

*The weight in your hand is
no indication of the
resistance on your body...*

Exercises of questionable value (for
most people):

- Dumbbell tricep kickbacks
- Upright barbell rows
- Pec deck 90/90 flyes (Old School)
- Bench dips
- Seated hip ABduction/ADduction machines
- Smith machine bench press

Obviously, special conditions will
apply to the above exercises. For
example:

Are you training for a particular sport
in which this exercise is required
regardless of any long-term
consequences ? Do you have a great
deal of time to waste ? Do you have
unusual range of motion that is under
excellent neurological control ?

Myths about exercise

Train Smarter, Not Harder

The purpose of this newsletter is to provide factual information (not marketing material) on exercises that:

- May not be the most efficient
- May not be effective or
- May lead to long-term mechanical wear

This is not meant to scare you but rather to persuade you to question everything as it pertains to your body and your exercise selection.

Occasionally, we take things for granted (see Dogma). Consider the following myths about exercise:

- Certain machines will lead to spot-reduction. A good example is the seated hip Abduction machine frequently *over-used* to reduce “hip size”. You simply can’t flex fat.
- Higher repetitions help you “burn” fat and “shape” muscle.
MYTH !
- Squats will make your legs bigger, but lunges will make your legs leaner. What ?! The body doesn’t know which exercise you are doing, it simply adapts (good) or reacts (bad) to the stresses placed upon it.
- Static stretching before exercise reduces the risk of injury and decreases muscle soreness. The evidence is sorely (pardon the pun) lacking.

Did you know ?

- That your body can adapt to an exercise in as little as 6 sessions ?
When was the last time you changed your routine ? BTW, routine implies “rut”.

- That Osteoarthritis may not be as age-related as it is wear-related ?
Are you doing safe exercises *safely* ?

Dogma: a term used to indicate a fact that is considered absolutely self-evident by its believers, without thought to its accuracy or relevance.

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.