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FITNESS TRAINER™

OCTOBER 2015

FOR TRAINERS BY TRAINERS

AN IFBB PRO'S FITNESS JOURNEY

**Training for the Tri, Anatomy of the Sit Up,
Yoga Workout, Eat Your Turkey, MMA Fighting**

**All your favorites: Don Cestone, Dr. Adams,
Justin Tarica, Vic Tringali**

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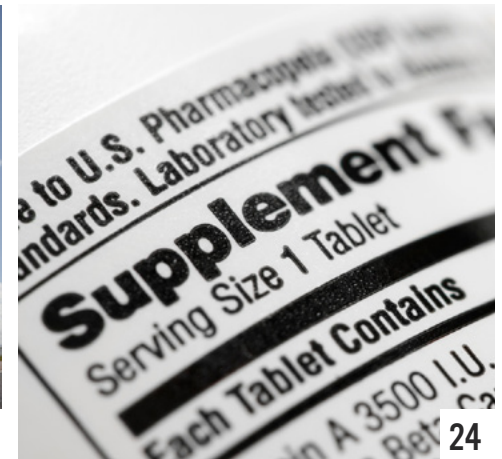


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“WRITE ON”

A MEMO FROM THE EDITOR

In the two years I’ve worked here, it’s amazing how much I’ve learned from our writers. The writers at *Fitness Trainer* are cool people, and somehow they infuse the magic they do on the mat into their writing. Every issue, they hand in energetic stories about their roles in the fitness industry, whether that be training MMA fighters (as in our newest contributor, Kevin Kearns) or training kids or training sailors or training celebrities or training the rest of us who simply want to lose weight and get fit—point is, we’re here to share their experiences for you.

For this issue’s cover we wanted to focus on a particular fitness trainer’s experience and we called upon Rich Tuma, IFBB Pro. In his article Rich shares his journey through fitness – how he got started, what kept him here, and how he’s planning for the future. Read Rich’s article on page 28.

One of our veteran writers, Don Cestone, always has a remarkable story I’ve never heard about and he never fails to entertain me with his inside scoop about the industry. This issue, he pushes an industry hot button – steroids – and says out loud in his article on page 46 what others only whisper.

Over the past two years, we’ve added on more writers to create a rich landscape of fitness information that you can pass along to your clients, friends or family. We know you’re educated in your craft, so we bring you articles that are at the level you’re seeking, such as with another new writer, Kaylee Cahoon, a movement educator who writes about the “Anatomy of the Sit Up” on page 58. Kaylee explains the sit up using language you use with your own clients, explaining the

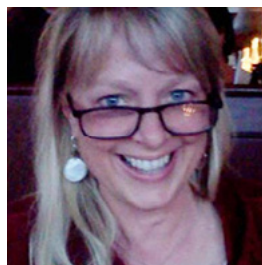
better ways to move our bodies so that we can continue with fitness for years to come.

We’re thrilled to have two writers from Drexel University’s Recreation Program, Executive Director Victor Tringali and Joe Giandonato, manager of health promotion. We’re excited to hear what Vic has to say this issue about training strategies for bodybuilders with Chronic Musculoskeletal injuries on page 10. Joe’s article on page 16 focuses on strength training for sprint triathlons.

I’m running out of space so I’ll talk about our other fab writers next issue. For now, click on over to the Table of Contents and see what you’d like to read. By the way – are you new to *Fitness Trainer*? At the end of every article is a blue rectangle-shaped button that says “Return to Table of Contents” – click there if you want look for another article or just click the arrow on the right and see what article is next. Our magazine is full of interesting content, which includes our advertisers, so take a look at them, too, and see what they have to say.

Do you have a story idea for *Fitness Trainer*? Would you like to write for us?

Let me know here:
amyck@msn.com.



We’d love to hear from you!

Take care,
Amy

FITNESS FAN MAIL

Send us a note and tell us what you think of Fitness Trainer and what we can do to make it better.

LETTERS

Letters for this issue were selected from our [Facebook page](#)

Great article on Gunnar Peterson. He seems very down to earth and genuine. Too bad he's married lol.
~ MaryAnne O'B

Ever think about doing an article on massage?
~ Nancy T.

Editor's note: We've never talked about doing an article on massage but I love the idea! Thanks, Nancy T.

Went to muscle beach yesterday, great place.
~ Juan M.

I talk to my clients all the time about not sucking in their stomachs while lifting or exercising. Nobody seems to know about this. Was glad to see it in your magazine.
~ Sean K.

Nice article on crossfit.
~ Paul M.

*Editor's note: Thanks Paul!
It was by Ryan S. Nelson. We liked it, too!*

No more yoga?
~ Taylor

Editor's note: This month we've got our Yoga Contributor Karen Moreno Lawyer writing about a powerful yoga routine that can be done anywhere. Enjoy!

Thumbs up!
~ Joseph S.



WE WANT TO HEAR FROM YOU!

Let us know if you're training a client for a triathlon or a marathon. We want to hear about what you work on with your client and your successes. **Let us know on Facebook!**

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Endorsed by The National Strength and Conditioning Association, The National Council for Certified Personal Trainers, The International Association of Resistance Trainers, National Academy of Sports Medicine, ECA World Fitness

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On the Cover: Rich Tuma. Photo taken at Gold’s Gym in Bridgewater, N.J.



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A man is shown from the chest up, carrying a large, black, textured mat over his right shoulder. The mat has a complex, irregular pattern of raised and recessed areas, resembling a topographical map or a specialized exercise mat. He is standing in front of a brick wall. The image is framed by a white border, with a white arrow pointing upwards on the left side. The word "FLIPS" is written vertically in white, bold, sans-serif capital letters along the arrow. At the bottom of the frame, the word "RECOVERY" is written in white, bold, sans-serif capital letters, preceded by a plus sign. Another plus sign is located on the left side of the frame, between the arrow and the bottom edge.

FLIPS

+

+

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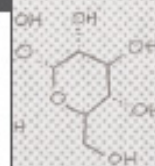
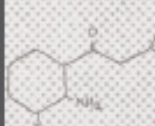


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DAMAGE CONTROL



Training Strategies for Bodybuilders with Chronic Musculoskeletal Injuries

By **Vic Tringali, MS, CSCS**

Like many competitive bodybuilders, I've done my fair share of heavy lifting. Unfortunately, years of heavy repetitive movements, coupled with an unquenchable desire to win, resulted in muscle imbalances and wear and tear injuries that wreaked havoc on my joint health and put an end to my "Blood and Guts" training style.

As a consequence of decreased range of motion, arthritic changes from old injuries, and joint capsules that sounded like Rice Krispies tussling in a puddle of synovial fluid, I was compelled to revise my approach in order to continue deriving enjoyment as well as the extensively documented benefits from

resistance training. The good news is that suffering with these training-related musculoskeletal injuries and other orthopedic issues didn't have to end with writing my weight training eulogy.

Here are five practical tips for those whose musculoskeletal health may have succumbed to their ego-infused, gravity-defying, and injurious iron-clad pursuits.

1. Correct Imbalances

Muscle imbalances result from opposing muscles becoming chronically lengthened or shortened in relation to one another. A shorter, stronger muscle will pull harder on a joint and place your body in a suboptimal position, triggering a compensatory

movement pattern. Over time this can lead to dysfunction and deterioration of joints and tissue injury which ultimately equates to diminished lifting performance.

Conversely, in some instances, injuries themselves may set the stage for muscle imbalances due to a functional compensation of muscles.

In order to correct imbalances a training protocol may call for a modification of one's program, including, but not limited to, the integration of more flexibility exercises, which improves elasticity of short, tight muscles and targeted corrective exercises for weaker ones, in order to improve posture and movement.



2. Warm Up

The objective of warming up is to achieve a short-term increase in the range of motion at a joint and increase core muscle temperature. The latter may be even more important than stretching in decreasing the risk of soft tissue injuries. Ideally, incorporating multiple stretching modalities, in addition to progressive submaximal exercise, may offer the most effective strategy for preparation of high intensity resistance training.

Warming up should be initiated by a relatively low-intensity aerobic activity to increase core and muscle temperature, peripheral blood perfusion, and improve neuromuscular function.

Flexibility exercises should then be employed. They may consist of multiple modalities—including the performance of self-myofascial release with a foam roller, lacrosse ball, tennis ball or PVC piping, as well as passive stretching—which involves moving a limb to the end of its range of motion and holding it in the stretched position for 15-60 seconds.

Finally, a dynamic warm-up that consists of a rehearsal of the exercise about to be performed with a gradual increase of intensity might be incorporated. Collectively, these necessary practices which enhance muscle extensibility and align joints, run penultimate to the commencement of resistance training.

3. Range of Motion—Use What You've Got!

Full range of motion is commonly advocated for resistance training programs in order to ensure joint flexibility, strength development and muscle fiber recruitment. However, full range of motion, which is generally defined as the full movement potential of a joint during flexion and extension, varies from person to person and may be limited to any particular orthopedic inflexibility. For example, damage or “wear” to articular cartilage surfaces of joints, which may include osteophytes or “bone spurs,” reduces space between joint surfaces, causes limited mobility and produces friction, pain and inflammation. Thus, training in a pain-free

range of motion is inherently safer, as it instigates less pain while potentially reducing the risk of inflicting additional damage to adjoining connective tissue.

4. Lighten the load

Research has shown a high correlation with training loads and incidence of strength-related injuries. Chronic, high-intensity joint-loading may lead to cartilage degeneration and progression of arthritic conditions. Therefore, reducing loads upon muscles and associated connective tissue could mitigate the risk of further musculoskeletal injury and relegate stress to sore and aching joints.

And contrary to the long-held beliefs, mounting literature suggests that lower load training can result in significant muscle growth. In fact, recent research suggests that lighter weights may be just as effective as heavy loads.

Recently, Schoenfeld, et al. (2015) compared a low-load routine which consisted of 25-35 repetitions performed to failure with a high-load routine where 8-12 repetitions were performed. The low-load protocol significantly increased muscle hypertrophy similar to that of the traditional higher-load training. This muscle-building potential of low-loads could be due to added time under muscular tension and ensuing metabolic stress as well as greater stimulation of the often underestimated growth capacity of type I muscle fibers.



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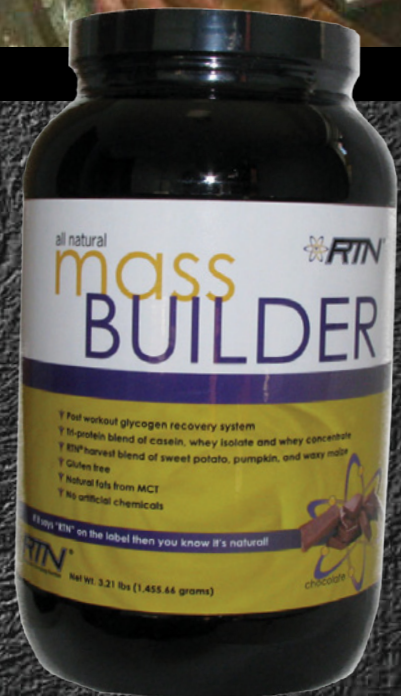
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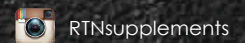
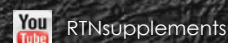
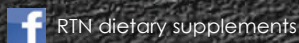
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5. Slow Down!

