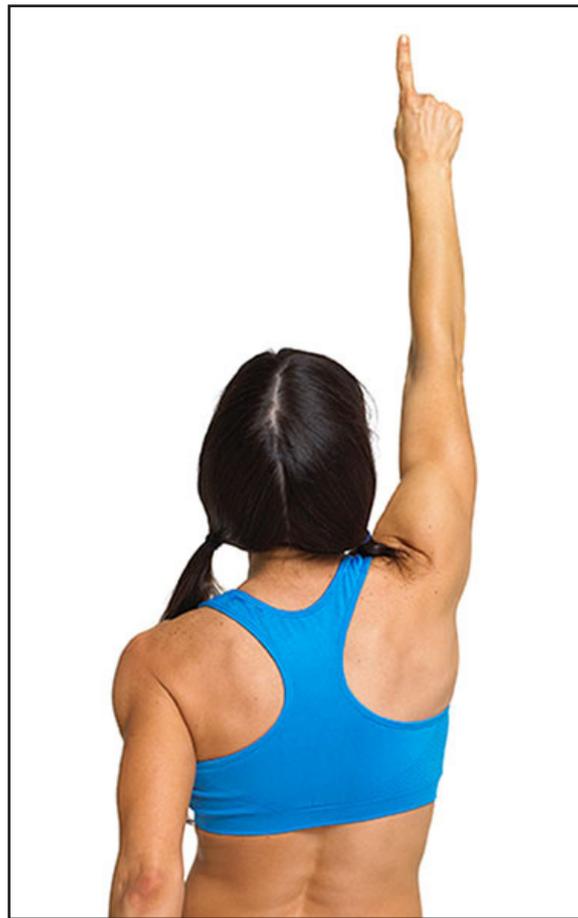


Help Your Body WIN!

Age-Proof Your Body While Watching Television!

Learn what you can do in your home without expensive equipment.



**This Life-Transforming Session
will give you the tools you've been hoping for
to help you feel, look and live your very best!!**

