”

Carol Burnett

## INSIDE THIS ISSUE:

Developing Your Workout Strength Program: Creating Training Splits	1, 4 & 5
Mobility Movement For Increased	2
Research The Facts	3
Ask Yourself... True or False ?	4
Healthy & Great Recipe - Three Bean Salad	6
Contact Us	7

## Developing Your Workout Strength Program: Creating Training Splits



There's no "one size fits all" when it comes to workout programs. Regardless of your workout goals, the ability to develop an individualized training program that suits your workout regime is essential to delivering the best results possible from your program. In this regard, while choices of exercise, exercise order, sets, repetitions and rest time between sets are all important, these are actually secondary decisions. The first basic decision to be made in setting up your workout program is “how to split up your training days” - Training Splits.

Most training programs are broken down into a weekly period. This is the simplest approach to splitting up training days since our calendar revolves around a weekly schedule. Determining the training split which is most advantageous to you should depend on several factors:

### ◆ Your Training Experience

Although beginners can often handle greater frequency they require less volume and intensity in their training programs compared to advanced lifters.

### ◆ Your Availability & Schedule

Your job and lifestyle may determine how often you can consistently train per week. Another aspect that must be considered is your recovery abilities as you may need more or fewer rest days depending on how quickly your body recovers from various workouts.

### ◆ Your Weaknesses

If you have a body part that needs to improve it is advisable to target that area first after a rest day when your energy stores are fully restocked. Also, depending on your split it may allow you the ability to add a second training session for that muscle group to your weekly regimen.

# MY FAVORITE TRAINING SPLIT

*Continues on Page 4*

*The articles published in this newsletter have been carefully reviewed, but are not official policies, statements, or opinions of Premium Performance Training Inc. Information published in this newsletter is not necessarily the position of Premium Performance Training*

# Mobility Movement For Increased Squats

Are you maximizing on your squat potential? Is your goal to achieve an “ass to grass squat”? How low can you go?

If you are like 80% of the population, who spends the majority of their day sitting down, then your hips may be preventing you from achieving your deep squat goals.

Below are four mobility movements to loosen up the hips and ankles and get them ready for an intense leg session.

## 1. World's Greatest Stretch



1. Step your right leg into a wide lunge
2. Turn your front toes slightly outward
3. Take both elbows onto the ground. If this is too intense keep your arms straight
4. Rotating through your torso, lift your right arm into the air
5. Touch the elbow back onto the ground
6. Repeat steps 4 & 5 eight times then change sides



## 2. Deep Squat Stretch



1. Stand with your feet slightly wider than hip distance
2. Squat as deeply as you can (The goal is to get your butt to the ground. If you experience any pain in your knees don't go as low. You can also choose to sit on a slam ball or something low to the ground.)
3. Place your elbows onto the inside of your knees and use them to press your knees apart



## 3. Frog Stretch



1. Come into a kneeling position on a well padded mat
2. While keeping your knees in alignment with your hips, slide you knees as wide apart as you can
3. Come onto your elbows and bring you heels into alignment with your knees (90° angle)
4. Press your elbows into the ground and gently press your hips back

This will be intense. Breathe!



## 3. Achilles Stretch



1. While facing a wall, step your right leg into a lunge (Depending on your ankle flexibility your toes should be about 3 to 4 inches away from the wall.)
2. While keeping your heel pressed into the ground, press your knee forward and try to touch it onto the wall (Move your foot closer to the wall if any pain occurs.)
3. Repeat on the other side



For More Yoga Information Like and Follow KGFitt on Facebook and @kerrileeg1122 on Instagram

## Research the Facts

### How To Prevent Lower Back Pain



Most cases of back pain stem from poorly trained core muscles that put pressure on nerve roots leaving the spine. Unfortunately, popular back pain preventative methods such as back braces, shoe insoles and lifting belts may provide temporary relief but are ultimately ineffective as a method of treating and reducing the incidence of back pain. A literature review and meta-analysis led by Daniel Steffens Sydney Medical School in Australia concluded that exercise plus proper spinal biomechanics are moderately effective for reducing the incidence of lower back pain. Also confirming this was studies carried out by Canadian biomechanist Stuart McGill which showed that core-stiffening exercises such as side-bridges, stir-the-pot, bird-dogs and the Pallof presses were extremely effective for treating and reducing the incidence of back pain, however such exercises must be performed regularly to get results.

*(JAMA Internal Medicine, published online January 11, 2016)*

### Salmon Consumption Reduces Heart Attack Risk



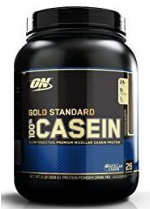
According to a study led by Susan Ratz from the University of Minnesota consuming farmed Atlantic salmon twice a week improves the blood fat profile in overweight men and women. The benefits were dose-dependent as eating more fish triggered greater benefits in blood fats. The study found that salmon consumption reduces blood triglyceride (blood fat) and increased HDL cholesterol levels (good cholesterol). It also benefited the size of lipoprotein molecules, which is important for reducing the risk of coronary artery disease.

