



## APEX Week 4 Health Challenge

### Did You Know?

The **American College of Sports Medicine (ACSM)** recommends that a strength training program should be performed a minimum of two non-consecutive days a week.

### Benefits of Resistance Training

- Decrease the risk of heart disease
- Decrease blood pressure
- Decrease body fat
- Improve fundamental movement patterns
- Increase bone density
- Improve overall quality of life!

### How?

- Dumbbells
- Kettlebells
- Body Weight

### ◆ Do 1 Cycle/Strength Class

Resistance training is a key factor to consider when thinking sustainable healthy lifestyle choices. The week 4 health challenge is to attend a cycle/strength class. If you can't make it to a scheduled class, then you can do the following workout at home or bang it out at the studio before or after an Energy class. \*\*See attached PDF document for diagrams and explanations\*\*

#### 3 rounds of:

A1 - Single Leg Glute Thrusts x 8/side

A2 - Goblet Squats x 10

A3 - Side Plank x 30 seconds/side

#### then 3 rounds of:

B1 - Single Arm Plank Row x 10/side

B2 - Single Arm Chest Press x 10/side

#### then 3 rounds of:

C1 - 1/2 kneeling single arm biceps curl to single arm overhead press x 10/side

**How to do this workout?** Simply complete A1 - single leg glute thrusts x 8/side, then immediately do A2 goblet squats x 10, then immediately do A3 - side plank x 30 seconds/side. That would be 1 round complete. Do it two more times then move onto the B exercises. Once 3 rounds of B are complete. Move onto the C exercise.



## Myths about resistance training

### If I do weights, I will get really BIG and BULKY

- If you can dial in your nutrition while simultaneously lifting hard in the gym, what will result is a leaner, tighter, stronger version of your former self ([soheefit.com](http://soheefit.com))

### My goal is FAT LOSS so I just need to do more Cardio

- Resistance training increases metabolism. An increase in metabolism = more calories burned. More calories burned = good bye fat.

### I have a sore back, knee or shoulder - I can't do weights anymore!

- Often pain is the symptom of an imbalance somewhere else in the body. Engaging in a properly designed resistance training program will close the gap on the imbalances and deficiencies. Therefore, will promote pain free movement.

## Does Exercise Selection Really Matter??

Absolutely! Lets highlight two main points.

• **Multi - Joint Movements** - This means choosing exercises that work more than one joint, more than one muscle group. i.e. - choosing a squat variation over a seated leg extension exercise. To keep the body moving pain free and allowing the muscles and joints to maintain their primary role in movement, 80-90% of total volume should be multi-joint movements.

• **Balance Pressing and Pulling** - The body will adapt to exercise selection. It is extremely important to look at the total volume of repetitions that are completed daily, weekly and monthly. It all adds up. There are 5 main movements that should be considered for training sessions. I will use the workout from above as an example.

• **Single Leg Glute Thrust** - This is known as a **Hip Extension movement or lower pull**. It primarily works the lower posterior chain (backside) of the body. Other exercise examples include deadlift variations.

• **Goblet Squat** - This is known as a **Hip Flexion movement or lower press**. It primarily works the lower anterior chain (frontside) of the body. Other exercise examples include lunge variations.

• **Single Arm Plank Row** - This is known as an **upper Pull movement**. It primarily works the upper posterior chain. Other exercise examples include pull up variations.

• **Single Arm Chest Press** - This is known as an **upper Press movement**. It primarily works the upper anterior chain. Other exercise examples include push up variations.

• **Side Plank** - The "cores" primary responsibility is to stabilize the spine. During all the movements above, the core is working. When we think of specifically training the core we want to think **loaded carry** variations or **plank** variations.

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