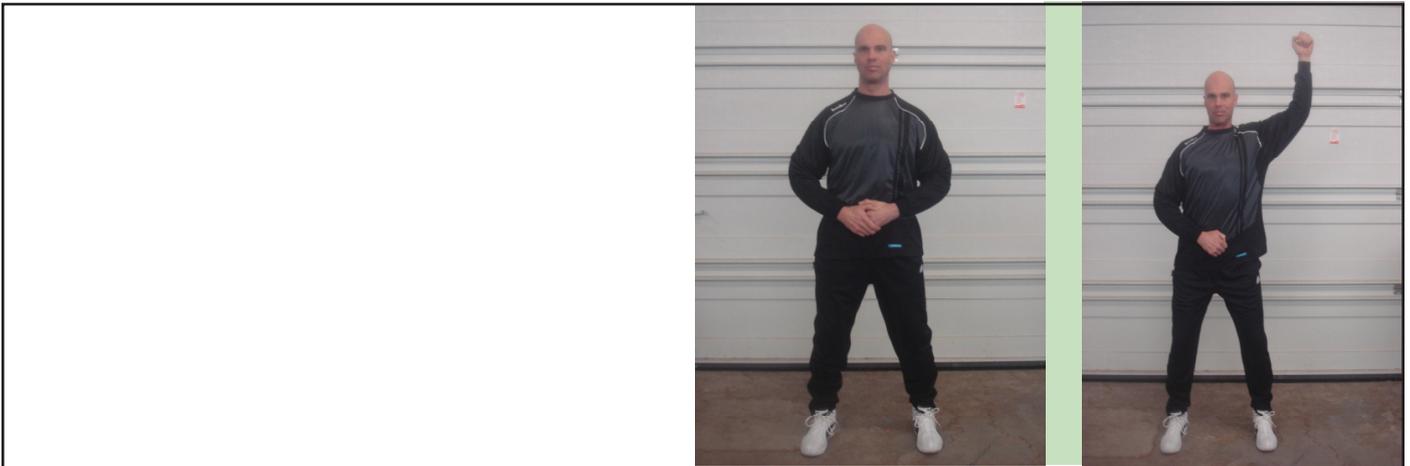
by

Fred Schafer, CFT

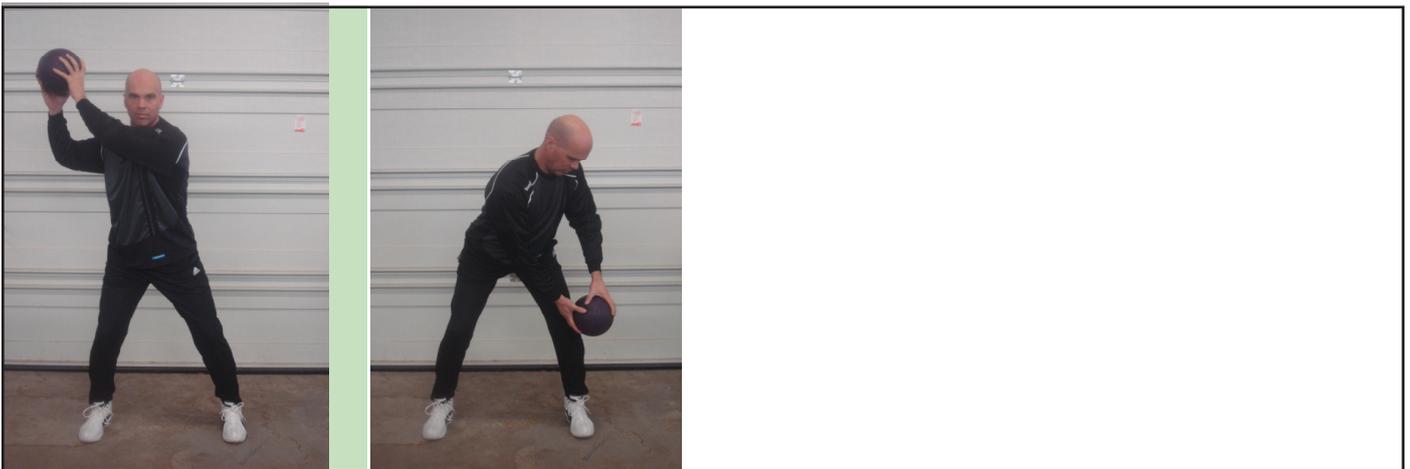


1. Check with Your Doctor
2. What doctors are trained to do
3. Lifestyle or _____?
4. Active versus passive treatments
5. Million Dollar Solutions?
6. Functionality training versus vanity training
7. Machines are mediocre in most cases
8. Compound Versus Simple Movements
9. Ground Based Training - Standing
10. Five Basic Movement Patterns of the Human Body
 - Moving the Center of Gravity (Lower Body) (COG)
 - Upper Body Pull (UBPull)
 - Upper Body Push (UBPush)
 - Rotation of the Core (RT)
 - Standing On One Leg (OL)
11. Consists of only 10 "Sets" of 8-10 "Reps"
12. Takes 20-30 minutes to complete, 35-45 minutes with Energy development
13. Best if done three times per week, every other day. (For instance, M-W-F or Tues-Thurs- Sat)
 - a. In a jam, twice a week will work, but shoot for the best!
 - b. If Extremely time challenged, at least do rotation & COG Movements
14. Energy development (AKA cardio or aerobic) is always done after strength training. It is best if done immediately after Strength training for 15 minutes, following the interval method if possible. Otherwise, enjoy this activity on non strength training days, 20-30 minutes maximum.
 - a. Assume the Proper Position. Shoulders back, with shoulder blades back and down. Eyes straight ahead, chest up. If standing, knees slightly bent, feet straight or slightly pointing outwards and shoulder width apart.
 - b. Technique First. Practice moving through the full range of motion without any weight at first. Then , start light & progress.
 - c. Check Breathing. Exhale when lifting, inhale while lowering. Never clench up, always keep oxygen coming in and CO2 going out!
 - d. Tempo. Shoot for 2-4 seconds to lift, and 4 seconds to lower resistance. It is almost always better to go slower, rather than faster.

Cops (10 with each arm) (DWU)



Chops (10 each direction) (DWU & RT)



Knee Cross (10 each direction) (DWU & OL)