*(Nutrition Research, 39: 899-906, 2016)*

### Pre-Sleep Protein Supplement Boosts Muscle Growth

According to Jorn Trommelean and Luc van Loon from Maastricht University Medical Center in the Netherlands consuming a high-protein supplement (40 grams) prior to bedtime increased muscle protein synthesis, particularly when accompanied by weight training. In the study the researchers measured muscle metabolism using isotope technology, which precisely determines the rate of protein synthesis. The study discovered that supplements containing 20 or 30 grams of protein were not enough to enhance muscle protein synthesis and that at least 40 grams of protein was required to result in the increased muscle protein synthesis.

*(Nutrients, 8: 763, 2016)*



## Ask Yourself Answers

1. True
2. False - Orange sweet potatoes contains the antioxidant and phytonutrient beta-carotene (essential for healthy skin and for eye health) while the purple sweet potatoes contains the antioxidant and phytonutrient anthocyanin (has anti-inflammatory properties)
3. True
4. False - According to a scientific study by Jim Horne, generally speaking, women need 20 more minutes of sleep than men, because they are more likely to multitask, making the brain work harder and needing more time to recover.
5. True

# Developing Your Workout Strength Program: Creating Training Splits

....Continued from Page 1

Below are seven (7) common and effective training splits for strength training programs. These splits start with the easiest split (whole-body training) which is most suitable for beginners, and progressively get more intense, ultimately up to splits such as five-day training splits and twice-a-day training splits designed for advanced lifters.

### Whole-Body Training Split

This is a single regime in which the entire body is trained in every workout as a unit rather than its component parts. As a result of the high number of muscle groups begin targeted in each workout, the number of exercises and sets done per muscle group is minimal. However, this approach allows you to train each muscle group more frequently because groups receive a limited amount of stress at each workout. Whole-body training splits allow you to train three to four times per week.

Table 1: Example of Whole-Body Training Split

Exercise	Sets	Reps
Incline Barbell Bench Press	3	8
Dumbbell Rows	3	8
Leg Press	3	10
Dumbbell Biceps Curls	3	10
Triceps Pushdowns	3	10
Leg Extensions	3	12
Lying Leg Curls	3	12
Seated Dumbbell Shoulder Press	3	10
Standing Calf Raises	3	20
Crunches	3	25

The reason whole-body training is the **best choice for beginners** is that the initial adaptations made in the strength training program involve the nervous system and this type of training allows for higher repetitions and more frequent training to program the nervous system. Total body workouts are also **great for fat loss**, and general health as the training of all the major muscle groups revs up cellular processes in all the muscle cells, which increases the metabolic rate for up to 48 hours after the workout is over.

### Upper Body - Lower Body Training Split

This refers to a training split where your body is broken down into upper body (chest, back, shoulders, trapezius, biceps, triceps) and lower body (quadriceps, hamstrings, calves, and often abdominals). This approach allows you to train each muscle group two or three times per week depending on whether your schedule allows for four or six days of trainings each week. The four-day-per-week schedule is a good advancement for the beginner who is progressing from whole-body training.

*Continues on Page 5*

ASK YOURSELF ..... True or False ?		Score: _____ out of 5
1. Doing static stretches before working out can decrease your muscle power, strength and stamina.	TRUE FALSE	
2. Orange and Purple sweet potatoes contain the exact same antioxidants	TRUE FALSE	
3. Women have a higher risk of tearing their anterior cruciate ligament (ACL) than men.	TRUE FALSE	
4. Generally speaking men need more sleep than women	TRUE FALSE	
5. Your calf muscle is made up of two muscles	TRUE FALSE	

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

## Developing Your Workout Strength Program: Creating Training Splits

....Continued from Page 4

Table 2: Example of Upper Body - Lower Body Training Split

Upper Body

Muscle	Exercise	Sets	Reps
Chest	Incline Barbell Bench Press	3	8
	Dumbbell Flys	3	10
Back	Lat Pull Down	3	8
	Single Arm Cable Rows	3	10
Shoulders	Smith Machine Front Press	3	10
	Dumbbell Lateral Raises	3	10
Traps	Dumbbell Shrugs	3	10
Biceps	Barbell Curls	3	8
	Preacher Curls	3	10
Triceps	Weighted Dips	3	8
	Dumbbell Triceps Kickbacks	3	10

Lower Body

Muscle	Exercise	Sets	Reps
Quadriceps	Front Squats	3	8
	Leg Extension	3	10
Hamstrings	Lying Leg Curls	3	10
	Barbell Straight Leg Deadlifts	3	10
Calves	Calf Press	3	20
	Seated Calf Raises	3	20
Abdominals	Crunches	3	15
	Straight Leg Raises	3	15

This type of split allows you to do more volume for each muscle group compared to whole-body training since you train fewer muscle groups each workout, therefore allowing you more time to do more exercises and total sets for each muscle group. However, this also means that the muscles will require more rest to adequately recover.

