



UMAXFITNESS

5 MUST HAVE IN YOUR WORKOUT



SEPT 2019 // PREPARED BY UMBERTO MASSIMINO

STABILITY

What is stability and why?

Stability is the capacity of our body to stay firmly fixed while instability occurs. A simple way to imagine that is trying to stand on one foot and maintain balance. Stability is at the very base of our strength capability, the more stable you are the more you can lift and safely.

Most of our injuries occurs due to loss of stability (loss of tension). If the bar feels very wobbly as we perform a military press, we are likely to get a shoulder injury (or more likely a head injury if you drop the bar).

How can I have more stability?

Think again about the example I made earlier on, you are standing on one foot keeping balance, that's the best way to "PRACTICE" instability. To be more stable, you should perform unstable tasks. When you stand on one leg you might not feel steady, even worse on non-dominant leg, but the more you try the easier it gets. You can notice immediate changes, as you try your nervous system is learning and adapting to the demand improving muscle recruitment and synchronisation.

Pain?

Stability is a great tool to use to recover from pain and reduce inflammation in specific area. In this case we use as example the lower back pain. When a subject suffers of back pain is very likely that the core area of the subject is very weak and unresponsive (unstable), so it needs specific training to get control and functionality back, so the pain will reduce.



Take the first step
TODAY

MOBILITY

What is mobility and why?

Mobility is the capacity of our joints to move freely and easily. Try to swing your arm around making a big circle, the bigger the circle the more mobile your shoulder joint is. Mobility will allow your body to move freely and with full range of motion. When someone lacks mobility, they are more likely to suffer from muscle imbalance. The primary cause of injuries is neither weakness nor tightness, but rather, muscle imbalance.

How can I be more mobile?

Well, there are different techniques you can try, foam roll, lacrosse ball, resistance bands stretch, voodoo. It all depends on what you have available and what you want to achieve. Basic stretches will help with flexibility but not with mobility. Performing exercises to a great technique help with mobility along with other corrective exercises.

Assess your body

Before looking for equipment that might be useless for the purpose you need to perform a number of specific tests and measure the outcome. Take action only on areas that need attention, mobility can take a big chunk of your time in the gym. I use my mobility drills combined with stability exercises as warm up and doing so I can focus on my imbalances prior loading the bar.



Why not you
FITTER



Every workout
is a small
WIN

INTENSITY

What Is it and why?

Intensity is the amount of physical power (expressed as a percentage of the maximal oxygen consumption) that the body uses when performing an activity. For example, exercise intensity defines how hard the body has to work to walk a mile in 20 minutes or lift 100kg 10 times.

Perceived intensity varies with each person.

Changing workout intensity will determine the long-term outcome, if you are training for strength you need to go heavy and so the intensity will be high, for muscle mass go lighter but for more reps, for endurance light jog for 2 hours, ...

How hard should I go?

Go hard or go home! I am sure you already heard it before but how much or how hard? It all depends on why you are training at the first place. Changing intensity allows your body to recover or focus on different aspects of your fitness, like technique, strength or speed.

Can a programme help?

For sure but it has some limitation. Cheap programmes are made focusing on a generic result and not the single person needs. A **bespoke programme** is much more expensive, but it is not for the mass, it is for you only! Exercises are tailored to your goal, your starting level, availability and so on... Mass programmes are great to start with and have a more organised plan for your fitness, they certainly help but I know there are better options.

VOLUME

Whats it and why?