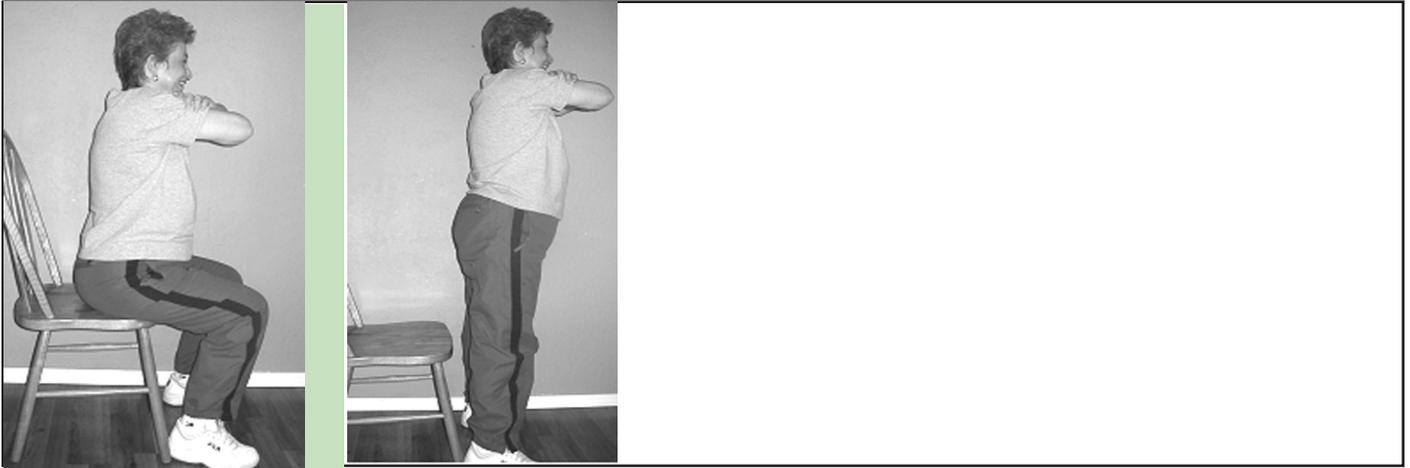


1) Center of Gravity Movements (COG)

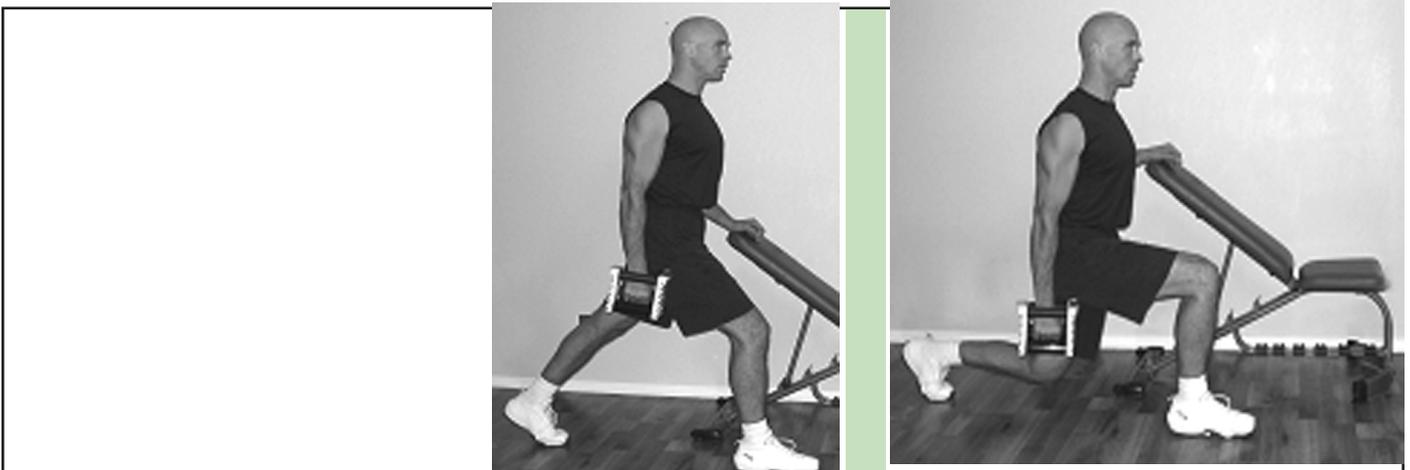
Perform three sets of 8-20 reps. (WORK UP TO!)