Control is central to stimulating muscle and mitigating injury risk. And as I alluded to earlier, any faulty movement pattern could further contribute to muscle imbalances or joint dysfunctions. Performing movements at high velocities may bring about a potential mismatch of control and proper biomechanics.

Likewise, repetitions performed at slower cadences are believed to induce greater amounts of stress to the working muscle by concurrently reducing momentum and increasing the duration the muscles are exposed to mechanical tension. Together, reduced momentum and more time under tension can prove beneficial for both hypertrophic gains as well as reducing risk of soft tissue injury.

Although worn and injured joints and connective tissue can certainly be disruptive and painful, it may not require adopting a checkers partner from the community senior center. Pinpointing an effective strategy for musculoskeletal longevity may simply consist of incorporating a few minor training modifications and some additional maintenance practices.

Train Smart and Good Luck!

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Victor Tringali, MS, CSCS presently serves as the Executive Director of University Wellness at Drexel University, where he is responsible for the design and subsequent delivery of the institution's wellness strategy and all associated programming. Since he assumed his role in 2010, Drexel University has been recognized by the American Heart Association, WELCOA, and the Philadelphia Business Journal for the collective health of its employees and cutting edge programming. He is the founder and owner of Team Vic Enterprises, offering consultative services to organizations in the realms of health promotion and wellness programming, fitness center design and management, and hosting events, such as workshops and conferences related to fitness, wellness and nutrition. Tringali, a five-time finalist of the NPC National Bodybuilding Championships, presently works with a number of professional and top amateur bodybuilders, physique, fitness and figure competitors and has experience training athletes who have competed at Olympic, professional and collegiate levels. Also an accomplished author, Tringali contributes to several health-related publications and was appointed international editor for the Italian Journal of Sport Rehabilitation and Posturology.

He holds a master's degree in exercise science, a bachelor's degree in exercise physiology, and is certified through the National Strength and Conditioning Association as a Strength and Conditioning Specialist and the National Academy of Sports Medicine as a Performance Enhancement Specialist and Personal Trainer. He is a member of the American College of Sports Medicine, the International Society of Sports Nutrition, the National Strength and Conditioning Association, and the Wellness Council of America. His website is www.teamvic.com.

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THE SPRINT

Strength training is key

By **Joe Giandonato**, MBA, MS, CSCS,
Manager of Health Promotion Drexel University Recreation Center

Few events present challenges as distinctive as triathlons, whether that be the traditional Olympic variety (1.5 km swim, 40 km bike, 10 km run) or standard sprint distances of 750 m swim, 20 km bike, 5 km run. At Drexel University Recreation Center in Philadelphia we're gearing up for our popular indoor sprint triathlon in March 2016, so I wanted to share how I was helping participants train for the event. Next issue, I'll talk about our new and exciting recreation center at Drexel where our sprint triathlon will take place.

Holy Grail of Longevity: Strength Training

Many prospective sprint triathlon competitors commit the mortal sin of endurance athletes by failing to incorporate resistance training during their preparation between races or during the offseason. Scores of scientific literature have

long supported the inclusion of strength training for endurance athletes of all disciplines. Rather than recite the studies and their findings, it's important to know that adding strength training will help correct muscular imbalances and economize the motions associated with swimming, biking and running. Millet and colleagues (2002) suggested that running economy alone may be a more accurate predictor of running performance among indicators including VO₂ max and lactate threshold. Strength training enhances the tendon stiffness qualities and force absorption and generation capacities of muscles. Musculotendinous structures buttress forces associated with landing during running gait (which can span from 3-5 times bodyweight) and redirect them back into the ground, which help propel your body forward.



Why else does our body need it? Stronger muscles are more responsive, helping protect our not-contractile structures, such as connective tissue and joints, which lay susceptible to overuse injuries. Strength training can also help streamline one's swimming abilities and strengthen the shoulder region, as swimmers are subjected to nearly 16 times more overhead work than are baseball pitchers. And properly selected exercises for the upper back and core musculature can help correct posture and allay pain emanating from prolonged bike work.

The Buy In

The greatest challenge for a trainer is getting seemingly stubborn and seasoned triathletes (and aspirant ones) to buy in to a strength training program. The holy grail of longevity is largely achieved through maintaining musculoskeletal health, which is largely made possible by incorporating strength training.

Each strength training program should have three common denominators: safety, efficiency and effectiveness. To address each, all new participants should be thoroughly screened for muscular imbalances which can be capable of begetting chronic overuse injuries. Commonly used assessment strategies, which are employed at Drexel's Recreation Center, include the Functional Movement Screen, Selective



Functional Movement Assessment and the Y-Balance Test. Interested participants may also consider having a gait analysis performed, a service offered by our team of sports physical therapists, to help connect the dots of both form and function.

A battery of corrective exercises can be prescribed to participants who exhibit aberrant movement during one or a number of evaluations. These exercises can be performed at home, in the office, before strength training, or prior to logging distance in the pool, atop the bike, or on the track. Variations of common multi-joint, ground-based exercises,

including the squat and deadlift, should be employed to improve strength, elicit functional hypertrophy, and increase rate of force development. They can be performed ballistically (i.e. jump variations) and/or substituted with rapid movements, such as kettlebell swings, as progress dictates.

Ideally, only two to three days per week need to be devoted to strength training before a triathlon. These sessions comprise full-body workouts, in which the objective undulates depending on how far along they are within their race preparatory program. Initially, tissue quality and strength need to be addressed.



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Chris Cooper: Opening Keynote: Help First



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2:00pm – 3:30pm

Dmitri Adler: It's All About the Data



Learn how tracking your clients' behaviors and successes can keep your business thriving.

Saturday, November 21

2:00pm - 3:30pm

Scott Rawcliffe: Building a Social Media Presence for Your Business



Join Scott Rawcliffe in the follow-up session to his keynote talk. Take a deeper dive into the world of social media and how to build the best presence for your business.

Sunday, November 22

10:00am - 11:30am

Phillip Godfrey: Government Regulation Panel



Join fitness industry leaders for a panel discussion on the regulation of our industry. With nearly every state considering additional regulations, stay up to date on this important issue!

2:00pm - 3:30pm

Lisa Reed: Five Ways to Change the Way Your Clients Think



Do you find that your clients' mentality is often more of a barrier to success than their physical capability? Join Lisa Reed as she shows you how to help your clients think differently about their fitness and well-being.

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Are you gearing up for your own sprint triathlon? Refer to the sample program below:

Self-myofascial release consisting of:

Preparatory

3 x :30 Tennis/lacrosse ball -- plantar fascia (each side)
 3 x :30 Foam roller -- calf (each side)
 3 x :30 Foam roller -- hamstring (each side)
 3 x :30 Tennis/lacrosse ball against wall -- piriformis/glute medius/tensor fascia latae (each side)
 3 x :30 Foam roller -- adductor (each side)
 3 x :30 Foam roller -- quadriceps/hip flexor
 3 x 10 breaths Foam roller -- thoracic extension with exhalation

Prevention

Corrective exercise battery consisting of:
 1 x 5 repetitions -- matrix lunge -- each side (stationary body weight lunge: front, diagonal, lateral, reverse)
 1 X 5 body lengths -- hand walkout
 2 x 10 repetitions -- scapular floor slide
 2 x 10 repetitions -- glute bridge
 2 X 10 repetitions -- lateral leg raise (extended knee)

Power

3 x 10 repetitions -- kettlebell swing

Strength

3 x 8 repetitions -- paused kettlebell goblet squat (assume deep squat position: knees out, tight core, long spine, weight distributed evenly on rear- and forefoot, inhale during descent, hold breath for one second, exhale during ascent)

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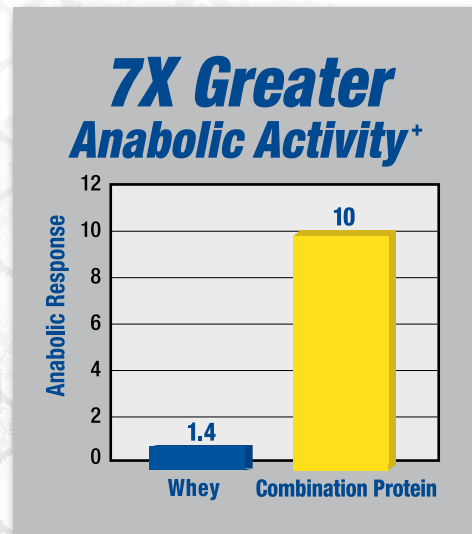
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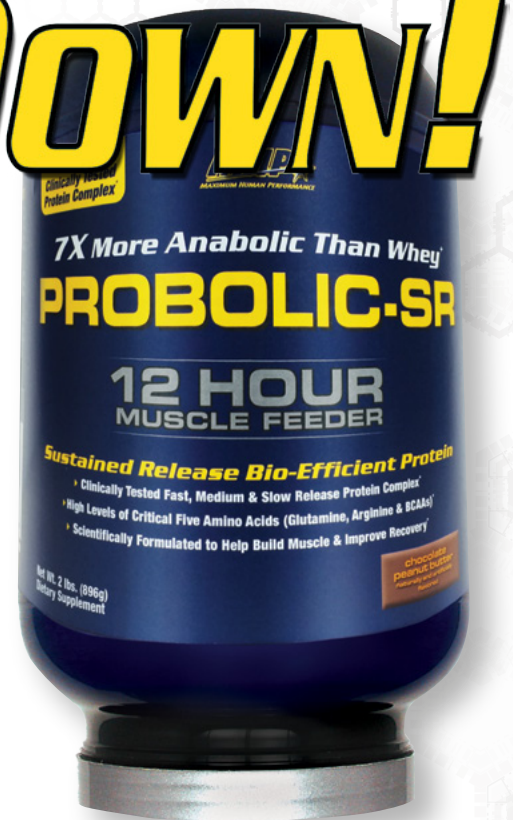
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"This study confirms that consuming a blend of proteins (whey, soy and casein) provides a prolonged delivery of amino acids to the muscles versus whey protein alone, making it optimal for consumption following resistance exercise," said Dr. Blake Rasmussen of the University of Texas Medical Branch, who conducted the study.



protein blend will provide greater anabolic muscle building effects much longer than possible than using whey protein alone.



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*"Soy-dairy protein blend and whey protein ingestion after resistance exercise increases amino acid transport and transporter expression in human skeletal muscle." Reidy, P.T., et al., *Journal of Applied Physiology*, April 3, 2014.
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Functional Muscular Fitness
(perform in alternating manner)

Exercise Pair "A"

3 x 10 repetitions -- bottoms up kettlebell press
3 x 10 repetitions -- bent kettlebell row

Exercise Pair "B"

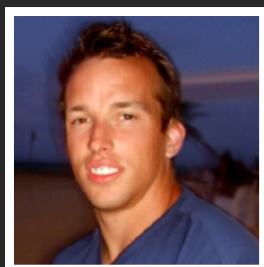
2 x 12 repetitions -- kettlebell RDL (one leg)
2 x 15 repetitions -- dumbbell Blackburn "T" (lie prone on incline bench, grasp two light dumbbells, squeeze shoulder blades together, and elevate arms)

Exercise Pair "C" (C for Core)

1 x :60 side plank (each side)

Reference

Millet, G.P., Jaouen, B., & Borrani, F. (2002). Effects of concurrent endurance and strength training on running economy and VO₂ kinetics. *Medicine and Science in Sports and Exercise*, 34, 1351-1359.



