

Stages of Progression with your Exercise Programme

PRE-SCREENING

Purpose: Your medical background and injury history is established and prior experience with gym training and sports-based activity is sought. A full-body assessment is performed.

INITIAL STRENGTH AND FITNESS PROGRAMME

(This is based around weaknesses found in pre-screen and other critical detail obtained from client). Purpose: Areas of weakness are trained and advanced through basic strength and cardiovascular exercises whereby we achieve awareness and balance throughout the whole body. Analysis of posture and gait is undertaken discreetly to enable correction of poor body mechanics. Range of movement and flexibility is improved upon. The basic movement patterns are taught. Nutrition is broached and strategies put in place to assist in goal attainment.

MODIFICATION OF INITIAL PROGRAMME

Purpose: To allocate time to identifying and further progressing any areas requiring further improvement and training. To modify exercises and activities that have achieved great success. To help keep the programme interesting and enjoyable.

PROGRAMME CHANGES EVERY FOUR TO SIX WEEKS

Purpose: Once whole body balance is achieved via basic strength and fitness training, your exercise programme will be changed every four to six weeks. This enables us to progress towards your goal/s of choice whilst maintaining a happy and healthy body. Functional movement patterns (movements and positions that mimic everyday activity and behaviour) will be employed at this stage to

enable the body to continue to make steady progress and have you maximise results. At this stage, your goals are central to the programme design.

This series of progression is critical in ensuring your body is strong enough and fit enough to master all levels of gym-training activity. I consider it crucial to ensure the physical body is in equilibrium whereby areas of weakness are minimised and all regions of the body can contribute proportionately to the exercises and activities demanded of it. This way, we can enjoy exercise knowing that we are getting the most out of it, and therefore avoid any setbacks or injury along the way.

The speed of progression through these phases will be dependent on your age, prior exercise experience, regularity and frequency of exercise, healthy nutrition, rehabilitation from any current injury or joint/muscle complaints, and your overall desire to take your body where you want to take it.

Exercise trains the body to be stronger, more flexible, and more durable. While exercise burns calories, it will not change your body's composition unless you tidy up the nutritional component. The less you attend to the nutritional aspect, the less change in your body's shape you will witness. **Remember: When it comes to changing your body's composition of muscle and fat, 70% of the change will come from what you are putting into your body in the way of food.** Exercise changes the shape and condition of your muscles, and nutrition fuels the body. The interaction of both increased exercise and better nutrition is what will enable the fat to be removed from ovetop of the conditioned muscle and will reveal a more sculpted and defined body.