

THE ANATOMY OF A FITNESS SESSION

If your not a computer IT person then you're probably like me, amazed when they tweak 'something' on your computer and all of a sudden your windows are opening and closing and your programmes are purring and it seems like you have a brand new computer again. Its like magic! Eventually, I might have been able to work out my computer problems but the real problem is that it would have taken me hours of my time to fix it. Sound familiar? Not very efficient!

Some of you are battling it out in the gym in much the same way as trying to fix that computer.

Let me help you save some gym 'sweating' hours and reach your goals more efficiently.

There is MUCH MORE to prescribing an exercise programme than the following simplified programmes below but this just gives you an idea that the same 4 exercises can give you completely different results.

The 4 exercises below, how they are *arranged, the speed they are performed at and a change in rest times* will bring about a different result. It all depends on what YOU want.

WHICH PERSON ARE YOU?

The "Body Builder", the "Sports Person", the "FitnLean" or the "Just Tone Please"

THE 4 EXERCISES: 1 Lunge 2 Lat shoulder raise 3 Squat 4 Shoulder press

THE BODY BUILDER 'I want to get BIG'	THE SPORTS person 'I want to get BIG and FAST'	THE FITnLEAN person 'I want to be FIT & LEAN'	JUST TONE PLEASE person 'I just don't want muscles'
3 Squat	3 Squat	3 Squat	4 Shoulder press
1 Lunge	4 Shoulder press	4 Shoulder	3 Squat
4 Shoulder press	1 Lunge	1 Lunge	2 Lat shoulder raise
2 Lat shoulder raise	2 DB shoulder press alt (<i>Sorry no lat raise</i>)	2 Lat shoulder raise	1 Lunge
Here you want to 'hammer' the same muscle group over and over - 3-6 sets per exercise - reps 8-12, - ~90sec rest	You want to recruit FAST TWITCH muscle fibre so break up the muscle groups, do multi joint (compound) exercises for function, - 1-6 sets per exercise - reps below 6 and down to 1 rep for experienced lifters, - ~2-6 min rest.	Do supersets i.e. 2 exercises together (#3,4) - 2-5 sets, - 10-20 reps, - little or no rest, use the maximum weight that allows you to complete each pair. Tri sets or giant sets are also good.	It's better to alternate muscle groups , i.e. do a push movement and then a pull, and preferably an upper then lower body movement, - ~60% of your max effort - 2-3 sets, - 12-15 reps, - ~ 30 sec rest

There are 1000s of exercise variations of the above although the principles are the same, if you don't adhere to the principles then you're probably going to spend a lot of sweaty hours not quite getting what you want **and perhaps even getting what you don't want.** I hope this helps you on your way.

If you would like more advice, I'd be happy to help you save some time and sweat to help you reach your health and fitness goals. Check out my contact details for more information :)

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