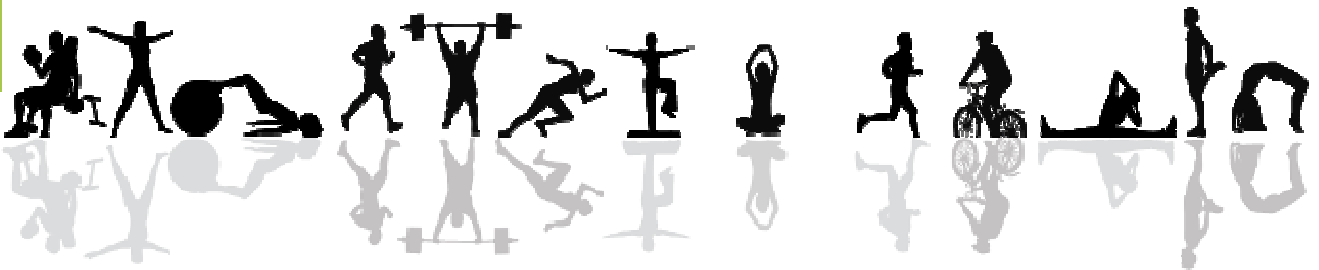


# THE FULL-TIME WORKER'S GUIDE TO A GOOD PHYSIQUE

*Bitesize*  
Nov 09



## Contents

### Editor's Blog

- Dom talks about setting goals and how it can make the difference between fitness and fatness.

### What's Your Excuse

- We address the problem faced by those that find exercise a boring chore.

### Featured Exercise

- Bust those love handles and tighten those buns....

### Special Offers

- Christmas Gift Vouchers and new packages are launched.

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# Setting goals that make a difference.

Keeping fit isn't something that people would necessarily choose to do. After all, if we refer back to the olden days - I'm talking cave men times, exercise was a necessity. It was part of our daily routine in order to survive. We would walk, run and lift on a daily basis in order to stay fed, keep warm, and avoid becoming the hunted. Food wasn't on tap like it is today. In order to eat we had to perform physical activity. These days we don't even need to walk to the shops. It is for that reason that we have to find a way to incorporate this non compulsory exercise into our lives, because essentially, our bodies were designed to exercise. Without exercise we don't function properly.

Let's look at sport as an example of exercise, because, like survival, there are goals to sport. Both short term and long term. Football teams want to score a goal. They want to score enough goals to win the match. They want to win enough matches to win the league and so on. Most of us will succumb to a challenge, whether it is finishing The Times crossword or winning a game of tennis. There is a purpose, a goal, a reason to partake in the activity.

In order to make exercise more interesting and effective we need goals. A visit to the gym without a goal could be considered a pointless activity. Now, we could argue that the goal is to get fit, however this is a long term goal with no **specific** benchmarks. To really have a goal is to have a number of goals, short and long term. If you lift weights, you should be looking to step up to the next weight. If you run, you should be looking to knock seconds off of your personal best. Not only does this give you something to aim for and think about during each individual session, but it gives the session a **measurable** purpose. It also means you can actively achieve a goal which is far more satisfying than the feeling you get from simply 'doing some exercise'. That particular achievement is usually only satisfying on your first visit to the gym.

Above all, goals must be **realistic**, because if we start an exercise regime with unrealistic goals we will soon become disappointed and give up hope.

A popular system of remembering how to set effective goals is called the "SMART GOALS" approach. It states that goals must be:

- **S**pecific
- **M**easurable
- **A**greed Upon
- **R**ealistic
- **T**imelined

For a more detailed breakdown of how to set SMART goals email [dom@dt-training.co.uk](mailto:dom@dt-training.co.uk)



**Dominic Thorpe - Managing Director and Principal trainer.**

**DT-Training.-Personal Training the way you want it.**

*"To really have a goal is to have a number of goals, short and long term. If you lift weights you should be looking to step up to the next weight. If you run you should be looking to knock seconds off of your personal best ."*

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In this section we look at barriers which prevent people from carrying out exercise and how to address them with some form of realistic solution.

