

PERSONAL TRAINER

NETWORK

The official publication for personal trainers & gym instructors
SPRING 2006

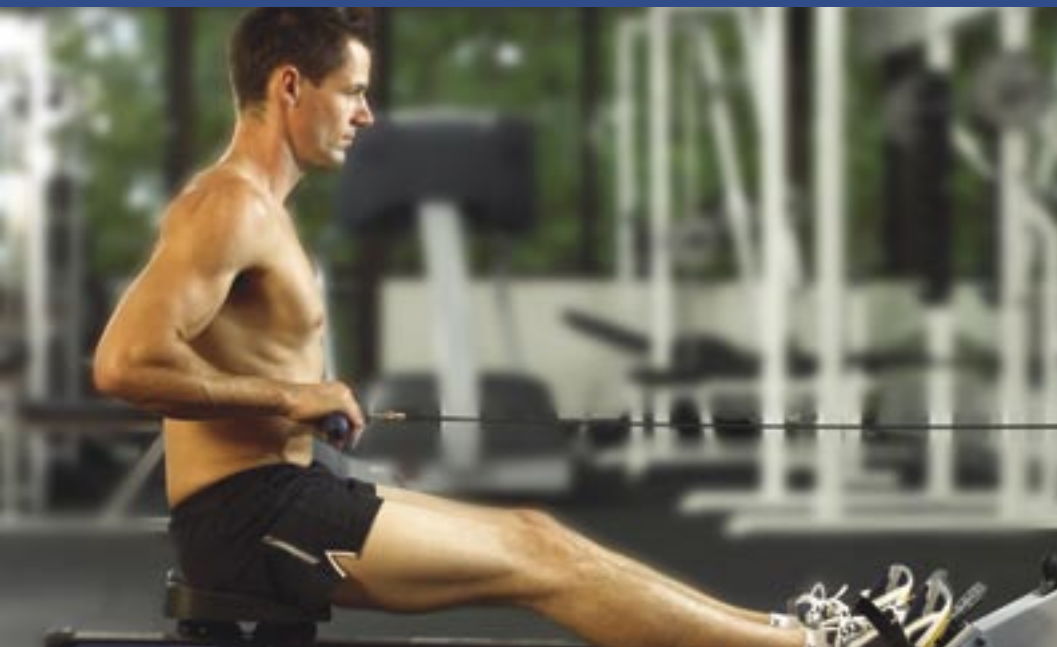


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Maximising performance and minimising risk during cardio training...

A PERFECT PRACTICE™ article

Being an excellent trainer means that you care about how well your clients move when they exercise. How well someone moves when they are exercising is directly related to how well they sit, stand and move when they are *not* exercising. This may sound like a simple concept, but making posture a priority for your personal training sessions can dramatically influence your clients' performance. It will help them move better, feel stronger and most importantly it will help

them avoid injury. Taking perfect posture into all aspects of exercise is a foundation principle of the PERFECT PRACTICE™ training system. Simple as it may sound, it is amazing how difficult it can be to achieve!

If your clients aren't thinking about their posture and movement habits all day/every day, then there is much more you could be teaching them. To really make a positive impact on people's lives, you need to give them concepts that they can apply to their everyday lives.

Postural habits and cardio training

The chart that is included in this issue of the newsletter is designed to give you and your clients visual clues as to what poor postural habits will look like during cardio

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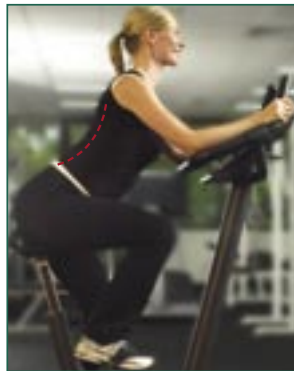
Maximising performance and minimising risk during cardio training...

