

## Quick Tips & Hints

### Technique

Technique is key when performing exercise and everything in the plan is super simple to perform. Watch the exercise videos and you are all set.

### Shoulder Blades and Neutral Spine

The position and role of the shoulder blades are crucial for shoulder health and training success.

During all pulling exercises, or exercises targeting the back muscles, the shoulder blades should dynamically support the movement, meaning they should "slide along."

Also, during exercise, your shoulder blades should be "pulled down and together" to stabilise the shoulder, maintain a good neutral spine position, and generate maximum strength.

### Progression

Slow, gradual progressions are key to your success when following a gym or exercise programme. Without progressions your body shape will plateau as the body needs an overload stimulus to keep changing. Progressions should be slow and gradual, progressing too quickly usually results in an over-use injury.

### Tempo

Tempo is how fast you perform the exercise. We have you given 2020.

- Which means 2 seconds pull or push the bar, machine or your body weight
- The first 0 means no pause after that 2 second movement
- The next 2 means 2 seconds for the opposite push or pull movement as you release the bar, machine or your body weight back to the start position
- The final 0 means no pause at that start position

All this really means is, keep to 2 seconds for the exercise movement.

### RPE

This is Rate of Perceived Exertion. Really simple, how hard do you find the exercise from 0 - 10. For example; an RPE of 6 is a medium intensity effort.

## Intervals

These relate to some of your cardio workouts and are simply periods of work followed by periods of rest, which enables you to work hard for short periods. For example, you might do a 30 second interval on the bike at an RPE of 7 and then your rest period would be 30 seconds at RPE 2/3.

Short periods of high intense work are better for increasing your metabolism. In fact, some research shows your metabolism maybe be raised for 24 – 72 post a high intensity workout.

We always recommend intervals are performed on a cardio machine, performing them as running is a high injury risk.

## Warm Ups

5-10 minutes. We have detailed the process in one of the videos on the webpage.

## Stretching

Simply split your stretching to before and after your workouts. Dynamic stretches are movement-based stretches that you perform BEFORE your workouts and static stretching are the stretches that you perform AFTER your workouts as part of your cool down. Keep stretching gentle and controlled. You can also perform static stretching “cold” at home but you won’t be as flexible to take things slowly and gently.

## REPS & SETS

REPS are repetitions. For example; 10 reps. Sets are how many times you perform those REPS. For example; 2 x 10 is 2 sets of 10 repetitions. You would rest between each set for something like 30 - 60 seconds.

## Injuries

Injuries can be big a problem for anyone on an exercise plan and beginners are usually more at risk of injury when starting an exercise plan as it's a shock to the body. And, of course, getting injured is a huge de-motivator and inconvenience when trying to lose weight.

### The best ways to reduce your risk of injury are:

- Low impact exercise. Bike or cross trainer NOT running
- Keep your RPE medium / moderate
- Strengthen your core, hips and back
- Vary your workouts so you aren't stressing the same muscles and joints continually
- Have rest days to give your body time to adapt to the workouts
- Go SLOW, progress yourself VERY slowly. Most people progress their workouts far too quickly which overloads and stresses the body too much and results in injury

## **Cool Downs**

Performed after your cardio workouts with 2-5 minutes of gentle cycling or cross trainer. During your workout, your heart is pumping out lots of blood that needs help to return back up the body to the heart. The best way to do this is gentle exercise to move the muscles. Muscles act as pumps moving blood back up the body towards the heart. After those GENTLE few minutes spend a few minutes working through the static stretches.