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The information in this manual is intended only for healthy men and women. People with health problems should not follow the suggestions without a physician's approval. Before beginning any exercise or dietary program, always consult with your doctor.

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Table of Contents

Exercise Theory: Chpt One – 1

Exercise Principles: Chpt Two – 5

- Principle of Intensity 11**
 - The aerobic industry 12
 - Borg's perceived exertion scales 13
 - Energy systems (aerobic/anaerobic) 13
 - The nature of intensity 18
 - Those who should not train to failure 20
 - Problems with intensity prescription 29
 - Determining appropriate intensity 22
- Volume Principle 23**
 - Muscle fiber types & exercise application 23
 - Fiber type relevancy in exercise prescription 25
- Frequency Principle 26**
- Progression - Overload (load) Principle 27**
 - Overload methods 27
 - Overload and TUT 29
 - Strength & endurance relationships 29
 - Cautions of weight overload 30
 - Overload and set number 31
 - Overload and intensity of effort 32
 - Long-term overload reality 33
- SAID Principle 34**
 - Sport specificity 35
 - Negative transfer 36
- Principle of Diminishing Returns 37**

Exercise Principles (con't)

Principle of Individualism 38

Bell Curve distribution 38

Key aspects of Individualism 39

Biological clocks 41

Sleep patterns and performance 42

Monthly cycle 44

Circannual cycle 45

Exercise Origins: Chpt Three – 47

Numbers 47

Numerical symbolism & mysticism in exercise 47

Measurement 48

Measurements in exercise science 49

Physics 53

Newton's laws of motion 53

Potential and Kinetic Energy 55
Power 55
Strength and the Power
Connection 56
Torque 57
Physics is more than
"mechanics" 58

Biomechanics 59

Muscular actions 60

Balance, stability and integrity 62

Chemistry 66

Biology 67

Anatomy & Physiology 160

Anatomy 69

Muscular system 71

Major muscles & their functions 74

Actors 78

Exercise Origins (con't)

Anatomy & Physiology (con't)

Physiology 78

Muscle contraction 80

Stress physiology and the GAS 82

Relating GAS to
exercise 84

Local Adaptation Syndrome 84
General Adaptation Syndrome 84

Neurology & motor control 86

Motor learning & skill acquisition 89

Ability 89

Skills 90

Motor learning 91

Practice specificity 91

Skill transference 92

Genetics 94

Factors affecting trainability and results 95

Environment 95

Exercise order selection 96
Everyday stress 97

Intrinsic factors 98

Leverage 98
Muscle length; fiber types 101
Fiber density; Neuromuscular
efficiency 102
Somatotype 103
Cardiac function 105
Tolerance to discomfort;
Motivation & desire 106

