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"To know and not to do is to not yet know"

- Zen Proverb

"Never sacrifice what you know is right for what is convenient"

- US Navy Seals

Here is something cool to consider: 100% of shoulder problems involve scapular dysfunction, but not all shoulder problems involve rotator cuff weakness. Are you doing the right exercises for your particular problem? Find out with Muscle Activation Techniques.

The Personal Training Newsletter

Also available online at WWW.HTSW.NET

As always, the committed purpose of this newsletter is to provide factual information (not marketing hype) to help you **train smarter and get better, faster & safer results.**

TRAINERSPEAK ... Cracking the Code

By Eileen Santini

A career in personal training requires an extensive knowledge of body mechanics, musculature, and training methodologies. However, all of this knowledge is completely useless if not paired with the ability to "encourage" a training subject to actually perform the prescribed training regimen. Of course, in the view of the training subject, the series of exercises could seem like little more than not-so-cleverly concealed torture, so you can see the challenge a trainer must face!

So, how does a trainer mold his or her brand of scientifically-proven, goal-oriented abuse into a more socially accepted form? Trainers must become proficient in the language called TRAINERSPEAK. I'm sure those of you that employ a trainer have some idea of what I'm talking about, but if you need some assistance in unearthing the real meaning behind a trainer's pleasant training-session small talk, please read on...

So, you meet up with your trainer for a session and your trainer says, "Okay, we're going to try something new today." "Oh good," you think, "I was really needing a break from my grueling routine!" But beware, something new is TRAINERSPEAK for "I just saw this killer new workout in one of my trade journals and I've been dying to try it out on a new victim, I mean, client." My quads are screaming just thinking about it!

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The Trainer's Rant

There's too much to rant about this month so instead let's re-visit some **questionable exercises**. These are exercises that are either inefficient, ineffective or potentially dangerous. Remember, any exercise can be dangerous if performed with excessive range of motion, momentum or disregard for human mechanics.

- Dumbbell tricep kickbacks
- Upright barbell rows
- 90/90 Pec deck
- Bench dips
- Seated hip Abduction machine
- Smith machine bench press
- Dumbbell concentration curl
- The AB roller
- Dumbbell sidebends with a dumbbell in each hand
- Broomstick twists
- The walking lunge (for many people)*

There are better & safer alternatives to all of these, consult with a Personal Trainer.

*Next month: an in-depth analysis of the walking lunge, is there a better alternative for you ?

"Sarcasm : The gulf between the author of sarcastic wit and the person who doesn't get it"

The Personal Training Newsletter

TRAINERSPEAK continued

Have you ever had a training session where your trainer says something like, "Oh, I see you're wearing your heart rate monitor, very good?" Before you go patting yourself on the back for being such a conscientious exerciser, consider this: 1. Have you ever seen a *trainer* wearing a heart rate monitor? I haven't! 2. Have you ever heard of the legal term "professional liability?" Yes, my friends, when your trainer notices that you are wearing a heart rate monitor, he or she will certainly use it to ensure that you are working just as hard as your ticker will allow. My theory is, leave that monitor at home, at least then your trainer has to err on the side of caution when deciding how far to push you.

Or, how about this scenario: you finish your 15th rep of a new exercise and your trainer says, "Okay, now you're warmed up!" Of course, you're thinking to yourself, "warm up - you mean that set didn't count?!" Well, my friends, he or she might as well have said, "Hold on to your tank top - the next two sets will finish you for sure!"

Your trainer might then slyly suggest a "water break". But don't let your guard down! "Water break" is another staple in the TRAINERSPEAK repertoire that means, "Go ahead, and turn your back on me. I'm going to add two more plates on for your next set." I'll bet you were starting to wonder if someone slipped kryptonite in your water bottle, but rest assured, it's not you. TRAINERSPEAK strikes again!

Hopefully these few scenarios have helped prepare you to navigate the mysterious language called TRAINERSPEAK. Good luck. And remember, you paid big bucks for this session...

Eileen Santini is a Creative Memories consultant helping you to preserve your life, your story, your way and is also co-founder of Invitation Originals, a company specializing in hand made cards and invitations. For more information, contact Eileen at 630-669-9364 or leenielynn@yahoo.com.

If you have any questions, comments or concerns about the content of this newsletter, please contact Scott Kroclic directly @ 942-9600 ext. 637. Additionally, feel free to contact any trainer about any exercise related topic at any time. It's what we do. It's why we're here.