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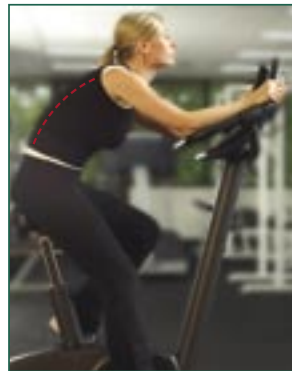


training. The first step on the chart is to assess postural type. As a personal trainer, when you do a postural assessment on your clients, keep it simple. Most people either slump or sway, and then also have one side that they prefer to lean to most of the time. For simplicities sake, the Cardio Training chart looks just at slumping and swaying. Here's an example using the exercise bike:

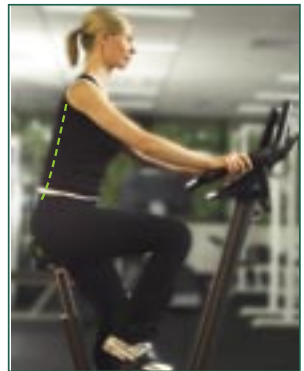
Swaybacks will look like this:



Slumpers will look like this:



And perfect posture looks like this:



Take the hand brake off



Table stretch

Just teaching your client what perfect posture looks like may not be enough. If a body has been used to slumping, swaying and sideways curving for many years, it will have ingrained patterns of movement that can be difficult to shift. This is where some specific stretching can really help to take the hand brake off the body and give it a new range from which to function. Swaybacks will greatly benefit from stretching

their hip flexors. Slumpers will be able to maintain a more upright position if they have stretched their hamstrings before cardio training. And both slumpers and swaybacks will feel much more open through the upper body after doing the

PERFECT POSTURE TRAINING

1. Teach them what their bad habits look like
2. Give them simple strategies to fix them
3. Ask them to increase their awareness throughout their day
4. Be pedantic about having them maintain good alignment throughout their entire personal training session!



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Editor
Oliver Kitchingman

Advisory Committee
Xen Angelides
Gavin Aquilina
Lisa Champion
Jon Mailer
Analee Matthews
Andrew May
Kerry McEvoy
Mark McKean
Andrew Simmons
Andrew Verdon

Graphic Designer
Jack Lee

For all editorial or advertising enquiries contact:

Oliver Kitchingman
Australian Fitness Network
Ground Floor, 40 Oxley St, St Leonards, NSW 2065
PO Box 1606, Crows Nest, NSW 1585
Ph: 02 8424 7286 • Fax: 02 9437 6511
E-mail: oliver.kitchingman@fitnessnetwork.com.au
www.fitnessnetwork.com.au

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Table Stretch© which Anna-Louise developed to help people with back pain, but which is a fantastic 'tonic for the spine' for just about everyone.

Linking strategic stretches to postural habits and body type is another unique concept of the PERFECT PRACTICE™ training system. Carefully chosen stretches should be built into a workout and used as tools to improve performance. The fourth chart in the series, due to be released in early 2007, will contain the key stretches that we use.

A GREAT STRETCH TAKES THE HANDBRAKE OFF A MOVEMENT SO YOUR MUSCLES CAN REALLY MAXIMISE THEIR PERFORMANCE

Fatigue

It's also important to understand that as cardio load increases and fatigue sets in, poor postural habits are sure to raise their heads. This is where injury potential increases. What you don't want to do at this point is to push your client to continue to exercise with poor posture and a high level of fatigue. The thinking trainer has several options.

1. Reduce the load slightly until perfect posture can be maintained
2. Continue to work at that level but use creative cueing to change how the client is using their body
3. End the cardio session, making a note of the time and intensity, and use this as a guide to adjust your programming for the next session. Did the fatigue and poor posture set in sooner than you would have liked? If so, reduce the load from the start so that you will be more likely to achieve the time with perfect technique.

FATIGUE LEADS TO SLOPPY FORM, SO EITHER:

1. LIGHTEN THE LOAD
2. CUE BETTER FORM
3. STOP, RECORD, REASSESS

Perfect Practice™ in group personal training

Maintaining perfect technique in group personal training sessions such as boot camp can be difficult. Two things should happen in group sessions. Firstly, each client should be taught how to take responsibility for their own perfect posture. They should learn to recognise the signs of postural fatigue and change what they are doing when it happens. Secondly, trainers who run group personal training sessions should constantly be on the look out for participants who are losing form. When they see poor technique, they should have a tool box full of solutions. Pushing clients to lift, push, carry and run beyond what they are able to do well is a recipe for injury.

