

Exercise Selection

The following worksheet helps you establish a simple and intense strength program outline based on convenient modes of exercise you can complete in the home. Most of these exercises are simple in nature so the intensity you get from the workout depends on the intensity and emphasis you put into each exercise. The particular nature in which you perform these exercises is your greatest challenge and should be your primary focus, leaving me to reiterate that it is not the actual exercise that is important, but the manner in which you perform it. This involves all the components you need to work to keep a youthful functional body.

Components of a complete exercise program - all exercises are categorized into the below components

Core is your trunk. From your hips to your shoulders, this involves everything having to do with the stability and integrity of your center - the hub for all other movements

Lower is your leg strength. This component involves any exercise contributing to strength in all muscles of your lower body

Push is your upper body strength. This component involves all the muscles you would use for pushing movements, specifically chest, triceps, and shoulders.

Pull is your upper body strength. This component involves all the muscles you would use for pulling movements, specifically lats, rear delts, biceps, and all other upper back muscles.

Balance is your ability to coordinate and handle advanced movements in unstable environments. This component involves the entire body and its ability to maintain and control your center of gravity, most of these exercises will be on one leg and or 1 arm and challenge your stability.

Endurance is your stamina and conditioning level. This component involves exercises that really tax your respiratory system

There are so many questions to answer in this discipline it is hard to keep up. The best way to get these answers is direct contact with a fitness professional. It is extremely difficult to put all the solutions down on paper because each person is unique and requires specific attention on different complications, but here is a short list of questions and answers regarding strength exercises to help you out.

| Question | Answer |
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| Why do I feel pain in certain joints - back, knees? | Incorrect body mechanics. |
| What does incorrect body mechanics mean? | <i>Your body was designed to work optimally in a neutral body position, an altered position will lead to inefficient and poor movement mechanics.</i> |
| Why isn't my body in a neutral position? | <i>The orientation of your skeletal & muscular systems adapt to your physical environment and the mechanical stress you place on your body. Over time your body alters it's position from neutral to accommodate the predominant position you hold through your day, ex. sitting at a desk.</i> |
| How do I attain a neutral body position to be able to move pain free? | <i>Follow the two rules of strength training.</i> |
| Why don't I have good balance? | <i>Just as you need to study to learn a subject or pass an exam, your neuromuscular system needs continual practice to improve the efficiency of a movement.</i> |
| Why is one arm or leg stronger than the other? | <i>It is very common to have a stronger side, and this usually starts with you being unaware that you have a preference to lean more on leg or overuse one arm. That side will then in turn display greater strength and coordination from the extra movement practice you have given it.</i> |
| How do I know if I am doing an exercise wrong? | <i>First and foremost, if it hurts don't do it. If you are feeling sharp pain in or around your joints you are probably not using that joint as it was intended to be used. Check your body position to see if anything looks out of neutral position just based on common sense.</i> |

