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Workout of The Month June 2015

My 'thought of the moment' is surrounding exercise choice and general workout programming. There seems to be this constant fear among trainers that if they're not changing their programs enough and getting their clients to do exercises which look super cool and complicated, that they're going to get bored and leave.

In my view, the total opposite is true. If a client can't keep up with what they're being asked to do, they'll likely drop out feeling like a failure - then no one wins; the trainer has failed to help their client reach their goals.



There are zillions of exercises out there, some great, some stupid (I saw a man doing weighted squats on a stability ball a while ago. Admittedly, I was a tiny bit impressed, but I'm still not sure what standing on the stability ball really added to his workout!) - but mostly, exercises can fall into either category depending on the person you're prescribing them for.

For me, the question has always got to be "is this appropriate for my client" - for their abilities and/or injuries and for their goals. If your client is a circus performer, maybe squats on a ball are a great idea for them, if they're just your average human who wants to get fitter, stronger and healthier, squatting on a ball is probably not the right exercise choice.

I think the message is really, beware of the trainer who gives you complicated exercise after complicated exercise; even if you're super-duper fit, you're at a much higher risk of injury. There's a place for more complicated and jumpy-aroundy exercises, but it isn't one after another after another, and its certainly not when you're just starting out. Don't let a well intentioned but under skilled trainer put you off exercise and make you feel like you've got no hope.

With this in mind; have a go at this workout with some good old-favourite exercises. Without writing a program for each of you personally, I can be fairly confident this workout will suit most of you, fit or unfit. If you need more personalisation (if you've got injuries or anything else you need to work around) or if you just want to ask my thoughts about something, [give me a shout](#).

Do 12 reps of each of these exercises:

Get Ups

Squats

Stick Ups

Sprints on the spot (count the reps as seconds - so you'll do 12 seconds in the first round, then 10 seconds....)

Take a minutes rest, then do 10 reps of each exercise, followed by 8 reps and 6 reps. If you're feeling fit, you can go back up the pyramid.

I have videos of all these exercises if you need - just ask.

Get Ups

Lie down on the floor then stand up to straight, then lie back down.... And keep going until you've stood up ten times!

Squats

Remember to keep your heels down, and to sit as if you're sitting at the very back of a seat.

Stick Up

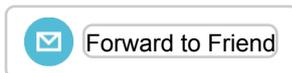
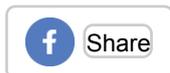
Stand against a wall, with your feet about 6 inches away, then just slide your arms up overhead, trying to keep your shoulders, elbows and wrists in contact with the wall the whole time. Slide them back down to the start position to complete one rep. Try not to let your lower back excessively arch.

Sprinting On The Spot

Make sure you're running as fast as possible here; get close to the floor and sprint!

Until next time, enjoy staying healthy!

Best wishes,



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