Use creative cueing

Creative cueing can add a whole new dimension to postural awareness during cardio training. We recommend using simple cues such as 'dots up*', 'train tracks', 'core active', 'balanced spine', 'lengthen from the crown of your head', and 'breathe deeply' to name just a few. These cues only work if you have done the ground work of teaching your client what they mean beforehand. If you are making perfect alignment the foundation for all your training then these cues will be used throughout your personal training sessions, in all aspects of training.

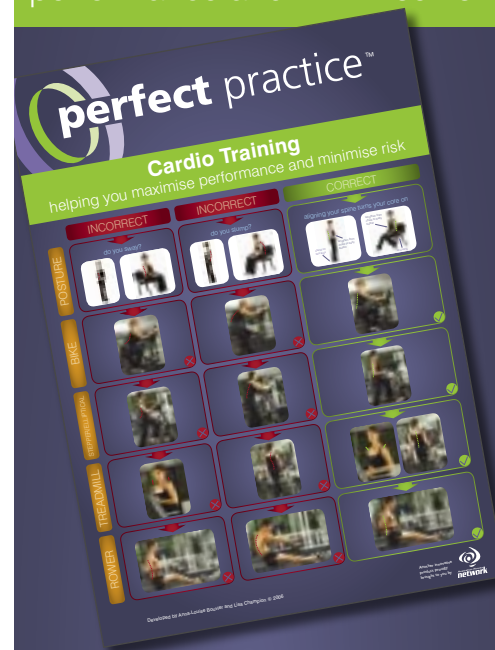
For cueing to be effective, you have to have a wide range of cues at your fingertips. People learn in different ways. Visual learners will need you to demonstrate what perfect posture looks like, kinesthetic learners will need to feel it and auditory learners will need for you to say it in several different ways. If you work through a range of cues you will be sure to tap into the ones that suit each client best.

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Cardio Training

helping you maximise performance and minimise risk



Your 2nd chart is included with this copy of Personal Trainer Network

Distributed to EVERY Network member, this awesome resource is headed your way every quarter for the next nine months!

To find out more about the Perfect Practice™ training system and how you can use this wall chart to its fullest potential, e-mail perfectpractice@fitnessnetwork.com.au

And remember - rolled versions are available from the Network office if you want one for framing!
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Maximising performance and minimising risk during cardio training...

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Training outside of personal training sessions

Many clients do the majority of their cardio training outside of their personal training sessions. This is where your role as their 'teacher of greater body awareness' will really come into play. They should have your voice of encouragement in their ear at all times. What you have taught them about maintaining perfect alignment should be their focus, both during their exercise sessions and throughout their day. Then, you really will be having a positive impact on their overall health and wellbeing! We hope that the PERFECT PRACTICE™ Cardio Training chart will be a beneficial tool in this teaching process. ♦

**Dots Up is a cue based on the Posture Dot System© developed by Anna-Louise Bouvier.*

Empowering



you to excel



Lisa Champion, MSc (ExSc)

*Lisa is a multi-talented exercise specialist. In her role as a director of the Australian Fitness Network, she has had a positive influence on the development of the fitness industry in Australia for nearly 20 years. Lisa has shared her expertise and knowledge as an instructor trainer, program developer, convention presenter and author. She works as a personal trainer, teaches pilates and children's movement classes and inspires equestrian athletes through her book *Riding from the Inside Out*. With Anna-Louise she is the co-creator of the PERFECT PRACTICE™ training system.*



Anna-Louise Bouvier, BAppSc (Physio)

*Named Australian Fitness Presenter of the Year for 2004, Anna-Louise developed her unique Sydney-based physiotherapy exercise practice, *Physiocise*, 10 years ago. Her practice now teaches over 750 clients a week how to fix their backs through exercise and posture education. She is a co-creator of the PERFECT PRACTICE™ training system, is an injury prevention consultant to the NSW Waratahs and ACT Brumbies, and is the best-selling author of *Fix Your Back*, ABC books.*

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- Personal training people in pain (B1B)
- Perfect Practice™: Cutting edge core control (B5B) (Anna-Louise)
- Breathe your way to a better body and mind (C3F) (Anna-Louise)
- Health coaching – a brave new world (C4B) (Lisa)

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