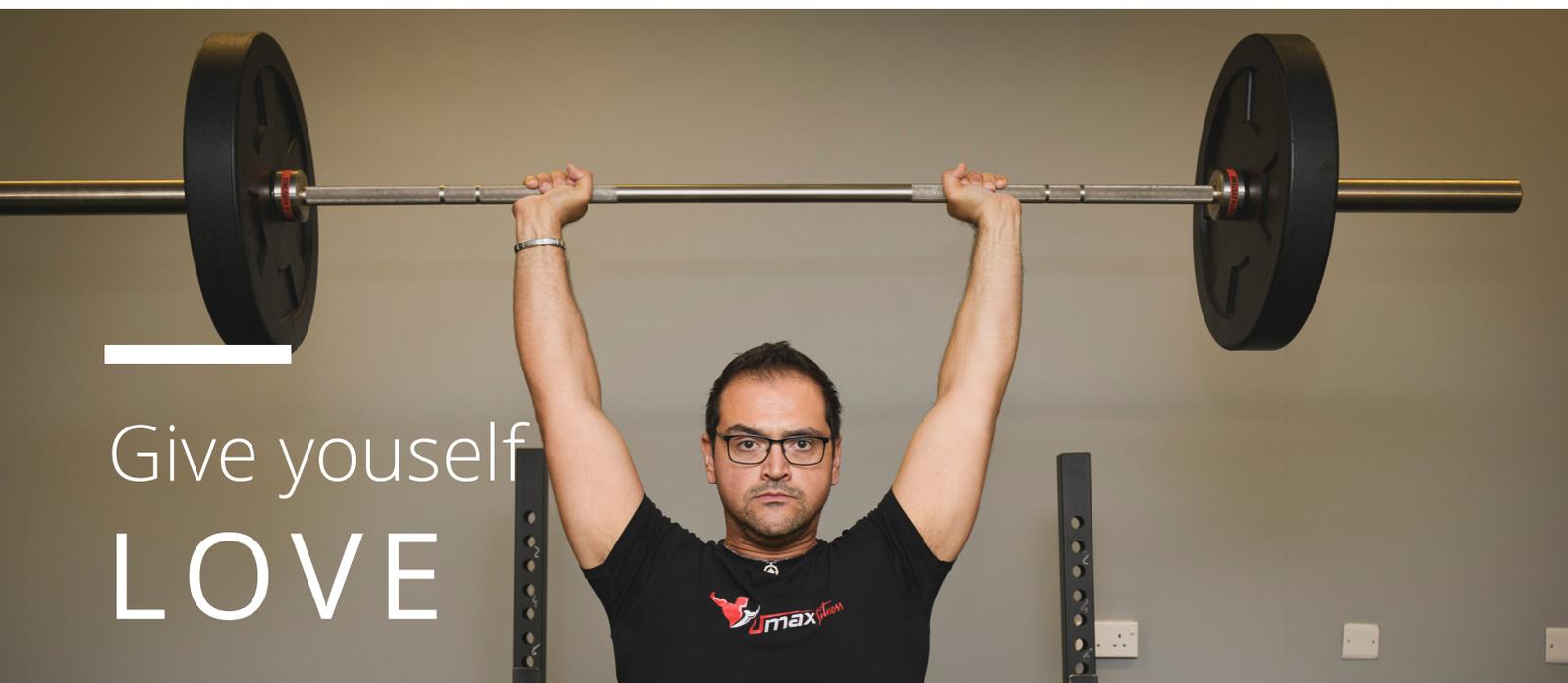
Volume refers to the number of muscles worked, exercises, sets, and reps during a single session. Frequency refers to how many training sessions are performed per week. On a programme you need to look into both working together, adjust volume to perform the right exercises and dose the right amount to cause body changes, but organise the days in a way that allows your body to adapt and repair.

How much should I do? How to choose between sets and reps?

Sets and reps supposed to be tested and adjusted based on your body response. A great and easy method I use during my workouts is the rep ranges, for strength 4 to 6 reps (3/4 sets, compound movements), assistance exercises 6 to 8 reps (3/4 sets, compound movements), and 8 to 10 for isolation exercises (3 sets). I go up in weight only when I can perform 6 reps, if I cannot perform at least 4 reps the weight has to go down. I don't usually do more than 15 sets of weight lifting exercises during a training session, not counting conditioning and core training. I always allow 2 days recovery between muscles group, so I can perform at my best. If I don't feel 100%, I take a day off and move my workout one day forward.

What exercises?

With my client I focus on the big 5s first: squat, deadlift, bench press, overhead press and pull ups. Those are usually followed by accessorise exercises like inclined bench press, close grip bench press, front squat, bent over rows, ... Then we move on to more isolation exercises like hips thrust, bicep curls, skull crushes. I suggest core training to be at the beginning of the session (as a warm up if required) or after the weight lifting and followed or including conditioning, depends on the time you have available.

A man with glasses and a black t-shirt is performing an overhead press with a barbell. He is standing in a gym, and the barbell is held above his head with both hands. The background is a plain wall with some gym equipment visible.

Give yourself
LOVE



REST

What is rest and why?

Very often referred as recovery, allows your body to perform all the “repairs” to all the damage caused by the previous training sessions. Or during the workout is the capacity of your body to refuel muscles before your next hard set. When you plan volume and intensity on your routine please take care of frequency too. You want your muscles to be fully repaired to perform at their best before the next workout or set.

How long should I rest?

It all depends on the intensity of your training and your long terms goal. If you are focusing on strength the intensity has to be high, so a good frequency is 3 to 4 training days per week, during session 2 to 5 minutes of rest between sets and exercises. Less intense training can have more frequency, 5 to 6 training days, and less rest between sets or exercises.

Invest on your rest

I utilise the rest period to help my body to recover from aches, a quick idea is stretch your legs during an upper body session between sets for example. If I take a day off from my workout I usually walk and stretch to keep mobile.

BONUS - CARDIO

Main aim of cardio

Cardio helps increase the strength of your heart and lungs. Cardio can help you improve your endurance during workouts as well. However, the main reason people do cardio is to burn calories to help them lose weight. ... So, depending on what your goals are you can get cardio training from either weights or machines. I suggest manipulating your cardio to reflect your main training goal, if you train for strength or rapid weight loss HIIT training would help you to improve the recovery time between hard sets and burn more fat.

Intensity and volume

Again, we are talking of how hard and how much you should go, if recovery between sets is your main goal go as fast as you can, for endurance go slow but for longer. I recommend doing at least 1 hour of cardio per week, possibly more if weight loss is the main goal but not more than 2 hours. If burning calories is your main goal keep the intensity high and frequent sessions, for endurance keep the intensity low for longer training sessions.

Different Methods

Constant: keep pace the same for a period of time.

Intervals: allows changes of pace, HIIT training is the most heard of.

Fartlek: inconsistent intervals, for example when running outdoor go faster till the next bench and then slower till the next post and then fast again till the tree and so on.



That's who you are
SPECIAL