May be rotated

• Chair squat or Assisted Chair squat COG



Split Squat



Step Up

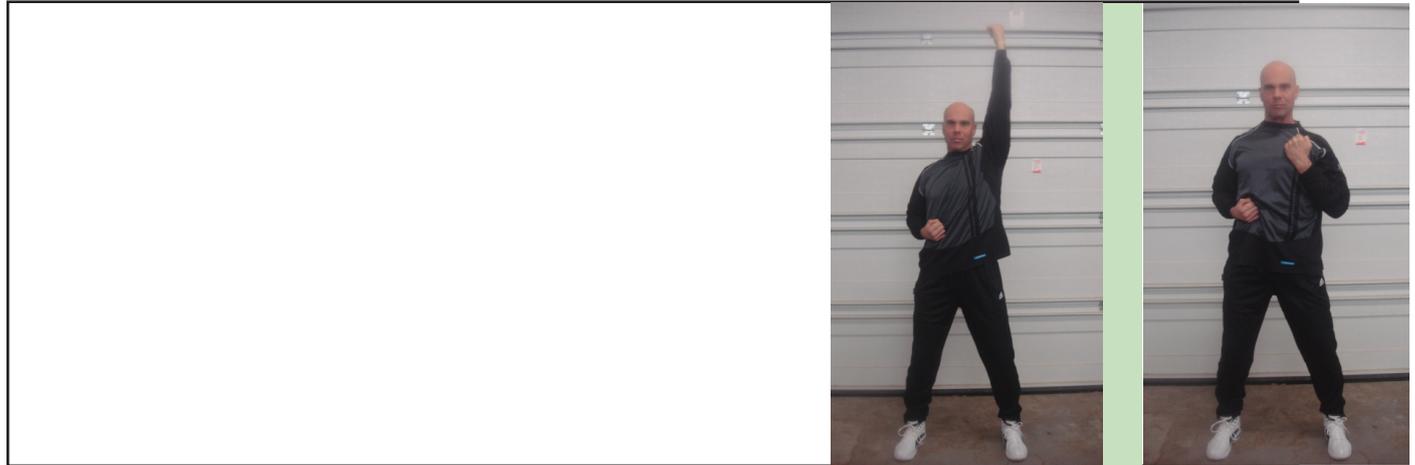


2) Upper Body Pull (UBPull)

May be rotated M-W-F

Perform Three sets of 8-12 reps.

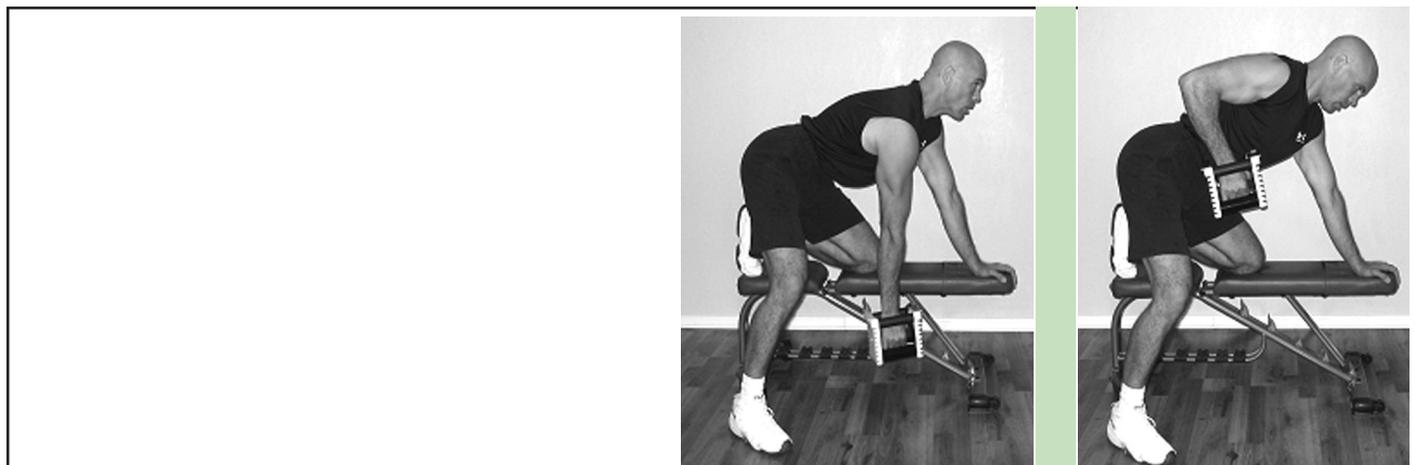
Imaginary one arm pullup (UBPULL)



Upright row (UBPull)



One arm Dumbbell row on bench



Upper Body Push (UBPush)

Perform Two sets of 8-12 reps

May be rotated M-W-F

Overhead Press (UBPush)



Push Up – All Forms (UBPush)