Following on from what I spoke about in the Editor's Blog we will be looking at Mike Jadin's excuse of "I can't keep going to the gym because I find it boring and tedious".

*"Gyms are boring. I don't enjoy training in them."*

#### **Score a goal.**

The biggest and best solution to a motivational problem is documented on the previous page, however here I will try and cover some alternative solutions. But remember, these solutions will probably be ineffective unless the rules on the previous page are adhered to.

#### **Bring a Gym Buddy**

Providing you have the knowledge, and can coordinate a session in the gym, you can bring along someone to train with you. This is good for two reasons: the first being the fact that they can act as a personal trainer and vice versa - meaning that you'll both work harder than you would on your own; the second being the fact that you can chat through your rest periods to make time pass more quickly and help avoid the uncomfortable feeling of sitting there doing nothing.

## What's your excuse?

Our chance to remove your barriers to exercise.



**"My dog ate my gym kit..."**

#### **Turn your workout into a private party.**

Sometimes the music playing in your gym just doesn't do it for you. In this case wear a suitable personal stereo (the smaller the better) and rock away to your favourite tunes throughout your session. [Nike ±](#) even allows you to have a special "Power Song", your favourite motivational song which plays at the press of a button to give you the boost you need when feeling tired.

*"I don't know what to do during recovery periods and I feel uncomfortable"*

#### **Read All About It!**

Frowned upon by some, taking a book or better, a fitness magazine to the gym does offer some form of entertainment - providing it doesn't affect the level at which you work.

#### **What are you waiting for?**

One way to avoid boredom is to avoid long periods of the same activity. Treadmills are notoriously boring - nobody can argue with that! Try avoiding cardio machines and carry out your cardio by using light weights with high reps and little or no recovery period. Performing ten exercises in a circuit twice, carrying out each exercise for 1 minute before moving straight onto the next will provide as good a cardio workout as a 20 minute run. In fact, probably better as you can cover all muscles within the body very easily and it doesn't allow time for the heart rate to drop.

#### **Get With The Programme!**

A well written [personal fitness programme](#) with specific goals that challenge you will undoubtedly make your session more enjoyable, providing the goals are realistic.

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**If the above suggestions don't work for you or you have another reason why you are unable to exercise email [dom@dt-training.co.uk](mailto:dom@dt-training.co.uk) - you may see a solution to your problem in the next edition!**

# Featured Exercise

## Side crunch in the plank position with leg raise

This month we're looking at core strength. The exercise featured will help strengthen and tone your obliques (love handles) and firm up the upper part of your Gluts (buttocks). As usual I'll demonstrate the exercise followed by an adaptation for those who require an easier version of the exercise.

- Commence the exercise in a side plank position. The body should be kept as straight as possible (1).

- Carefully lower the hips towards the floor and then return to the starting position in a controlled manner (2 and 3).

- From this position slowly raise the top leg as far as possible keeping it directly above the lower leg (4).

- Then lower the top leg back to the starting position in a controlled manner (3).

The above process demonstrates a single repetition of the exercise. Perform 10 repetitions of the above exercise without rest on each side of the body and repeat this for 3 sets.

- If the above exercise is too advanced simply perform the same action on your knees (5).

1



2



3



4



5



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### Two train for the price of one!

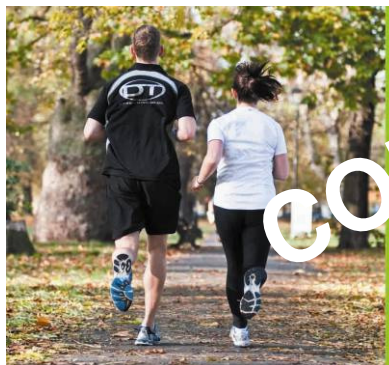
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participate in twelve 1-2-1  
personal training sessions with  
\_\_\_\_\_ at a venue of your choice.

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