

MY LIST OF DONT'S WHEN LOOKING FOR A STRENGTH PROGRAMME THAT DELIVERS

DON'T

Follow a programme if someone is also selling you every type of supplement and fat-burning aid. Exercise alone should be enough to help you reduce your waist-line, build muscle-mass, define muscle and increase bone density. A proper program will help you shed fat and build muscle – you don't need additional help. You are only fattening someone else's wallet, and to be honest you'll develop an eating disorder along the way if you start drinking calories instead of eating them.

DON'T

Ever follow a program where it separates body parts into sections. For example, Abs, Upper-Body, Lower-Body, Chest, Calves. This is not strength training – this is body-building training where it is aimed at aesthetics and appearance. This type of hypertrophy programme will force you to perform the same movement over and over again. Where is it leading? What are you improving – your bicep? Ladies, come on! Exercise is learning how to improve movement and adding layers of complexity as the body becomes more able.

DON'T

Ever follow a strength programme where the woman pictured is holding something lighter than a cheesecake. The "coach" or worse some adhoc woman is holding a 2k dumb-bell with her elbow flexed. Bicep-curls are for women body-builders who are training their bicep for that one day when they can finally put food on their fork and lift it to their mouth.

DON'T

Purchase a strength programme, where they advocate weight training and are not accredited by appropriate institutions. I have to advise you Personal Trainers and body-builders are not certified to train women the beauty of free-weighted lifts, such as the back-squat, deadlift or even a press. They have little knowledge of these lifts and are not educated in the spine, the hips or basic biomechanical principles such as centre of gravity, base of stability, levers, balance, range of motion, the importance of breath and kinetic energy. All free-weighted lifts are centered around our spine and our most precious resource – our lumbar spine. Make sure that your coach is accredited, and you can see that she can move with no pain and ease.

DON'T

Purchase a strength programme where qualities such as mobility, stability, flexibility are not discussed or a part of the programme. Conventional body-building programmes all address strength, endurance, cardio and some flexibility but what they fail to address are the aches and pains that come from putting your body through these demands. Some of these programs actually repeat or amplify and reinforce these aches and pains and fail to neglect full recovery. They focus too much on physique and body composition and neglect to address these aches and

soreness, at the expense of your pain free health and longevity. Your ability to move in 3 dimensional fluidly is a requisite for pain-free health and to allow you to move heavier objects in a 2 dimensional plane. The wear and tear on resistance training, unfortunately squeezes out the nutrition and the lubrication in our joints, known as the synovial fluid. Without proper lubrication or a lack of rejuvenation of the synovial fluid in these joints can cause precocious joint failure. Some common ailments are the calcium deposits, inflammation and stiffness elbow tendonitis. We need to remove and discharge this tension in our joints, or it will derail your progress. You need to perform joint mobility to remain pain and injury free.

DON'T

Purchase a strength programme, where there is undeniable proof that the benefits and results are tried and tested. Have other women performed the programme, if so what did they have and how did the Coach solve them. What did they get out of the programme. How did it change their life, their movement – their quality of life? Ladies, a strength programme **MUST** have repeatable results from experience.