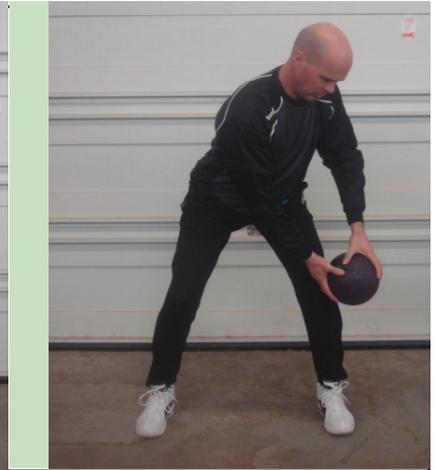
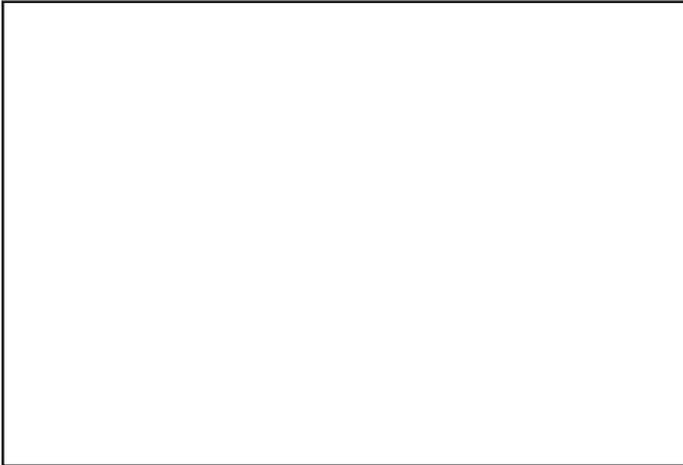
Incline dumbbell Bench press (UBPush)



"Polish Off" Exercises

Perform One Set Each Side Only

Wood/Golf Chops (RT) 10 -20 times each direction



Single leg stiff leg dead lift 10-20 Reps



Now, follow this up with 12-15 minutes of energy development activity, fuel with quality and get plenty of rest between workouts.

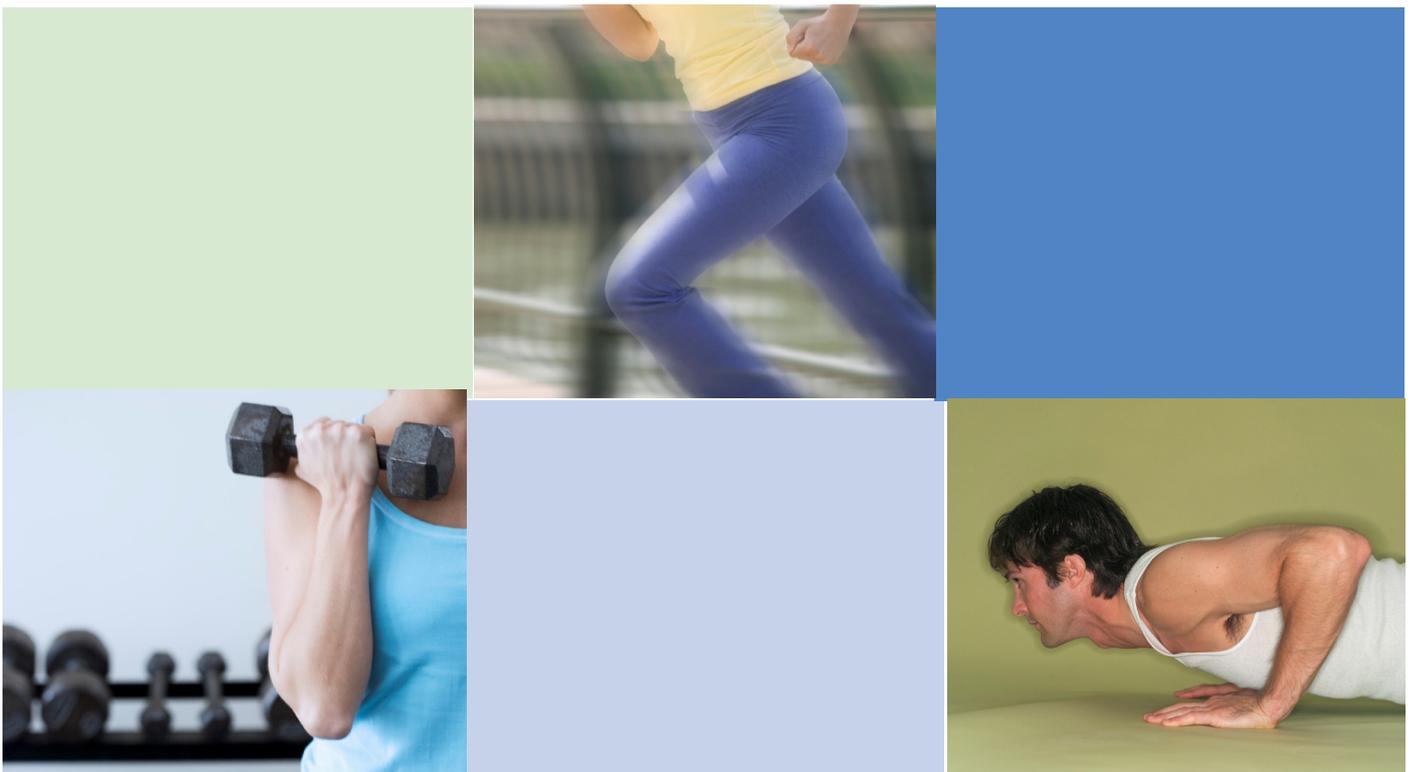
Some of the most recent evidence suggests that weight training, which is generally more intense than aerobic exercise, may have greater benefits for the heart. In 1990, the American College of Sports Medicine revised its long-standing prescription of purely aerobic exercise for health, fitness and longevity. Now they have added sessions of weight training with free weights or machines. The new ACSM program advises a minimum of two sessions a week of 10 different exercises to strengthen the large muscles of the chest, back and legs, plus three sessions of aerobic exercise.