### Two-Day Training Split

This split is very similar to the upper body - lower body training split. The minor difference is that some upper-body muscle groups are trained with the legs to better balance the number of muscle groups trained for each workout. Since your upper body is comprised of more muscle groups than your lower body. The most common schemes used in this type of split is to train your; (1) biceps and triceps with legs, or (2) shoulders and traps with legs. Similar to the upper body - lower body training split, the two-day training split can be used to train each muscle group either two or three times per week, depending on your schedule and the amount of time you want to allow your muscle groups to recover.

Table 3: Example of Two-Day Training Split

Day #1

Muscle	Exercise	Sets	Reps
Chest	Decline Bench Press	3	8
	Incline Cable Crossover Flys	3	10
Back	Single Arm Dumbbell Rows	3	8
	Straight Arm Lat Pulldown	3	10
Shoulders	Barbell Front Raises	3	10
	Dumbbell Bent Over Flys	3	10
Traps	Barbell Shrugs	3	10
Abdominals	Hip Thrusts	3	15
	Ball Crunches	3	20

Day #2

Muscle	Exercise	Sets	Reps
Quadriceps	Leg Press	3	8
	Hack Squats	3	10
Hamstrings	Kneeling Leg Curls	3	10
	Romanian Deadlifts	3	10
Calves	Donkey Calf Raises	3	20
	Seated Calf Raises	3	20
Biceps	Ez Bar Curls	3	8
	Hammer Curls	3	10
Triceps	Close Grip Bench Press	3	8
	Dumbbell Triceps Extensions	3	10

\* Please note that some exercises (especially in the case of compound leg exercises) will work more than one specific muscle group but has been classified under only one muscle group for the purpose of simplification.

**Next Issue: Developing Your Workout Strength Program - Creating Training Splits: Part 2**

\* Push - Pull Training Split \* Four-Day Training Split \* Five-Day Training Split \* Twice-a-Day Training Split

Eating healthier does not have to mean eating boring. In our 'Healthy & Great' recipe section we will introduce you to some incredible recipes which are lower in sugar, fat and calories compared to their 'traditional' counterparts but are still full of flavour.



## Three Bean Salad

### Method

1. To make the dressing, peel and grate the red onion with a cheese or box grater into a small bowl. Add the oil, ketchup, sweetener, vinegar, water, Worcestershire sauce, soy sauce, liquid smoke, and pepper, and whisk to combine.
2. For the salad, in a large bowl gently mix together the beans, peppers, and red onion.
3. Pour the dressing over the bean mixture and toss to coat. Cover and refrigerate for 1 hour or more to meld flavours.

### **MAKES 8 SERVINGS**

#### Dressing

- ◆ 1 small red onion
- ◆ 3 tablespoons canola oil
- ◆ 2 tablespoons ketchup
- ◆ 4 teaspoons Stevia
- ◆ 2 tablespoons apple cider vinegar
- ◆ 2 tablespoons water
- ◆ 2 teaspoons Worcestershire sauce
- ◆ 2 teaspoons soy sauce
- ◆ ½ teaspoon liquid smoke
- ◆ Freshly ground black pepper

#### Salad

- ◆ 1 (15 ounce) can cut green beans, drained
- ◆ 1 (15 ounce) can yellow wax beans, drained
- ◆ 1 (15 ounce) can red kidney beans, rinsed and drained
- ◆ 1 small green bell pepper, diced
- ◆ 1 small red bell pepper, diced
- ◆ 1 small red onion, diced

#### **NUTRITIONAL INFORMATION PER SERVING** (½ cup)

Calories: 130 / Carbohydrates: 17g (Sugars: 4g) / Total Fat: 5g  
(Saturated Fat: 0g) / Protein: 4g / Fiber 5g / Cholesterol: 15mg /  
Sodium: 360mg

**Recipe obtained from "Eat What You Love" - By Marlene Koch**

Contains more than 300 incredible recipes which are low in sugar, fat and calories and are great for weight loss & diabetic diets

# Supersets Store - Pair Your Fitness With Fun



**Supplier of male and female fitness wear, fitness accessories, supplements and more**



[Supersetsstore246](https://www.facebook.com/supersetsstore246)



[@supersetsstore246](https://www.instagram.com/supersetsstore246)



Tel: 230 - 6930



[www.supersets.shop](http://www.supersets.shop)

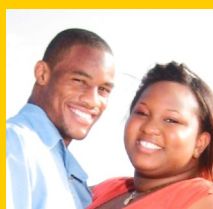
## CONTACT US



### Premium Performance Training Inc.

17 Hoytes Terrace  
St. James  
Barbados  
Tel: (246) 233-6433  
Website: [www.pptfitness.com](http://www.pptfitness.com)  
E-mail: [admin@premiumperformancetraining.com](mailto:admin@premiumperformancetraining.com)  
Facebook: <https://www.facebook.com/pptfitness246/>  
IG: [https://www.instagram.com/ppt\\_fitness246/](https://www.instagram.com/ppt_fitness246/)

## ACKNOWLEDGEMENTS



**Writer:** Jamil Jones  
**Contributor:** Kerri Gibson  
**Editor:** Janielle Jones

### 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)