Joe Giandonato, MBA, MS, CSCS, presently serves as the Coordinator of Fitness Programs at Drexel University, where he oversees assessments, personal training, and all recreational fitness programming. Previously, Giandonato served as the Head Strength and Conditioning Coach and Fitness Director at Germantown Academy in Fort Washington, PA, where he presided over the assessment, preparation, and implementation of training programs for athletes in grades 6 through 12 and a diverse and accomplished alumni base, many of whom compete in collegiate athletics and in a host of professional and amateur leagues. Giandonato also serves as an adjunct instructor of exercise science and fitness electives at colleges throughout the Philadelphia-area. Concurrent with his administrative and teaching duties, Giandonato is also an accomplished writer, having authored over 250 articles appearing on websites and in print. Previously, Giandonato held stints at Saint Joseph's University, where he assisted with their strength and conditioning program, the University of Pennsylvania, where he served as a personal trainer within their Department of Recreation and at the Children's Hospital of Philadelphia, where he developed and availed health promotion programming in a number of departments. Giandonato is a 2007 graduate of Fairleigh Dickinson University, where he studied psychology, and holds master's degrees in exercise science and business administration. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and is a professional member of the American Physiological Society, American College of Sports Medicine, and the National Academy of Sports Medicine.

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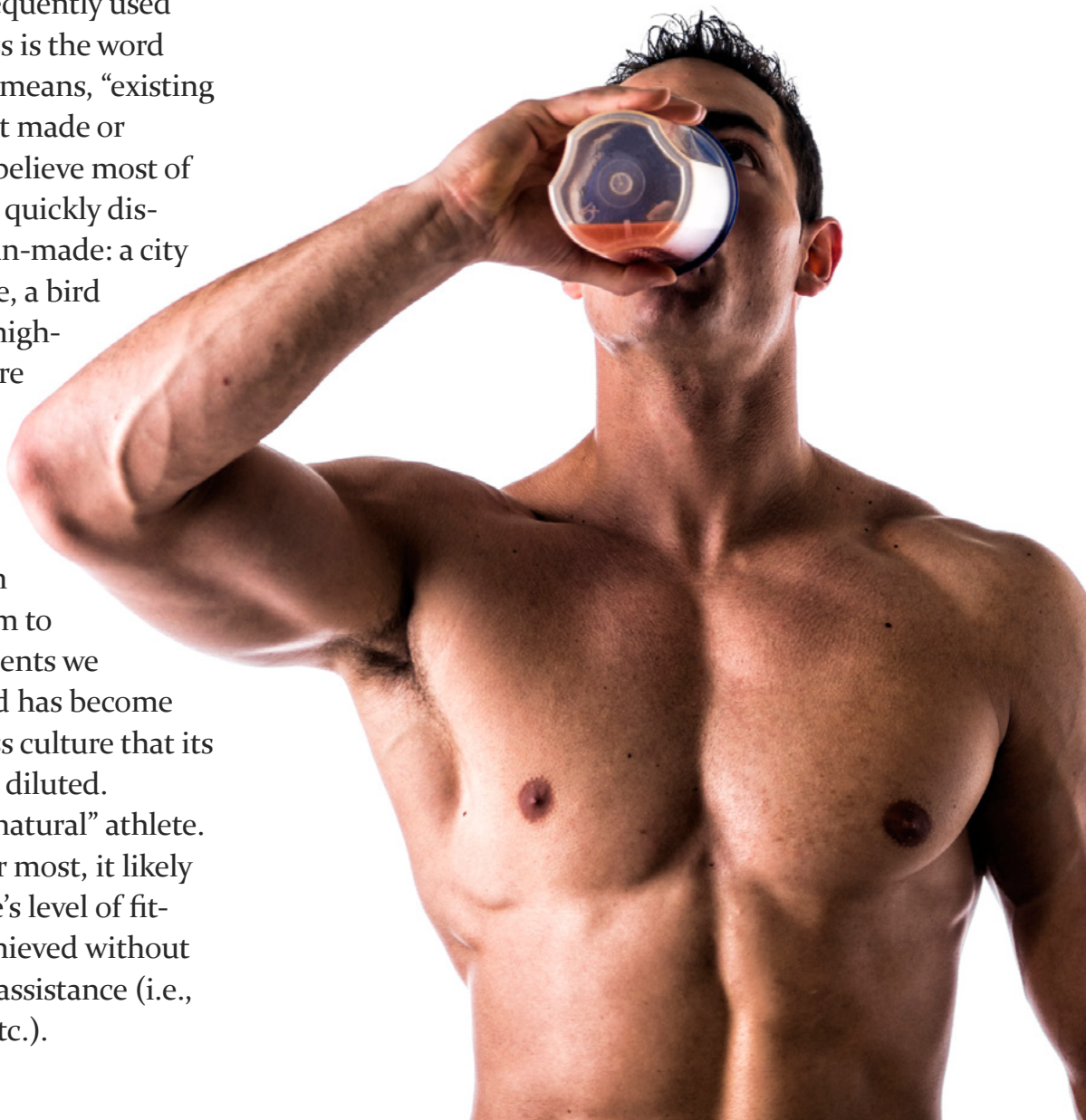
By **Edwin H. Adams, Pharm.D.**

A “rose by any other name would smell as sweet” is a frequently referenced part of William Shakespeare’s play *Romeo and Juliet*. With the statement, Juliet argues that it does not matter that Romeo is from her rival’s house of Montague. This timeless reference is used to imply that the names of things do not affect what they really are. I beg to differ.

One of the most frequently used words in health and fitness is the word “natural.” By definition, it means, “existing in or caused by nature; not made or caused by humankind.” I believe most of us could walk outside and quickly discern what is natural or man-made: a city building, a lemon on a tree, a bird flying above, a car on the highway. All of these phrases are easily classified as either man-made or natural. Yet, we find “natural” applied to many areas of the fitness industry—from the type of athlete we claim to be, to the type of supplements we choose to ingest. The word has become so ubiquitous in the fitness culture that its true meaning has become diluted.

Let’s consider the “natural” athlete. What does that mean? For most, it likely represents that the athlete’s level of fitness or aesthetics were achieved without the use of pharmacologic assistance (i.e., steroids, pro-hormones, etc.).

Is pharmacology the distinguishing factor? Referring back to the dictionary definition, where does the retail supplement industry rank in this “natural” classification paradigm? In looking at the label of any retail supplement, I find it hard to believe that many of those ingredients aren’t either made or caused by mankind. So if one were to take a retail supplement of any kind, should that void the use of the word, “natural,” to describe one’s journey? Perhaps the defining line is what the bodybuilding federations consider “banned” substances.



Using substances listed on such prohibited lists can prevent one from competing in the particular “natural” federation. For Olympic caliber athletes, banned substances lists also play a significant role in the management of fair play in competitive sport. As the science of cheating tends to outpace the ability to keep such lists current, it’s often the substance’s effect rather than its source that determines whether or not you will find it on a list. However, it is a good-faith effort to level the playing field. And athletes competing in Olympic or other “natural” events want to know that everyone else who is competing has earned their spot without the use of performance-enhancing products. Natural talent, mental focus and adaptive training have withstood the test of time as the defining characteristics of true sport.

I have seen some supplement stacks and frequency of use patterns of supplements that would make one question just how “natural” it is. Perhaps using the word “natural” is an ego-protective mechanism. It allows one to quickly deflect the accusations of pharmacologic enhancement via more sinister means. Seeing “natural” on a product tends to make us feel better about taking it, particularly the health-conscious individual. If we see two products on a shelf, one saying natural and the other not, it could lead someone to make a judgment



call based off of a single word. It’s a powerful marketing term. And often misused.

Where are the lines drawn? More important, why are we even discussing it? As a health and medicine contributing author and a healthcare professional, it truly is a matter of safety—safety of the end-user. Just because it’s natural, doesn’t mean it’s safe. Let’s take water for instance. Water, in excess quantities, can be harmful. Water is “natural.” No argument there. Yet it can be harmful. So the word “natural” should never be used as a marketing scheme to imply any level of safety. Natural should simply help identify the product’s source. When the word is seen on the label of a product, carefully consider the context and the degree to which it is used. Become a label expert and use the definition above as your guidepost.

Now I’m not suggesting that if it isn’t natural, it’s not good for you. Instead, I am urging you be an educated consumer and teacher. We often turn to The Food and Drug Administration (FDA) for assistance with food and supplement safety issues. Yet the FDA has little to offer in the discernment. On their website ([FDA.gov](https://www.fda.gov)), it states, “From a food science perspective, it is difficult to define a food product that is ‘natural’ because the food has probably been processed and is no longer the product of the earth. That said, FDA has not developed a definition for use of the term natural or its derivatives. However, the agency has not objected to the use of the term if the food does not contain added color, artificial flavors, or synthetic substances.” As supplements are considered food products, this FDA perspective applies.

So what is the fitness consumer to do? First, be aware of labels. And I'm not necessarily talking only about the ones on food products and supplements. I'm speaking of the ones we place on ourselves. In our relentless pursuits of health, fitness and wellness, it's important for us to critically evaluate where we are today. As fitness trainers, we are obliged to help our clients do the same. And in that moment of self-awareness, we have a choice to make. We have the power to choose what tools and assets we will use to support our journey. And we have the responsibility to be the mentors for and advocates of true sport. It's only natural.



Dr. Edwin Adams and Lt. Jonathan Jopling are the founders of The Relentless Pursuit

by StayRxFit, LLC - home of the GeneRXations Podcast on iTunes. The Relentless Pursuit is a movement that embodies the realization that there are no real finish lines in life. Whenever we do "finish" something, there is always another challenge to move beyond. Our goal is not to out-score or out-perform our opponents. Our goal is simply to become better than we were yesterday. This is a community of like-minded athletes in service to others through positive thought, motivational words and supportive deeds. A complete list of support services may be found online at StayRxFit.com. We won't stop because ... there are no finish lines. #StayRxFit

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MY JOURNEY IN THE FITNESS INDUSTRY

By Rich Tuma IFBB PRO, RTN CEO, CPT, NCMT, CFN



When I was 13, my father was experiencing some health problems and needed to lose weight. I went to the health club with him, and although I was an athlete, I did not yet understand what it meant to truly be healthy. Like any other young kid, my nutrition included junk food saturated in fats and sugars, and being sedentary while playing video games. I also spent a majority of my childhood playing everything from baseball to bowling, and I was even elite at times, but my day-to-day habits were not always based on the best choices for my body. I found myself sick more often than a young man should be. I internalized a lot of stress and didn't know how to release it. I needed an outlet that would not only benefit me physically, but would also biochemically release endorphins.

The combination of bad nutrition and stress probably played the role of why I was sick so often. However, when I initially began working out with my father, I started putting the puzzle pieces together. I couldn't *be* an athlete without having the behavioral patterns of an athlete. I felt the difference physically and mentally immediately, and my father did, as well. My dad lost weight and improved his health tremendously. He looked younger and got stronger. I gained energy, strength and had better self-esteem. Undoubtedly, I also became a better athlete and started noticing muscles, which helped improve my performance. I knew then, when I started seeing real results of my hard work, that I wanted to help others experience this. At the time, I didn't know about personal training because it really wasn't a recognized industry yet.