What to expect; Progress expediency
107

Exercise Technique: Chpt Four – 109

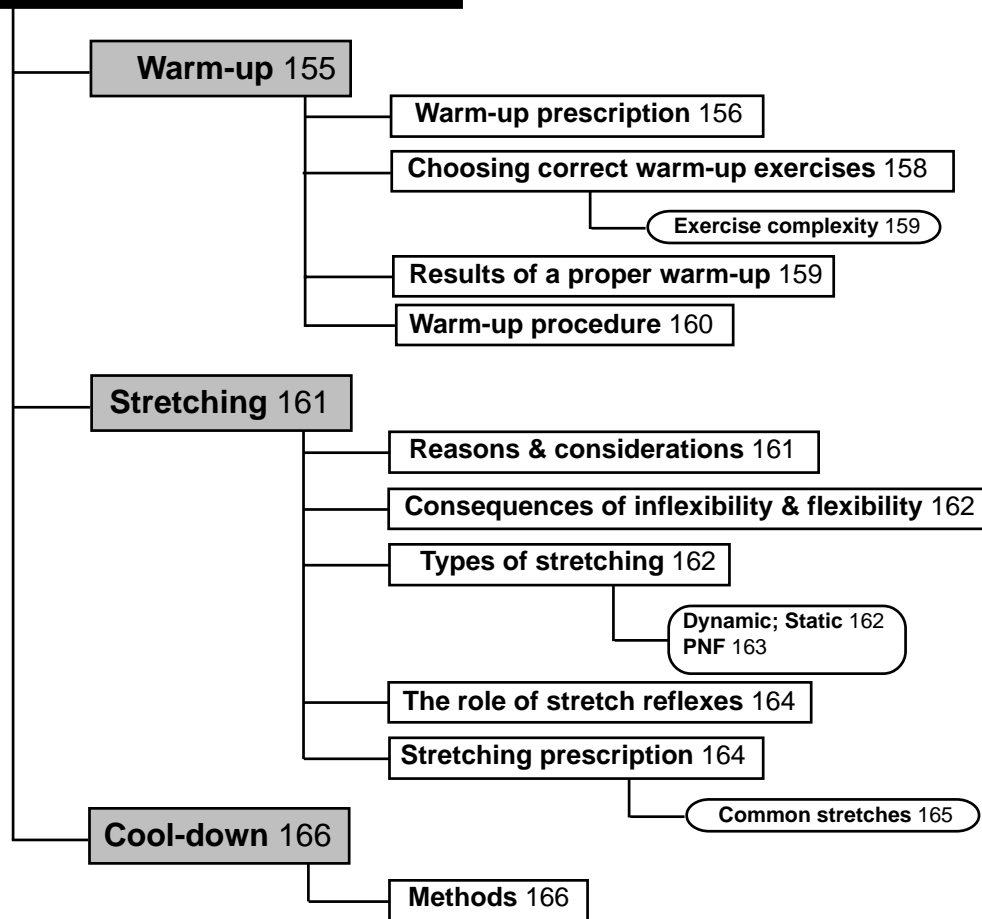
Mechanical Similarities 109

Technical Skill Analysis 110

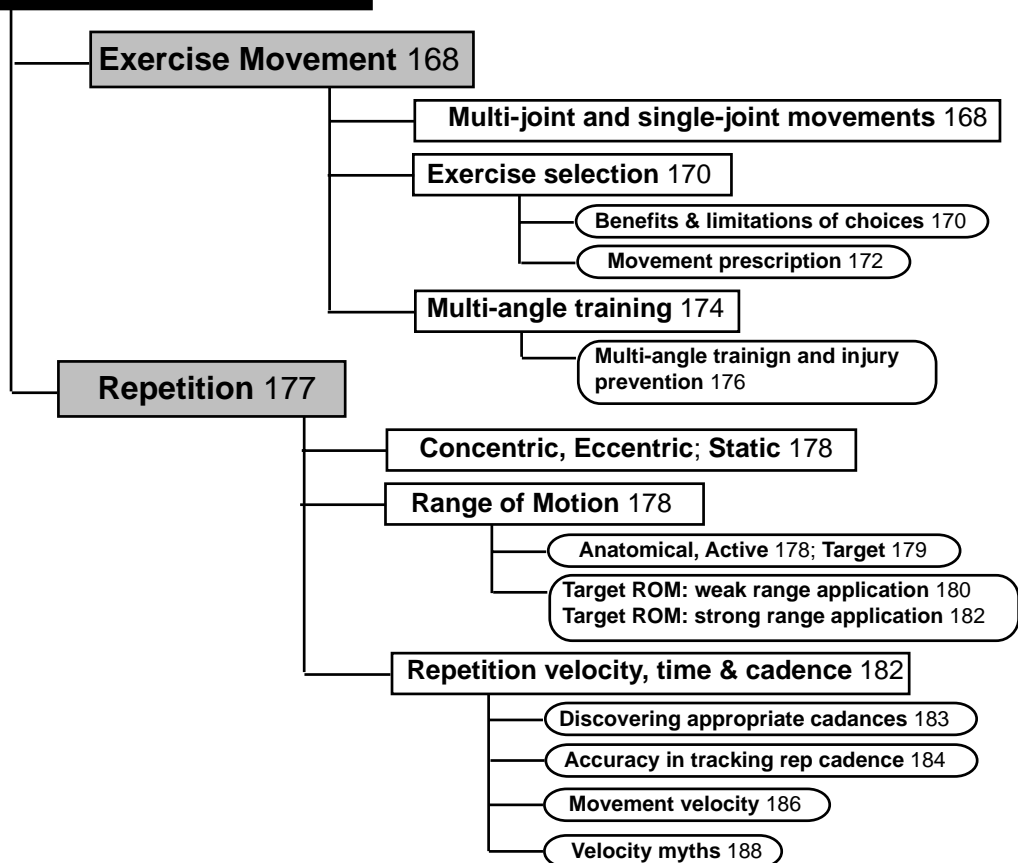
Breathing 111

Thigh Exercises 114
Calf Exercises 121
Chest Exercises 123
Back Exercises 127
Shoulder Exercises 133
Neck Exercises 138
Abdominal Exercises 140
Arm Exercises 142
Clean and Jerk 145

Warm-up & Cool-down: Chpt Five – 155



Exercise Elements: Chpt Six – 167



Exercise Elements (con't)

Repetition (con't)

Repetition pauses 190

Locking out vs. continuous tension 191

Repetition safety and intensity of effort 192

Factors that influence repetition measure 193

Set 194

Determining set tension time 194

TUT and muscular growth 197

Rate of fatigue tests 198

Excessive TUT application 202

Determining the load of a set 203

Determining rest intervals between sets 203

Method of performance (set variables) 206

Breakdowns, burns, cheat reps 207; Descending Set, Eclectic set 208; Extended set 209; forced reps, Giant set 210; Heavy & light, Isometrics 211; Negative reps 212; One-rep method 215; 1-1/4 rep method, 100 rep method, Overloads 216; Partial reps, Pre-exhaustion 217; Pre-fatigue pump set 218; Rest pause, Static (+ negative) 219; Stutter rep Superset, Twenty-one method 220; Up & down resistance 221

Workout 222

Workout volume & duration 222

Determining set volume 222

Too little exercise 227

Routine 229

Frequency differences 231

Routine variety 231

Cycling & Long-term Planning 232

Cycle structure 234

Sample cycle formats 236

Cycling exercise & sports skills 242

Exercise Elements (con't)

Goals 243

The nature of goals 244

Measuring the measurable 247

Why goal setting works 247

Goal setting principles & strategy 247

Goal setting problems 249

Tracking data 250

Exercise Directions: Chpt Seven – 251

Muscle Enhancement 252

Demands of exercise 252

Growth & strength do not always relate 253
Adaptive coordination 254

Muscle disruption 256

Adapting to exercise 257

Chaos training 260

Blitz (short-term cycles) 262

Increasing training demands 263

Maximizing blitzes 264

Blitzing for advanced trainees 265

The structure of a blitz 267

Physique Transformation 270

Weight training application 272

Endurance training & nutrition 274

Powerlifting 276

Building strength vs. lifting proficiency 277

Characteristics & technique of the lifts 278

Supplemental exercises 279

Causes for disqualification 281

Endurance Training 282

Obtaining an aerobic benefit 283

Maximizing aerobic capacity 284

Endurance training for fat loss 285

Exercise Directions (con't)