This sensible development has been practiced for 50 years by bodybuilders who are well aware that two-thirds of your muscle mass, the dynamic tissue of the body that aids the heart in pumping blood, is above the hips. That leaves it untouched by the usual aerobic exercises of jogging, walking and cycling.

The healthy effects of weight training have just been demonstrated in a new study at McMaster University, Ontario, done on heart disease patients. Dr. Neil McCartney and colleagues compared weight training plus aerobic exercise against aerobic exercise alone in patients with coronary heart disease (18). At the start of the study, the two groups of patients were similar in exercise capacity. Training went on for 10 weeks. The aerobic group did two sessions a week of 75 minutes of aerobic exercise. The weight training plus aerobic group did two sessions of 35 minutes weight training, then aerobics to bring their total exercise time to 75 minutes. So both groups spent exactly the same time exercising.

The results put aerobic exercise to shame. The aerobic group showed a negligible 2% increase in cardiovascular capacity, and only an 11% increase in the time to exhaustion, measured on the stationary bike. The weight training group showed a 15% increase in cardiovascular capacity, and a massive 109% increase in time to exhaustion.

In strength, the results were fantastic for weight training. The aerobic group showed negligible increases in arm curl, leg press, and leg extension tests. The weight training group showed big increases: arm curl – 43%; leg press – 21% and leg extension – 24%. These findings indicate that pumping iron is the best form of exercise you can get.





HEALTH

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Women urged to pump iron

By Patricia Sabga

NBC NEWS

In search of fitness, women discover new kind of strength

July 11 -- Five years ago, Linda Kaplan was 30 pounds overweight and sapped for energy. "I decided I needed to make a change," says the Manhattan resident. "I decided weight-training – strength training – would be a great way to help tone and help me lose weight faster." Now, one month from her fortieth birthday, Linda's weight is under control and she's so energized she runs marathons. She attributes the turnaround to pumping iron.

"I'm in SUCH a different place," she says. I feel like I'm much healthier, I do adventure travel, I walk all over the place, I run and I think strength training has really helped propel that."

Studies have shown that weight-lifting or strength training can lower blood pressure, decrease the risk of diseases like diabetes and osteoporosis, and even elevate mood. Weight lifting is also a great way for women to burn fat and stay trim. Especially women over 30, who lose muscle mass every year.

"When you lose muscle, your metabolism slows down and you gain more fat," explains Dr. Lisa Callahan, Director of Women's Sports Medicine at Hospital of Special Surgery in New York. "If you want to maintain weight loss, weight training is the way to go."

CENTER OF GRAVITY Squat						
CENTER OF GRAVITY Split Squat						
CENTER OF GRAVITY Step Up						
UPPER BODY PULL Upright Row						
UPPER BODY PULL Dumbbell Row						
UPPER BODY PULL Imaginary Pull Up						
UPPER BODY PUSH Overhead Press						
UPPER BODY PUSH Push Up						
Woodchps Med Ball, Soup Cans, etc.						
Single leg stiff leg dead lift						