I read a lot of magazines and books to learn about self-improvement. I continued this passion in other regions of my life and started working out with my friends at school or local gyms. It became a lifestyle for me and I knew I wanted to do this for a living someday.

In high school I worked at gyms and health food stores to learn the ropes of fitness and nutrition. These jobs played a huge

role in where I am today, even if I didn't recognize them as life changing decisions at the time. As I got to senior year of high school, I started to think seriously about the next chapter of my life. The first thing I thought about was my passion and helping people get results and the only thing I could imagine myself doing was owning a gym and training people. It was just a dream then, I had no money and

no idea how this could happen. I was just the floor boy at a gym making minimum wage, so you can imagine how whimsical my big goals all seemed to me at the time.

When I graduated, I thought I could use a business degree in order to help me open my own gym. However, after a semester of college, I realized that this wasn't my passion and that business was actually keeping



me away from my ultimate dream. My college was offering a new program called dietetic technology, which is a degree in nutrition. This seemed more of interest to me because my goal was not only to help people in the gym, but outside of the gym by making smart decisions with what they put in their bodies. I made the best decision of my life when I switched my degree over to dietetic technology while I got

certified in personal training. The certification helped me move up from a floor boy to a trainer in the gym I worked at. I began to work with all types of people and started to build a solid clientele. I constructed most of my business by referrals of satisfied customers telling their friends. I realized the potential in the fitness industry and I knew there were so many more things I was interested in learning. I had

the time and wanted to be a better all-around trainer, so I went to more schools and workshops. I also went to school to be a licensed massage therapist and also became a group fitness instructor.

I believe that if you are going to tell people what to do with their bodies and how to lead a healthy life style, you should lead by example. You have to walk the walk and talk the talk.

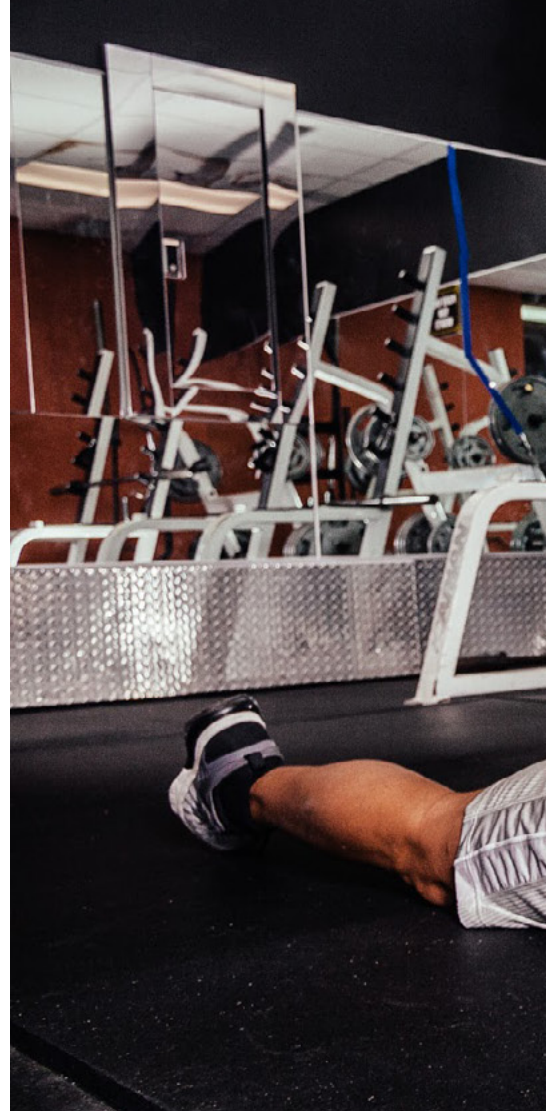
Fitness was my passion and I was a natural fitness competitor and model. I think as a trainer, my image is important to building a business. Think of it as the reverse concept of the saying, “No one trusts a skinny chef.” In my experience it is important to listen and have empathy to clients as they strive toward their physical goals. After all, it’s their time and I want to give them the kind of workout that will optimize whatever they want to work on that specific day.

Soon I was busy teaching classes such as kickboxing, aerobics, spin, beginners yoga, total body pump classes, training and massaging people. I worked at several different gyms teaching classes and training. It wasn’t easy, but I did what I had to do to build a business and make money.

In just a few years of training the dream came true, I finally opened up my own studio. This business made my day much easier because I was stationary in a space that was my own from top to bottom. The clients came to me and I could book more clients in a day, fitting people in almost every half hour of the day starting as early as 4:15 AM. I also finished college with a degree in nutrition and decided to offer nutrition plans to clients and people who wanted to improve their health. I had a business partner at the training studio and in less than two years we outgrew the studio

and moved to a gym in the next town. The gym offered membership and was the first one in this area. We took a loan and had faith this would work, which it did! This gym was financially successful during the first few years and then, like any business, had some obstacles. The gym wasn’t overly spacious, so the personal training lost some of its privacy with members around. Also, other gyms opened and took a piece of the pie. Ultimately, I had to readjust my plan and take what made us money into a new, more private training studio. The bills were smaller and it came with less risk. I was also able to do this along with running my supplement company, RTN.

As I get older my time becomes more valuable to me and I choose what I’m doing each minute with the wisdom of 30 years behind me. I have more responsibilities now than ever and this adjustment allows me to be able to still enjoy my passion in helping others. My rates have increased based on experience and overall client results, and I had to realize my self-worth as a trainer as one of the best in the country. One of the other important reasons for making this adjustment was because I wanted to spend more time with my family and take care of my personal health. I started competing again at 41 years old and earned my IFBB Pro card in physique. I also expanded my



knowledge to others through a video series called Fitness Fusion, which is a combination of different exercise methods.

From all of these years in this industry I learned that you have to start small to grow big and you have to keep learning to become better at what you do. It is important to follow your passion, but you must also make smart business decisions and realize what does and does not work for you on a personal level. You have to put the right value on what you are worth when charging for personal training sessions. It is okay to give, but not to be walked on. Most important, practice what you preach. Do not only talk the talk but walk the walk.



Rich Tuma has been involved in health and fitness since the age of 13 and has become one of the most diversely trained fitness/wellness professionals in the world. He is a certified personal trainer and fitness nutritionist for the last 20 years and has more than 10 fitness certifications. Rich is also a nationally certified massage therapist (NCBTMB) with over 20 years of experience with over 10 massage certifications. Rich is a first degree black belt in tae kwon do and has studied Jeet kune do, Muay Thai, Aikido and tae chi. He was the owner of Elite Fitness Center from 1996 to 2010 and currently trains people in the NJ area. In 2012 Rich created Fitness Fusion video series workout system combining different styles of martial arts, plyometrics and sports conditioning to give an overall conditioning workout to improve endurance, shred fat and increase strength, balance and flexibility. Rich is the President/CEO of Revolutionary Technology Nutrition, a company delivering supplements that are natural, safe and effective, since 2003. RTN uses all-natural ingredients from whole foods and powders that are naturally sweetened with stevia. Rich Tuma has also been a fitness and physique competitor for over 20 years and in July 2013, Rich won Class B to earn IFBB Pro card and the Overall title of show at the Pittsburgh Masters Nationals.

Beware of

Comfort Foods

By **Lori-Ann Marchese**
fitness trainer and star of hit Bravo series, "Game of Crowns"

Yep, with the chill in the air, we're now approaching Baked Goods Season, that time of year when summer gym routines start to fade.

It's no secret that fall brings endless temptations. The colder temperatures upon us, some instinctively reach for the warm apple crisp or richly made seasonal-themed drinks, anything to ward off the chill. Sugar, sugar and more sugar. So remind your clients that Oktoberfest needn't be about the calories but about enjoying the cooler air while going for a long run.

Fitness = Happiness

Maintaining our summer fitness routine is key to a healthier, better life. Sticking to "summer workouts" and healthy portions year-round truly will transform lives, even though cold weather memories remind us of yummy favorites like apple pie. (Sorry, am I making you salivate?) But tell your clients, as I do mine, wouldn't you rather give your body a great workout and keep that toned, flat stomach you tried so hard for? Our clients hire us for a reason, so about now is the time to offer them gentle reminders, such as, not

falling into the trap of comfort food and not letting that be your therapy. As we all well know, good food habits are easily broken. Even if we say to ourselves, "I'll have one splurge night," that can lead to more splurge nights.

"It's homemade, so it's okay?"

Is it made with butter? Cream? A big giant cup of brown sugar? Although some comfort foods seem okay, they can be deceiving. Just because something says it's low fat or low in sodium or homemade does not mean it is healthy. For example, homemade corn bread can seem like a better choice but it's probably not. The truth is, homemade cornbread has a high sugar and carbohydrate content. Translate that into calories!





Oh Those Cravings

We all tend to loosen the rules a bit when it comes to healthy eating during the holidays, but don't overdo it. The key to overcoming the crave of comfort foods is honestly to avoid those certain foods and filling your plate with more vegetables than starch. But before I get the Party Pooper award, if a client wanted a planned cheat, I might suggest keeping with the recommended serving size and to make these cheats special occasions.

For all those other times, we need to use our culinary prowess and swap out the ingredients that aren't good choices. If I'm craving those mashed potatoes filled with butter and milk, I just switch out the white potatoes with antioxidant-heavy sweet potatoes and avoid using butter. Instead, I top my sweet potato with some cinnamon. Feel free to pass along my Chili-Spiced Mashed Sweet Potatoes! They're one of my best recipes.

More swaps

Sure, it's nice to have a mug of hot cocoa but it's easy to forget, hot cocoa isn't the best route if it's made with cream and sugar. Pre-packaged hot cocoa might seem like a good choice but it's full of artificial flavorings and has a high sugar content. However, making hot cocoa with skim milk, cocoa powder, stevia and vanilla would be a delicious choice and healthy to boot. How about soups? Obviously creamy soups like Cream of Broccoli have very high contents of salt, fat and carbs. If you need to make a soup creamy, try adding some soaked raw cashews and broth to your blender, give it a whirl, then stir into your soup.

Above all, our clients do need us to be their cheerleaders. Remind them that the fall is not about eating all those baked goods but going on a long hike, trying a new yoga class, anything to keep them, and us, moving.



Chili-Spiced Mashed Sweet Potatoes

- 4 large sweet potatoes
- 1/2 cup orange juice
- 2 tsp. orange zest
- 2 tbsp. brown sugar
- 2 tbsp. ground cinnamon
- 1 tsp chili powder

Bake potatoes at 425 F in the oven until soft, about 70 minutes. Remove sweet potatoes from oven and allow them to cool slightly. In a small bowl, whisk together orange juice, orange zest, brown sugar, cinnamon and chili powder. Scoop out insides of sweet potatoes and place in a large mixing bowl. Pour orange juice mixture over sweet potatoes. Mash well and serve.