Pliometrics 286

Pliometrics & injury 287

Sport Psychology: Chpt Eight – 289

Personality 289

Motivation 290

Building motivation 291

Developing motivation & competitiveness 292

Arousal 293

Anxiety 294

Relaxation techniques 549

Concentration 296

Concentration difficulties 296

Improving concentration 297

Imagery 297

Imagery exercises 298

Confidence 299

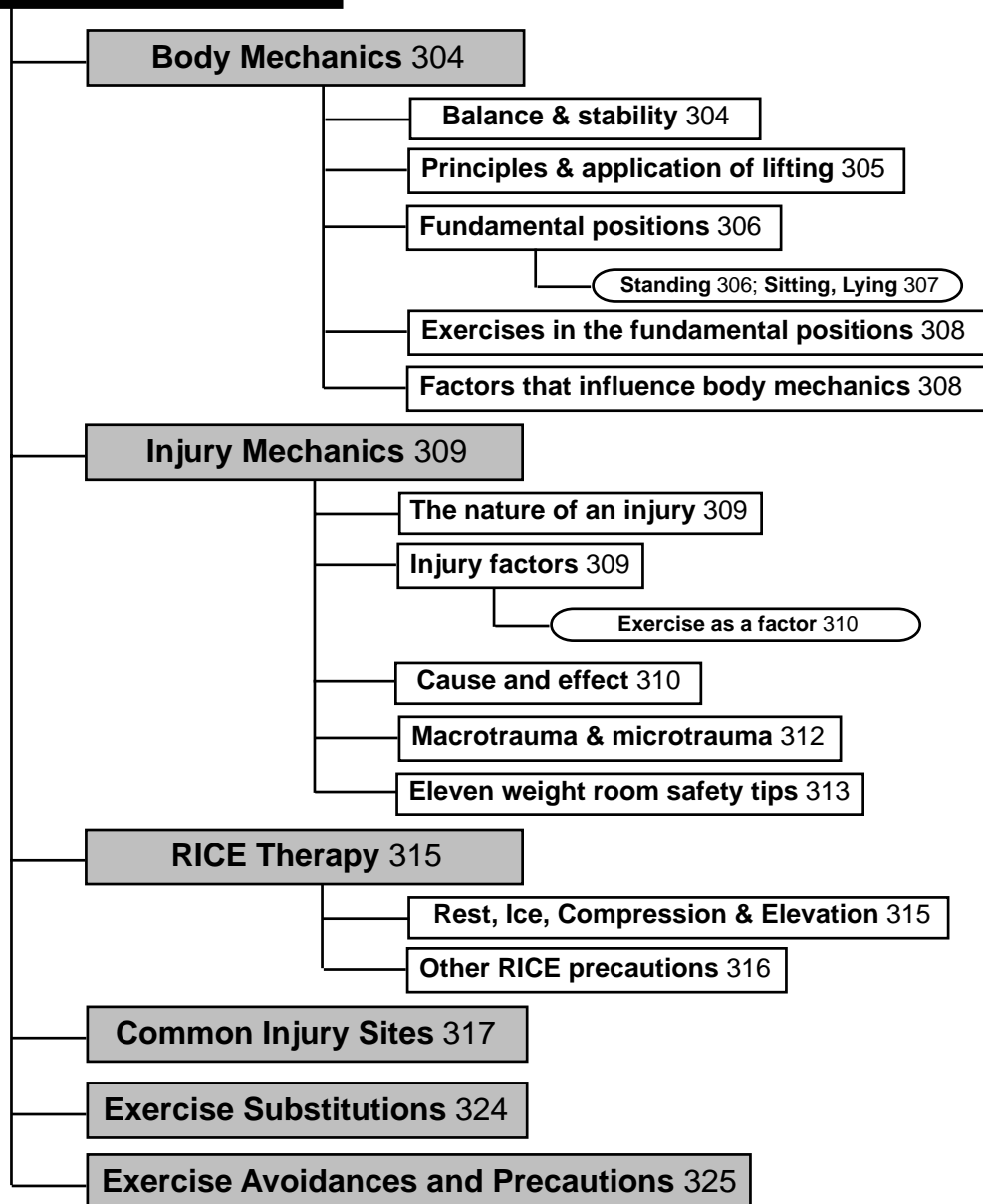
The need for confidence 299

The Zone 300

Reinforcement 301

One Mental Trick to Maximize Performance 301

Exercise Injury: Chpt Nine – 303



Achieving Your Best: Chpt Ten – 327

In Search of the Optimal 327

Stress & Recovery 328

Overreaching 328

Signs of excessive overreaching 329

Overtraining 330

Characteristics of an overtrained state 330

Muscular system 330
Hormonal system 330
Mental status 331

Warning signs & symptoms 331

Nutrition & overtraining 332

A note on individual tolerance 333

Exercise application 333

Coordinating exercise demands 333

Fear of overtraining: how valid is it? 335

Recovery 335

Stress guidelines 336

Tests to determine overtraining 336

Avoiding overtraining 337

Comparisons, Analysis & Relationships 338

Recognizing patterns 341

Planning 343

Pre-plan caution 344

Overview of the planning directive 345

Abstracting ideas 346

Appendices – 349

A: Sample Questionnaire 351

B: Fitness Stress Test 361

C: Fitness Testing Irrationality 365

D: Machines vs. Free Weights 369

Glossary – 375