

**MAR. 2008**

Vol. 2, No. 3

*"Nothing is worth  
more than this day"*

Johann Von Goethe

Most Exercise Physiologists agree that an effective weight training set is in the 6-20 repetition range. Ask yourself, how many reps does it take to lunge around the track? Is this still an effective set? Is this still exercise or just needless mechanical wear?

Progressive walking lunge alternatives:

- Stationary lunges, foot placement remains fixed and stable while the body is loaded in a single plane.
- Reverse lunges (more dynamic)
- Side lunges
- Step-ups

As always, consult a Trainer for the specifics and proper technique demonstration.

# The Personal Training Newsletter

Also available online at [WWW.HTSW.NET](http://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**. You gotta problem with that?

## The walking lunge: friend or foe?

The walking lunge is not found in sports, nor is it found in nature. A clandestine operation recently revealed that only about 5% of exercisers perform this over-rated movement correctly.

So, the short answer to the above question (for those other 95%):

**FOE!**

*"Most exercises usually aren't that bad until they are performed badly"*

Myth: exercises exist that will lift your butt

Fact: everyone has a perfect butt, it's the stuff covering it that must be reduced

Myth: you can spot reduce with exercise

Fact: nope, and it's hard to believe anyone still thinks this way

Myth: You'll get better balance doing unstable exercises

Fact: No, you'll only become what you practice

Myth: Adding weight to a movement (DBs in the case of the walking lunge) makes it more stable

Fact: This will only wear out your joints faster

*"You are only as good as the motion you can control"*

A knee replacement averages \$29,000 before insurance, a new hip is around \$27,000. Sounds scary, think it can't happen? It's simple really, how careless can you literally and figuratively afford to be?

*"Exercise can be a powerful weapon if used incorrectly"*

-If you can't perform a full range of motion walking lunge – don't do it (practice something easier). The key is progression. Free hint: adding weight doesn't make it any better either.

-If you have to bounce a few times to come out of a walking lunge – don't do it (practice something easier). Reason: the muscular control obviously is not there.

-If you can't control the swinging of the DBs during a walking lunge – don't do it. Reason: this compounds the problem by moving the center of gravity around what can be reasonably controlled.

*"If control is still a challenge, adding another form of challenge is inappropriate"*

## ***The Trainer's Rant***

Seriously, if you *must* stretch...

"Make sure a client understands the difference between tension in a stretched muscle versus pain. Continuously reinforce that pain is not safe. Many people continue to hang on to the "no pain, no gain" mantra, which is particularly dangerous when applied to stretching. Pain during stretching indicates that the joint has been moved beyond its normal anatomical range of motion and the tendons, joints, and muscles are at risk of tearing."

Amy Ashmore PhD  
Kinesiology professor- University of Texas at Austin

Unless you are a masochist, one stretch to definitely avoid is the classic hurdler's stretch. Even hurdlers don't do this gem any more. The reason is that too much stress is placed on the medial collateral ligaments. You don't want to stretch ligaments if you want your knee to remain stable. It's really that simple.

# *The Personal Training Newsletter*

A recent study suggests that up to 48% of Americans believe they are 5 times more stressed than they were only 5 years ago. While the reasons for this may seem obvious, the solution does not.

Many Human Performance researchers also suggest that it's how you choose to *react* to stress that is most important factor in reducing the effects. So, how does this information affect your exercise goals ?

Frequently, the lack of a "real-world" gain of muscle and/or fitness is met with a change in training programs, or worse, an increase in intensity and/or volume. The body is remarkably efficient at maintaining balance. That is, muscle is hard to gain during overfeeding (fat accumulation dominates) and easy to lose with underfeeding. This even occurs when there is adequate stimulus in the form of properly executed resistance training.

Research indicates that human beings are likely genetically optimized toward protecting themselves during periods of physical stress. Keep in mind, physical stress can come in the form of under-eating (dieting), over-training or both. Mental stress, real or perceived, can be found everywhere. While dieting, the body is able to down-regulate it's metabolism to conserve energy (fat). There is also a tendency toward using extra lean body mass (muscle) as an energy source.

Those that have lost a great deal of bodyfat should be very proud for they have literally beaten Mother Nature at her own game. Those that haven't, despite following all of "the rules", may need to look at and find a way to better control the stressors in their lives. In times of stress, it's not always as simple as eating less and training more.

Things to look for in the April (Fools) issue:

- 5 crazy new things to try to survive while on a BOSU !
- Stretch 'til it hurts, dare ya !
- Best workout ever ! Straight from the Supermarket magazine rack (worth \$1.79)

**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 *almost* 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.**