About Lori-Ann Marchese:

Lori-Ann Marchese is the star of the Bravo hit series “Game of Crowns”. Apart from being a ‘Bravolebrity’ she is also a fitness consultant/trainer and fitness cover model residing in Berlin, Connecticut. She is the owner of Body Construct LLC, a fitness facility where she trains women, and she recently launched her own line of Body Construct Nutrition Supplements. Her message is that through exercise, nutrition and a positive attitude, women can achieve their goals. When she is not training others, Lori-Ann competes in fitness pageants (including World Beauty Fitness and Fashion Championships), interviews professional athletes on red carpets, and models for fitness magazines, workout videos, infomercials and more. Always up for a challenge, Lori-Ann decided to enter a beauty pageant and won Mrs. Connecticut 2013. She missed the fitness pageant world and recently made a comeback as a Top 3 Champion Finalist in the International Montreal Bikini Pro Championship. Lori-Ann’s titles include Miss Bikini Fitness America New York, Miss Bikini New England, Miss Model Fitness America New York, Miss Bikini Fitness Atlantic WBFF Pro, Miss Summer Nationals.



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BIG BIRD

| By Jackie Keller

WHY TURKEY SHOULD BE ON YOUR PLATE YEAR-ROUND

Every late fall homes across America purchase millions of turkeys for Thanksgiving dinners. The turkey we are familiar with is the domesticated relative of the Wild Turkey, which unlike chicken, cows or pigs, is actually a native species to the Americas. Turkey was a staple of the Native American diet, although its actual place on the first Thanksgiving table shared by British colonists and Wampanoag Indians has been the source of some historical debate.

Whatever the history, as a nutritionist I can tell you that turkey is not just a delicious holiday meal but an extremely healthy choice of meat. People are always surprised to hear that it contains

more protein per gram than beef or chicken and is naturally low in both fat and cholesterol, provided the fat is avoided. This makes turkey an ideal choice for those looking to eat healthfully and stay lean, and it can be substituted for almost any meat as a healthier alternative. In fact, turkey has a nutritional leg up on chicken as a lean meat and contains greater quantities of branched-chain amino acids, which are optimal for muscle growth and repair. Eating turkey is especially useful for those trying to lower and maintain their cholesterol and can help keep insulin levels stable for diabetics. Brining helps combat the “dry” texture some attribute to the meat.

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WHAT'S IT GOT?

Turkey's got just what a body needs. It contains minerals, such as niacin, which helps the metabolism turn food into energy. It's also rich in Vitamin B6, necessary for nervous system health, and selenium, which aids in proper thyroid and immune function. In addition turkey meat is a healthy source of iron, zinc, potassium and phosphorous, which are necessary for proper functioning of all the body's systems.

Turkey meat famously contains the amino acid tryptophan, often touted as the culprit in the famous post-Thanksgiving dinner sleepiness. However, while tryptophan is a precursor to serotonin, a hormone associated with relaxation, mood and sleep, the amount of tryptophan in a serving of turkey meat is not going to make you fall asleep. It's more likely the large amounts of carbohydrates consumed at Thanksgiving dinners (think stuffing and mashed potatoes) that gives us that after-meal nap. Overall, turkey is an incredibly rich and nutritionally viable source of protein. For this fall, try our Harvest Turkey Stew recipe, which will bring a warm and home-cooked taste to your next family meal.



Harvest Turkey Stew

Servings: 4

Ingredients

- Canola oil cooking spray
- 1 pound turkey breast, cut into 1-inch pieces
- 2 tsp. NutriFit French Riviera Salt-Free Spice Blend
- 1 medium onion, chopped
- 3 large firm-ripe tomatoes, chopped
- 3 large carrots, thinly sliced
- 1 large potato, peeled and diced
- 1 cup reduced-sodium turkey broth
- 1 cup tomato juice
- 1 T dry red wine
- 1 T Worcestershire sauce
- 2 medium zucchini, coarsely diced

Directions

Note: For each teaspoon of the French Riviera blend you may substitute: 1/4 tsp. each summer savory, tarragon, basil and fennel seed.

1. Spray a wide 4- to 5-quart pot with cooking spray. Cook the turkey breast, seasoned with the Riviera blend, with the onion over medium heat, stirring often, until the turkey is no longer pink and the onion is soft but not browned.
2. Stir in the tomatoes, carrots, potato, broth, tomato juice, wine and Worcestershire sauce. Increase the heat to medium-high and bring to a boil; reduce the heat, cover and boil gently for 20 minutes.
3. Add the zucchini and cook, uncovered for 5 minutes more.



Jackie Keller is the Founding Director of **NutriFit, LLC**, Los Angeles' premiere healthy food company. Formed in 1987 by Jackie and her partner/husband Phil Yaney, **NutriFit™** specializes in fresh, gourmet, customized and delivered meal programs that are tailored to accommodate an individual's health and lifestyle needs. Their goal is to promote long-term health by providing full-service nutritional support, including gourmet meals, wellness coaching, and health-related products.

NutriFit™ enables clients to look and feel their best with customized meal plans, wellness coaching and educational services. For more than 25 years, Jackie has shared her nutritional expertise with some of the biggest names in Hollywood, including Reese Witherspoon, Penelope Cruz, Julie Benz, Daisy Fuentes, Channing Tatum, Andrew Garfield and Blair Underwood. "Whether it's helping clients drop postpartum pounds or aiding with illness-related health issues, **NutriFit™** is far from your standard catering company," says Jackie. "We take a comprehensive, allinclusive approach to understanding the unique needs of each client—taking into account their health goals, nutritional needs, taste preferences, food allergies, exercise regimen and family health history."

Jackie is a Board Certified Professional Wellness Coach, nutrition educator and Le Cordon Bleu-trained culinary expert. She is also the author of *Body After Baby: The Simple 30-Day Plan to Lose Your Baby Weight Fast* (Avery/Penguin Group; May 2007), and *Cooking, Eating & Living Well, a cookbook and guide to nutrition-related lifestyle change*. A longtime advocate for environmental causes, Jackie regularly incorporates produce into **NutriFit™** meals from their own farm, under the brand **SimpliHealth™** growers. Additionally, Jackie gives back by donating to over 75 international and national charities, including such as The American Cancer Society, The Humane Society, The Sierra Club and local groups such as Heal the Bay and Tree People.

NutriFit™ was awarded the Restaurant Neighborhood by the National Restaurant Association in 2010, as well as the State of California's Fit Business Award in 2006, 2007 and 2010. Jackie holds a Bachelor of Science degree from the University of Southern California, and received her culinary training from Le Cordon Bleu in Paris, France.



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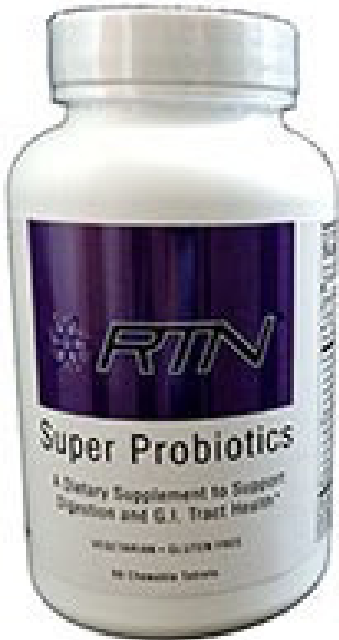
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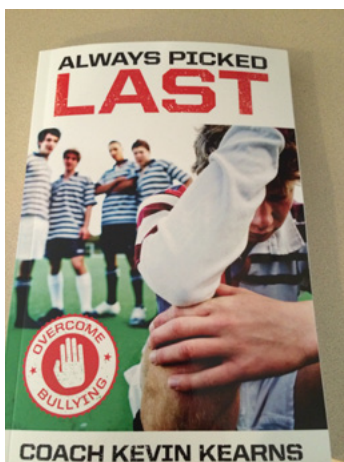
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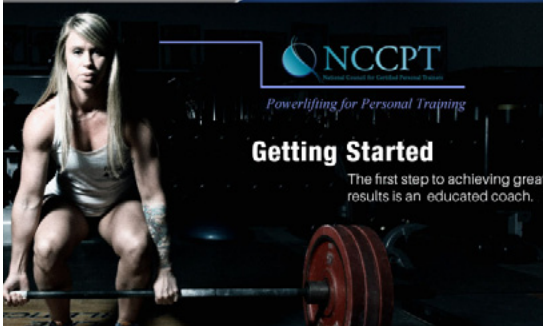


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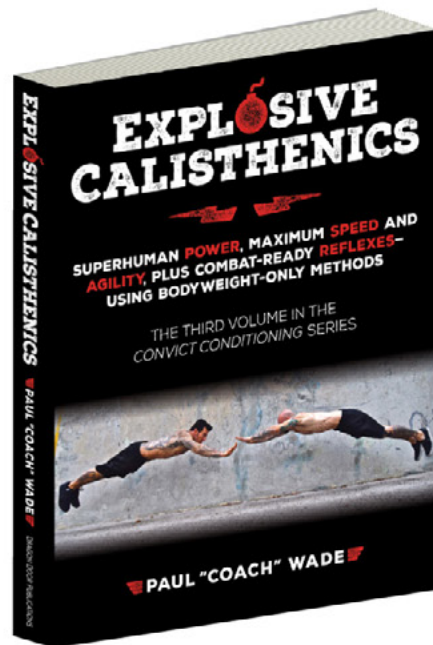
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—Patrick Roth, M.D., author of *The End of Back Pain: Access Your Hidden Core to Heal Your Body*

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—Al Kavadlo, author, *Stretching Your Boundaries*



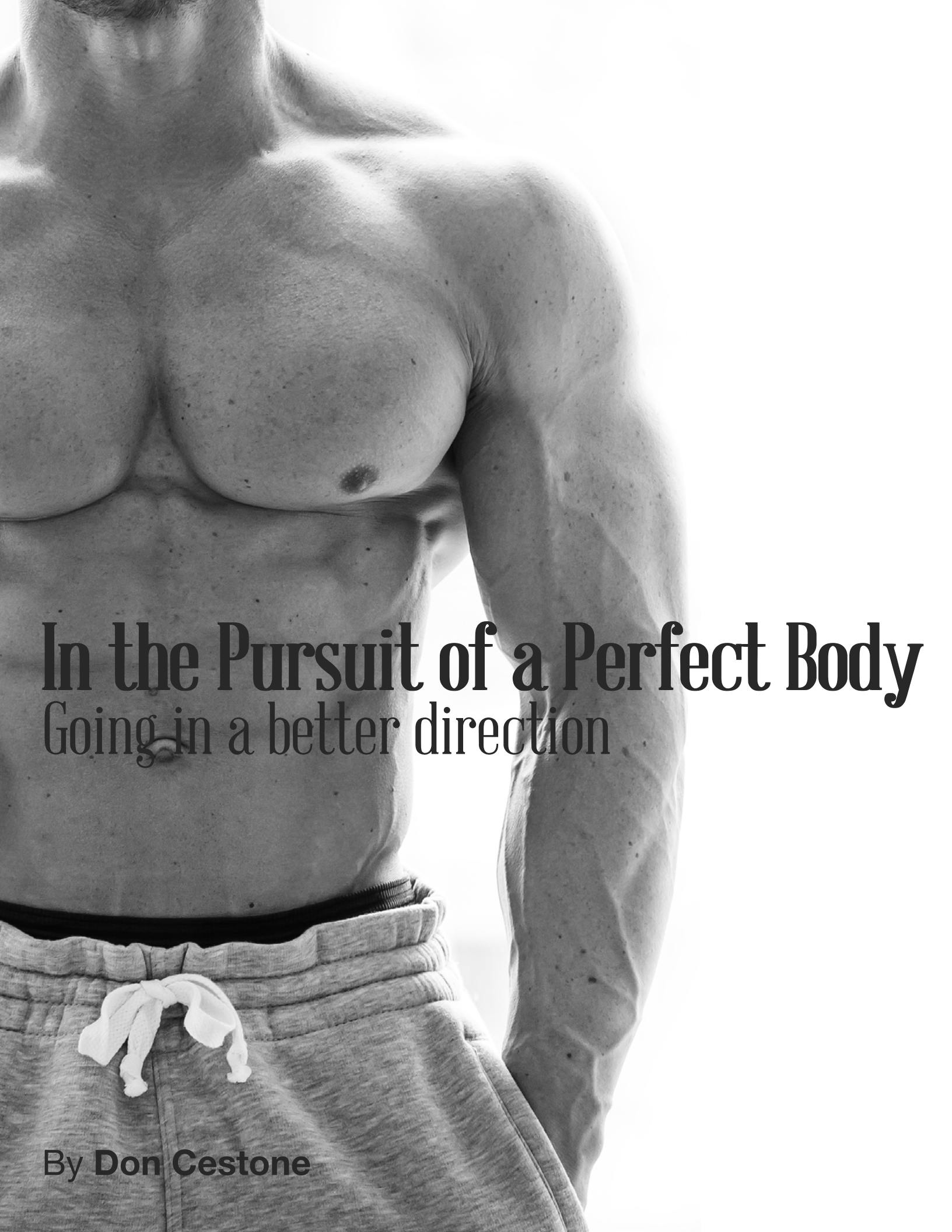
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In the Pursuit of a Perfect Body

