

June 2008

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"The only source of knowledge is experience."

"The important thing is to not stop questioning."

"We cannot solve our problems with the same thinking we used when we created them."

Albert Einstein

TWEAK WEEK RETURNS
June 16th-20th !

Sign up at the Fitness desk for a complimentary 30 minute session to have your workout, training technique and goals evaluated.

These sessions are for those who aren't already experiencing the amazing benefits of Personal Training.

Summer ABS starts 6/11.
-contact Cara Joesten ext. 549.

Karate starts 6/19.
-contact Chris Schoebel or the Registration desk ext. 575.

Enhance Your Golf Game starts 6/23.
-contact Marc Woodcock ext. 585.

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.**

Sport Specific training issue

The term *Sport Specific training* is really a misnomer, the only kind of training that is sport specific is doing the sport in question. This is better known as skill acquisition. But, that is another story. What we are talking about here is physical preparation for sports activity.

Some guidelines:

-Neural changes can occur within minutes, therefore even short periods of inappropriate patterns of strength training can impair sporting performance. In other words: if you attempt to mimic a golf swing with weights you are going to get a slow, uncoordinated golf swing.

-Intense activation (with near maximal weights) of the Central Nervous System requires 48 hours of recovery unless employing restoration methods. In other words: you can't make up for months of inactivity by trying to do it all at once.

-Individuals participating in unilateral sports (tennis, golf, baseball, softball) would be advised to do some unilateral (one sided) resistance training. Depending on your needs, this can be in the form of single leg step-ups, 1 arm DB rows, 1 arm DB chest press, 1 arm overhead press. In other words: think outside of the box when it comes to training.

-For most if not all sports, you can never be too strong or too fast. These qualities should be addressed first. Aerobic endurance can be improved easily and quickly.

Source: Siff, M.C. SUPERTRAINING 6th edition. 2003.

"Tennis players would be smart to spend more time developing their athleticism – strength, coordination, and balance – instead of focusing solely on improving their court skills."

John Rumblets PT, ATC. Physical Therapist at Olympic Physical Therapy in Seattle.

Some misconceptions about
Muscle Activation Techniques
(MAT):

-It only takes one session:

MAT is a restoration *process*. The first session is usually reserved for the evaluation. Some cool things can happen with only one session though, but this is the exception rather than the rule. It took a while for the imbalance to develop, so expect it to take some time to resolve.

-MAT is just another one of those alternative medicine scams.

A more appropriate term might be integrated therapy. MAT works well with other modalities because of its checks and balances (test and re-test) approach. It's not meant to replace anything but rather evaluate its effectiveness.

-MAT treatment doesn't hold.

It does require some accountability on your part to continue visiting new ranges of motion and continuing to develop strength in those new ranges. It's your body, learn to use it.

-MAT is too expensive.

This is obviously an individual judgement call. You place value on what is important to you. There's always medication.

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Ode to broccoli

High in fiber. High in calcium. Good source of Vitamin C. Good source of magnesium.

Contains Chromium, an essential trace mineral for metabolizing carbohydrates, fats and proteins. Chromium also lowers blood sugar.

Contains glucosinolates, a phytochemical which protects cells from stress (when eaten raw). Broccoli is one of the richest sources of Vitamin A in the produce section.

Contains indoles, phytochemicals which may convert excess estrogen into a more readily utilized hormone which is thought to raise testosterone. A perfect compliment to your weight training program.

Contains sulforaphane which together with indoles is thought to form a powerful anti-cancer agent and make it smell poop when cooked.

Golf and your core

Time on the side bridge endurance test was found to be a significant predictor of low back pain in beginning professional golfers. Subjects were timed to failure while performing a side plank on both sides. Subjects with a significant difference (more than 12 sec. between sides) also had the highest incidence of low back pain. Are you doing enough of the *right* core work to prevent pain ?

Actual picture of award winning Registered Dieticians, do you think they eat enough broccoli ?



If you have any questions, comments or concerns about the content of this newsletter, please contact Scott Kroclick 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. It's not just because we look so good in black.