

Workout Principles

by
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Last week I provided some basic principles to help guide your nutrition. This week I figured I would do the same thing for your workouts. When people come to our facility the goal is to not only give them a good workout but to teach them some of the basic principles that we use so that they can perform proper workouts anywhere. So here are some of the basic principles we use to develop our workouts.

- 1) **Build strength** - Strength is the most important aspect of a workout program. Lean muscle accelerates your metabolism. You are also more likely to need strength rather than cardio in everyday life. For example, you are more likely to need to lift something off the ground or open a jar than you are to run five miles on any given day. Also, lean muscle mass is one of the best predictors of longevity.
- 2) **Use compound movements** - A compound movement is any movement that involves more than one joint. Examples of compound movements are squats, lunges, deadlifts, pull-ups, rows, pushups, and overhead pressing. Compound movements are great for driving hormones that allow you to get leaner and stronger. Compound movements also burn more calories.
- 3) **Use a progression** - Using a progression is the key to long term gains in the gym. Every time you perform a workout the goal should be to do a little better than your previous workout. This will constantly force your body to adapt to the demands that you are placing on it. There are several ways to make progress including lifting more weight or doing more repetitions with the same weight.
- 4) **Perform interval cardio** - Regular cardio is very over rated in terms of getting leaner. Interval cardio is much more effective. In fact, some studies have shown interval cardio to be 9 times as effective in terms of losing body fat. Interval means to sprint for a short period of time such as 30 seconds, and then go easier for a time period, such as 1 minute. Rotating back and forth between high intensity and low intensity is the basics of intervals.
- 5) **Play and walk more** - Try to make an effort to be more active in your everyday life. Walking and playing with your kids is a great way to get some added activity. The people who are the happiest with their bodies perform an average of 5 hours of activity per week. Life should be full of enjoyable aerobic movements, with a little anaerobic activity thrown in there on occasion.
- 6) **Consistency before intensity** - The most important thing for a beginner is to become consistent and gradually progress. Most people fail because of consistency. Once you have become consistent then it is time to take up the intensity. Intense exercise is what drives the hormones, and hormones are what really change your body.