Going in a better direction

By **Don Cestone**

As many of you know who have been reading my articles, I am a straight shooter. Sometimes this ruffles a few feathers and upsets the norm, but I'll lay out the facts and truths and cut through the entire BS.

After being involved in this field for over 50 years, you get to see just about everything. Training can help anyone make dramatic changes in their body, and each person has an ideal of what they consider a perfect body.

Unfortunately a whole section of bodybuilding has created bodies that—due to the vast amounts of chemicals and steroids—has created a freak show. Some of these top bodybuilders have guts so big they look like pregnant women! It seems some of our goals are misplaced, which will ultimately lead to injury and poor health.

But first and foremost, I want to state that I am not here to tell anyone what to do. I am a libertarian; people can do to their bodies what they want to do. I am here in *Fitness Trainer* to give my opinions about what I believe and give some insights on a better way to go.

Physical Culture: A lifetime pursuit

When I started training so many years ago, we practiced what was called “Physical Culture.” This was a concept of taking care of your body as a whole: hygiene, posture, muscle development, athletic performance, sleep and rest, nutrition and lifestyle. The philosophy was that Physical Culture could be done *your whole life*. I fully understand when training for any athletic competition, you have to run your body to its extremes and back.

But, if you don't follow the long-term goal of Physical Culture, you will pay the piper. Every one of my peers who did not follow this concept has had either a knee, hip or shoulder replacement. Many cannot train at all anymore.

Most people concentrate on their fitness goals from age one to forty. I ask people, “What are you going to do from age forty to eighty?” Short-term thinking doesn't work. It's never too late to start applying this concept to your lifestyle.

What makes a body look great?

The Grecian model

Looks are subjective. One universal truth: you will know perfection when you see it. Steve Reeves, who had one of the greatest bodies of all time, used the Grecian model when setting up the template of how he wanted to build his body. The basis for this model is to strive and make your neck, arms and calves all the same size.

Next time you go to the gym take a look around. You'll probably see many guys with large arms, pencil necks, and no calves. (If you have very narrow shoulders, I'm not advocating making your neck overly large, as this can distract from your shoulder width.)

I urge you to strive for this goal, as it can make a dramatic difference in your overall look.

The Leonardo da Vinci model

The great masters studying and drawing the human form are without match. Leonardo da Vinci, who was also a mathematician, applied this observation to his masterful artwork: He noticed that the eyes naturally gravitate to certain focal points when standing a few feet away from someone.



Steve Reeves, the classic Grecian ideal body



Leonardo da Vinci, his model for proportion

These focal points were the shoulders, midsection and calves. He figured out that if you had a man stand relaxed and drew an X on his body, the X would intersect with the shoulders, midsection and calves.

Many trainees concentrate on the show muscles, namely the arms and chest. I once trained several people using this Leonardo da Vinci method. To their surprise, the results were a more proportional look.

The V- Shape Model



Don Howorth, the classic V-Shaped body

I once wrote a training manual. I stressed that, in my opinion, the most impressive thing you can do with your body is to create a difference between your shoulders and your waist. In other words, create a V-Shape.

If you don't have a natural taper, you can still improve your V-Shape by doing the correct exercises. Concentrate on mid to wide grip chins, side deltoid work, and don't do any oblique or direct trapezius work. You will look better in clothes as your body moves away from a cereal box shape. A fraction of an inch added to your shoulders, and a fraction of an inch reduction in your waist creates a dramatic difference in your silhouette. Once you obtain a V-Shape, you can find a good tailor and have your shirts tapered. The results will astound you.

The 400-pound Gorilla Enters the Room

A Big Step Backwards



Steroid and Growth Hormone midsection

I have pointed out some things I feel can give anyone a better look to their body. Fitness competitors look great with lean, proportioned and defined bodies. The ultimate in what can be obtained has always been the top bodybuilders. I had the

honor of seeing Arnold Schwarzenegger at his peak. He was as close to body perfection as humanly possible. He had size, proportion, definition and symmetry that were not only awesome but also pleasing to the eye. There was nothing squatty, bulky or grotesque about his body. In clothes, he looked like a well-developed athlete.

Arnold recently spoke out against the bloated steroid midsections of many competitors. He called for a change in the judging, as anyone can see these types of bodies simply look bad. I applaud him, and I hope his words make some changes. Long gone is the striving for proportion, flow, aesthetics, balance, definition and male beauty. The size-at-any-cost goal has created a pharmaceutical sideshow, with boatloads of drugs being taken. The results are not pretty.

One of the most ugly, horrific side effects is the distended, steroid-induced midsection; yes, they do look like pregnant women. The V-Shape is gone, and these guys can't do a vacuum to show how small their waist is. I remember reading in a bodybuilding magazine some 45 years ago that someday bodybuilders would weigh 300 pounds and would have to be wheeled out on stage in a wheel barrow. Guess what? We're there. Next stop 400 pounds? The bone structure can only support so much weight. Too much size packed on the body doesn't allow the bone structure to breath.

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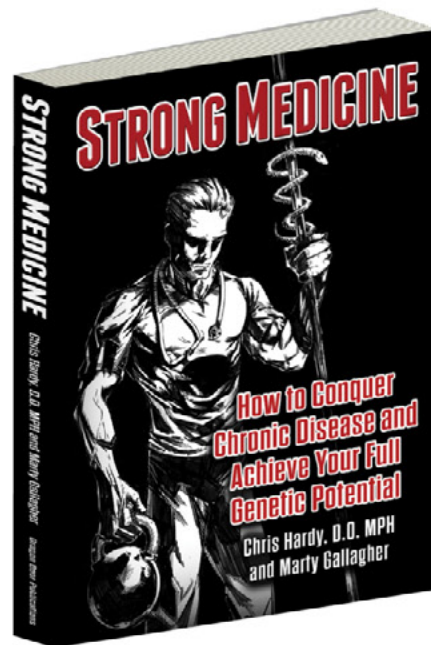
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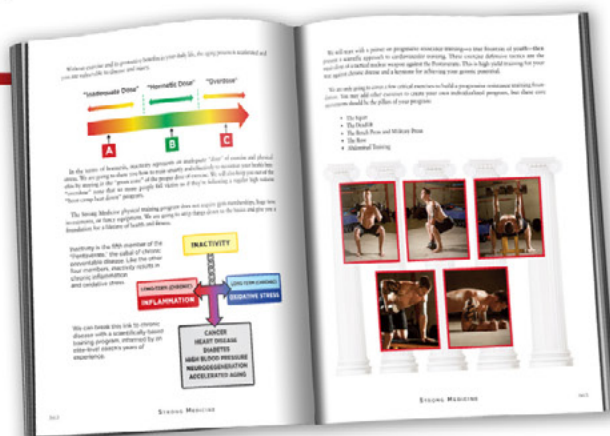
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Building your body is like crafting sculpture. You can add, sculpt or subtract and use an artist's eye to create something magnificent. I ask this question, is bigger always better? Is louder music better? Is a bigger house better? We are consumers and our consumption rate is enormous. Unfortunately this has jumped over to the current trend in bodybuilding. Add in the injection of Synthol (a form of oil), which is being injected into muscles, and you have a complete mess. Google "Synthol" and you will be shocked at what you see! As a fitness professional, I believe it reflects back to us. I hope the powers that may be institute changes and get the sport back to some form of aesthetic ideal. If not, the 400-pound gorilla will be up next on stage.

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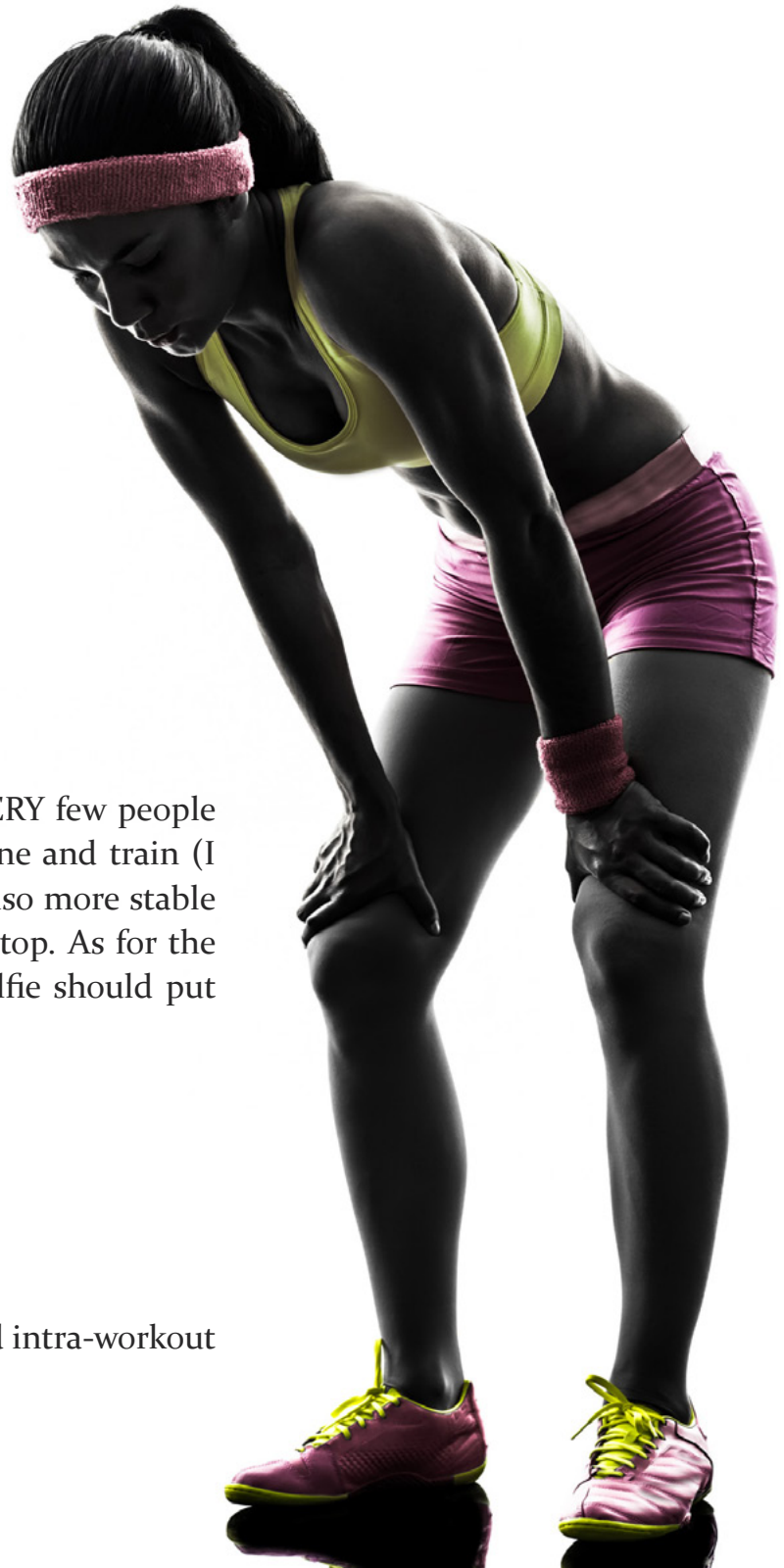
Eight Things That Are Wrecking Your Workout

And how to avoid them

By **Maik Weidenbach**

Very often people focus on everything around such as food, supplements, workout gear, attire, choosing the right gym, but the actual workout tends to be sub par. Now, to be clear, not every workout is going to be stellar. Working out should be seen like a fun kind of work, but still work. Some days are great, others are well...meh.

However, there are certain things that can wreck your workout and they should be avoided like the plague.



1. Bringing your phone

I know, you need it for the music. But VERY few people have the discipline to put it on music alone and train (I know I don't). Get an iPod shuffle—it is also more stable in case you drop it or put a dumbbell on top. As for the social media aspect, one post workout selfie should put you safely on the gains train.

2. Having poor pre-workout nutrition.

The short version is that I feel that pre- and intra-workout nutrition matters more than post.

3. Not having a plan

Instinctive training works for about five people on earth. The rest of us need a plan. The amount of detail depends on the individual; personally, I do best when every set and weight is pre-planned but allows for some leeway within rep ranges. Another pitfall with that is that trainees tend to chase too many rabbits within one workout. For example, you cannot have a fat loss and get bigger biceps workout within the same day. Pick something you are focusing on, give it 4-5 weeks, and evaluate from there.

4. Over-reliance on pre-workout stimulants

Stimulants are great but not every day. Motivation comes from the inside, not from a pill. Too much caffeine will inevitably fry your nervous system and increase your cortisol.

5. Socializing

This one is tricky, since you do not want to come across as an arrogant muscle head. If you are like me and do not have any friends, the issue will not arise. As stated above, working out should be treated like work, so saying hi and bye is fine. Save the fantasy football debates for the locker room.

6. Getting annoyed by what other people do

This is a free country; people have a right to make dumb decisions. Besides, they might say the same thing about you and your workout.

7. Not warming up properly

Check out my blog for ideas.
www.maikwiedenbach.com

8. Psyching yourself out

This happens to me quite a bit, as I put so much pressure on myself with needing a great workout, press x pounds, etc., that I am sometimes almost paralyzed. It is not war, just training!

~ *Maik*



Maik Wiedenbach

A two-time World Cup & Olympic-level swimmer from Germany, Maik Wiedenbach is one of the most sought-after celebrity personal trainers based in New York

City. Since obtaining his NASM, BSA & AFPA certifications, Maik has quickly established himself as a respected fitness, bodybuilding and nutrition expert within the industry. Maik is the author of multiple books and articles on health and fitness, as well as being a featured consultant on several print and digital publications. Currently, Maik teaches training and nutrition at New York University and owns a fitness and catering company servicing New York City and East Hampton.

For more information, please visit
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CLIENTS NEED TO BE AWAY? TEACH THEM THIS EASY—BUT POWERFUL—YOGA WORKOUT

By **Karen Moreno Lawyer**

Yoga is not just about disciplinary moves that promote flexibility and proper breathing. Yoga can actually be physical training that can supplement your workout or be the workout itself. When yoga poses are utilized in a transition that flow from one pose to another, with proper breathing, you can literally feel

like you had a complete workout without lifting a single plate or dumbbell! Using your own bodyweight as resistance will build core strength, endurance and total body strength as well as increase flexibility.

Planks, static squats and upper body yoga strength moves are some of the ways to

work the entire body in a short period of time. This is the most efficient way to work out. You can do this yoga workout anywhere—I actually have done this routine in a camper! So teach your clients this full-body, yoga-strength workout to tide them over until your sessions start up again.

START IN CHAIR POSE: Begin by standing tall, legs hip-width apart, squat down into an imaginary chair. Turn the tailbone in slightly inward and tighten the core to maintain spinal alignment. As you lift your chest, raise your arms above your head with hands forward and fingers separated. Try not to lean forward by leaning slightly back into the heels. Hold this position for about 15-20 seconds and two breaths. This move will strengthen legs and core as well as improve and prep shoulder flexibility as you transition into the next strength pose.

CROW POSE: From chair pose, transition into crow pose. Begin by leaning forward and placing your hands on the floor about 10 inches in front of your feet. Remember to tighten your core. Eyes should always be directed upwards. Your body will shift forward as you lift your bent legs and begin to press the knees high up the back of the arms. Begin lifting the tailbone toward the sky, lifting one foot at a time, or both feet simultaneously. Hold this position for about 15 seconds and two breaths. This is a strength move that will also improve hip flexibility and balance. Place feet back on the ground to transition into the next strength posture.

PLANK POSE: At this point, transition yourself from crow pose to plank pose by leaping both legs straight back, or walking one leg back at a time. Tailbone tucked in, arms straight under your shoulders. Body must be straight. Buttocks and core tight. With strong arms, press the ground away from you and hold this position for about 20-40 seconds and several breaths. At this point, jump or walk one leg at a time forward back into chair pose and repeat the entire sequence for 3-5 sets.

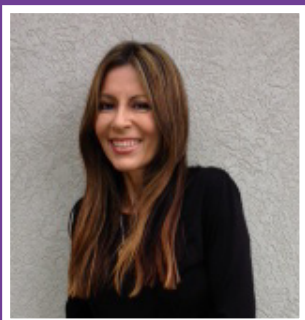
START IN CHAIR POSE



CROW POSE



Incorporating these powerful moves into a weekly routine will bring your clients into a higher level of fitness and give them a workout to be proud of when away from you. I guarantee it!



Karen Moreno Lawyer was originally born in Bogota, Colombia. She is an AFAA Certified Personal Trainer and Certified Group Instructor with over 20 years of experience in spinning, step aerobics, weightlifting, boot camp, Pilates and of course Yoga. She is a former competitive natural bodybuilder turned yoga competitor from Miami, Florida. She has produced her own faith-based exercise DVD and can be contacted on Facebook and her own website:

www.livingtempleworkout.com.

Anatomy of the Sit Up

| By **Kaylee Cahoon**

The sit-up has been a staple in American fitness training since the 1960's when John F. Kennedy led an initiative to get Americans in shape. The sit-up is also a natural movement that lends itself well to the functional fitness training trend of today.

Unfortunately, the potential for disaster often outweighs the potential for well-being when clients do sit-up exercises. The general lack of understanding of the movement's physics coupled with limited awareness by moving too quickly often create unnecessary shearing in the spine as well as implementing poor neuromuscular pathways for spine function that can bite later in life.



To explain, I'll break down the sit-up movement:

1 ■ **What mechanics are going on in a sit-up?** The long bones of the arms and legs generally move by way of a lever and fulcrum system. This allows the trunk or “core” to stabilize while the lever is moving. In the age

of rotator cuff surgery, we all know what happens when the core is not sufficiently stabilized to enable these levers to work properly! But the spine moves quite a bit differently due to the fact that there are so many joints next to each other interrelating. There are no long bones to lever. Thus, individual spinal joints are not set up to move and lever on their own without the help of the adjacent ones. With a series of forward-bending spinal joints, particularly in the lumbar spine, you no longer have a lever and fulcrum system but a wheel and axel! Using your spine as the wheel and the axel as the moving line in front of you (that you are rolling up and over) allows the spinal joints to bend with limited shear force placed on them.



Unfortunately, most people do sit-ups as a fulcrum and lever at the Dorsal Hinge of T12-L1 and L4-L5 or L5-S1, hoisting the rest of the body up and impacting those joints with a large amount of shear force. You see this especially in people who attempt to do the exercise very quickly. Moving this way regularly teaches the body to depend on one or two joints for supporting load and can one day lead to a defining moment when the straw breaks the camel's back, so to speak. This hinging action also calls upon the Psoas (loin) muscle as a major player and limits the work of other important muscles. Ensuring all the joints of the spine are contributing to the flexion is important for biomechanical safety and addressing rigid- or movement-inhibiting segments before they become an issue.

2. The second way to look at the sit-up is to ask: **What is creating and supporting the movement?** When doing a biceps curl, the biceps shorten while the triceps lengthen to create the movement. The long bone of the arm and some related musculature support the movement. When the spine is flexing in order to sit up, the musculature in front of the spine (the abdominals) are shortening to create the movement, while the spine and the related muscles of the spine support the movement. In order for this to happen properly, the muscles in the front of the body must shorten by moving in TOWARD the spine. This creates the muscular support to the front of the spine and limits compression in the joints. In observing the general population do sit-ups and crunches, you will mostly see

the muscle tissue of the abdomen pushing forward AWAY from the spine. This is a big problem because not only does the front of the spine have no muscular support, but the intra-abdominal pressure is now attempting to be the support all on its own. Moving regularly in this way is also highly dangerous for women who have given birth as their Linea Alba (connective tissue between the right and left Rectus Abdominis) has become overstretched, thinned and weakened, along with their pelvic floor. Women in this situation can do sit-ups until the cows come home and never achieve the results they are looking for. Working with more intra-abdominal pressure than is necessary can also become a factor in setting up a ripe environment for hernia.

3. The third concept to consider is: **What direction are the muscle fibers going and why does it matter?** The Rectus Abdominis fibers are vertical and the Obliques and Psoas fibers run sort of diagonal depending on which part of the muscles you look at. All of these contribute greatly to the movement of the sit-up, which moves in the sagittal plane. The fiber direction of the Transverse Abdominis is horizontal and interdigitates with the diaphragm, which is why breath is so important to the sit-up (but that's a huge topic of its own). Because this muscle wraps the body and



For those clients who have a difficult time with the sit-up, the Ab-X by Precor is a great solution. The machine offers a unique “floating pivot point” design that creates the ideal “crunch” movement, while the contoured pads reduce stress to neck and shoulders and add support and stabilization.

originates partly from the lumbar fascia, it is used for supporting the spine in the movement or providing the tone. The connective tissue of the Transverse Abdominis has a direct relationship with other important spine-stabilizing muscles, mainly the Paraspinals. When movement is forced by the “movers” without the appropriate support from the “stabilizers,” balance and well-being will not be achieved. Call it cause and effect. The effect could be felt immediately, the next day, or possibly as wear and tear that hits in old age. Needless to say, there are always repercussions for not working the body in a balanced and intelligent way. Speaking as a former professional dancer who laterally rotated her femurs for much of her life, I can tell you all about repercussions from working vigorously without balance firsthand!

So here are the reasons to look at the sit-up more closely with your clients:

- Less shear force within individual spine joints since the vertebra are sharing the load by distributing flexion across multiple joints.
- More direct work of the Transverse Abdominis and its relationship with the Paraspinals and Diaphragm and thus deeper core work.
- Identification and addressing of rigid spine segments.
- Better spine articulation means a more flexible spine providing the opportunity to strengthen the vertebral spaces and keep spinal compression away (or at least down to a dull roar).

Yes, sit-ups are necessary. My point is that doing hundreds or thousands on autopilot with relatively no awareness to the actual mechanics of the movement could prove detrimental to health and balance. Spending some time assessing which vertebra want to bend in the sit-up, and which don't, would be time well spent.



Kaylee is a nationally recognized Movement Educator, Structural Integration Practitioner, former internationally touring professional modern dancer, former television and theater choreographer, and a teacher of teachers.

Kaylee's 30-plus years of exposure and training in various somatic movement methods such as the Pilates Method, Feldenkrais Method®, Ideokinesis, Eric Franklin, Alexander Technique, Bartenieff Fundamentals, as well as her own movement explorations combined with anatomy, physics and neuroscience, provide the infrastructure for her perceptive and integrative teachings. Kaylee approaches movement and fitness through the nervous system instead of the muscular system because “muscles don't move themselves.” This approach is different from standard fitness and invites lasting change to occur in posture and movement patterns thus providing needed support for aging bodies to maintain mobility and strength.

Kaylee teaches workshops to manual and movement therapists on the science of the brain and body in movement as well as tactics for integrating movement into bodywork practices. She works with corporations and business professionals to form strategies for maintaining physical health by providing tools for postural awareness, developing ergonomic strategies and implementing movement interventions to positively impact the negative effects of long-term sitting, standing and repetitive movements the workplace requires. She is often referred to by the medical community for injury prevention, developing core stability and biomechanical problem solving.

Kaylee founded the Franklin School of Performing Arts (1991-present), Pilates of Cool Springs (2004-2015), and developed the SMARTCore® Method (2014-present). She is grateful for the opportunity to bring her lifelong passion of movement and structural balance to the world of health and fitness.



Will the Real P.E. Please Stand Up?

By **Justin Tarica**, Fitness Trainer Columnist

Lately it seems as though we have lost the physical in physical education. What was once a very physical gym class—that was important to a young person’s health and upbringing—seems to be a thing of the past. When we look at what physical education was in, let’s say, the 1960’s all the way through the 90s when I was in school, it’s a far cry of what is seen in the nation’s schools today.

At those times students in younger grades were required to do pull-ups, sit-ups, push-ups, run and even compete in obstacle courses. When you look at how the landscape has changed in our society, especially in terms of physical fitness and physical education, is there any wonder why obesity has become such an epidemic, especially amongst adolescents and teens? Schools all over the country are cutting out physical education and the ones that do still have the program barely

do anything physical. According to the Centers for Disease Control and Prevention, 17 percent of adolescents and teens are obese. That’s a lot. We live in a time that kids no longer go outside to play but instead sit home on their cell phones and I pads, play video games or go on social media. The lack of physical activity is at a staggering low, so at a time when Physical Education is needed the most, it is nowhere to be seen.

When I was in middle school in the 90s, we had a fitness assessment that consisted of how many pull-ups and sit-ups you could do in one minute and depending on how many you could do, you could win one of two awards: the National award, which was basically second place, or the Presidential award, which was like first place. If you couldn’t complete enough in the specific time frame you wouldn’t win either of the awards. Fast forward to today and that motivational fitness program has been wiped out completely. It also



happens to coincide with the “trophy” trend that we see because people are afraid to hurt feelings by not always rewarding children.

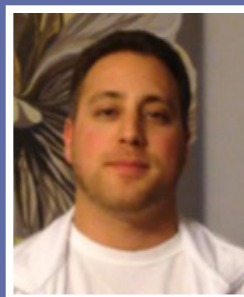
We live in a society now where some sports do not even keep score, and when they do keep score, everyone still gets a trophy win or lose. It has been shown that constant reward can actually hurt a child’s development because they are not being prepared to overcome adversity and disappointment. As we all know, the world can be a tough place where we don’t always win and we need to be able to lose, dust ourselves off and get back in the game.

Physical education in an important part of growing up and teaches us more than just running around and being physical. It teaches teamwork, how to overcome obstacles, how to push hard to achieve goals, how to lose, and how to come back even stronger. All the things we need to deal with in life start right there in the

elementary school gym. Today, however, it is a sadly underrated program that, in my opinion, needs to make a comeback.

Good Luck Trainers and remember, KEEP MOTIVATING!

Justin



Justin Tarica is the owner of New Image Personal Training, based in Fort Lee, NJ. Justin has earned the following certifications: IFPA Certified CPT, CSCS, Sports Nutritionist, Sports Medicine Specialist, Physical Education Curriculum Specialist, and Resistance Training Specialist.

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Are You Fit

Now before all us egos out there beat our chests and say “Hell yah! I’m fit to fight!”—know that I’m not really talking about a real street fight or military combat (well, maybe). I’m talking about an MMA fight like the ones we see on Fox Sports with the UFC. MMA is a sport that has been popular since the 1990s. However it’s been around for some time. There have been paintings and sculptures depicting multi-discipline combat moves back to the toga days. Back then, it was a little less civilized and there were no referees per se. Today they call the fight in the octagon more civilized, which I do agree with. However when you look at both times in history, the fitness level to stay in that type of physical condition is most inspiring.

So what does it take to walk in the cage or the ring? What attributes do you need to be fit to fight? Many of us would settle for being fit as a fighter. No offense to the bodybuilding community but there is little room for those bulky muscles in the ring or cage. They simply are not functional. How much you can bench press is not going to relate to how well you can throw a punch. Many people may think that, but as a personal strength coach to over 15 pro MMA fighters, it’s not the case. In order to go into the “chaos of combat,” as we call it, you need several attributes.

1. Agility for mobility. One of my favorite lines from the great boxing coach Peter Welch: “Smart feet, smart fighter. Dumb feet, dumb fighter.” It’s that simple. We use a variety of tools to accomplish this. Our favorite tools are the agility ladders and Jump Sport Fitness Trampolines.

2. Gas in the Tank. It takes a lot of both aerobic and anaerobic endurance to be able to throw flurries of punches, kicks, knees and elbows. Some may throw as many as 50 to 100 punches in just one, 15-minute round. Luckily there is a way to develop this type of endurance. We call it “Gas in the Tank.” We use a variety of tools that any trainer can get their hands on. One of our favorites to tax our fighters consistently is WearBands. These little gems give the wearer that ability to perform any movement possible while having a “load” placed on the lower body and core without the stress of heavy weights.

3. Coconut crushing grip. This may sound a little silly but if someone puts you in a solid chokehold you figure out pretty quickly what I mean. The ability to maintain a grip or a lock on an opponent for an extended period of time without fatigue is a real bonus. Two of our favorite tools for grips power are the Purmotion Air Fit and The Atlas Ball.

4. Flexibility on the Fly. The ability to be flexible like water and jump from one position to another is key. It’s actually key in any sport but for MMA it’s essential. Without the ability to move from a takedown to back to your feet in the striking game will have your opponent’s hand raised and not yours at the end of the day. Our personal favorite is Vinyasa Yoga. This system has been around for over 25,000 years. The benefits of full range motion are enormous for any athlete or general population.

Everyone has a fighter within them. You might be fighting a disease, a lousy job or fighting to lose weight.

to Fight?

By **Kevin Kearns, BS, FMS**

Here's the real gold of this type of programming: It burns towards 1200 calories in less than an hour, no matter who you are! The secret is in the effective, efficient and safe HIT, MMA fitness-inspired protocols. We have used this type of training for athletes and for desk jockeys. Let's start with a simple 1 round fight type circuit that takes 7 to 10 minutes. The programming is as follows: 30 seconds of work and 15 seconds of rest with a 1 minute break between rounds. As you become more fit to fight, you add more rounds and new exercises as you desire. If you want more work then add 10 to 15 seconds extra per round or add the WearBands during the whole workout. It's that simple and effective. Here's a sample workout to follow. The formula for the programming follows. It's what we call the "five elements of fitness."

- Push movement
- Pull movement
- Level change
- Locomotion
- Rotation

(The order is irrelevant)

Gas in the Tank, Round 1:

1. Pit pulls - with a double-thick band around your waist, get down on all fours. Now bear crawl forward and touch your trainer's hand or a cone.
2. High Knees in the agility ladder - with an agility ladder laid out on the floor sprint forward and then back, placing one foot in each square.
3. Fireman pickups - placing your 50-pound atlas ball on the ground, bend down and then lift and sling it over your shoulder. Repeat this on the other side.
4. Rippers - with a Purmotion AirFit or other suspension device grab the handles or fabric and rotate from right to left shoulder.



5. Bear Fight - just about literally. You are going to take a JumpSport Fitness Trampoline and your Atlas ball. Then you are going to throw your Atlas Ball at the trampoline. Oh by the way you have to catch it on the return.
6. Ground and Pound - take your JumpSport Fitness Trampoline and a small med ball. In push up position, throw the med ball at the trampoline and catch it as you work around the trampoline in a circle fashion.
7. WearBand Muay Thai Knees - as you know I suggest having these little gems on the whole time during the workout. In a fight-ready stance you are going to alternate throwing your right and left knee.
8. Core Hammer - with 4-pound sledge hammers in your hands, sit on the floor with your knees bent and legs elevated. Now circle your head with one hammer at a time.

Well there you have it. If you give this a whirl, I can pretty much guarantee you will be Fit to Fight.

Coach Kevin Kearns



Kevin is founder and CEO of Burn with Kearns, where he is responsible for the worldwide development and implementation of personal training continuing education courses and group fitness licensing programs. For over 25 years, Kevin Kearns has been professionally involved in the fitness industry. In 2013, he was named an All Star Conference Presenter for IDEA, the worlds largest association for fitness and wellness professionals. His commitment to fitness is both unique and compelling. People became intrigued by his “creative” approaches, which emphasized functional conditioning. Soon

he started helping others and his career as a personal fitness trainer in the Boston area took off. Based on his extensive martial arts and fitness backgrounds, Kevin has served as the strength and conditioning coach for professional Mixed Martial Arts (MMA) fighters including Alberto Crane, Kenny Florian, Marcus Davis, and Din Thomas. He also was the strength and conditioning coach for WEC fighter Alex Karalexis and Gracie Jiu-Jitsu Black Belt and MMA fighter Daniel Gracie. Kevin works closely with famed Muay Thai/MMA coach Mark DellaGrotte out of Sityodtong. Kevin is certified by the NSCA (National Strength and Conditioning Association), is a Functional Movement Screen (FMS) Certified Specialist, a FreeMotion Master Trainer and member of Team Bosu. In the summer of 2013, Kevin released a book, “Always Picked Last,” about how bullying impacted his childhood and the lessons he learned in overcoming it.