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A 30-minute, Or Less, Full Body Workout

By Dr. Jeff Banas

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by: **Dr. Jeff Banas**

Most people do not have the time to do biceps and back one day, then legs and shoulders the next, then triceps and abdominals the next day. So here is a short, and every effective full body weight session you can easily get done in 30 minutes or less. Your muscles will feel the workout but you will not have the muscle soreness that will prevent you from your other training

Do this program two times a week. You are going to do drop sets. This means you are going to do three sets back to back without resting. Obviously if you are not experienced with lifting weight you will start with one set then more up to the three sets. You are going to work your larger muscles first. The order goes something like this:

Leg extension

Leg Press

Hamstring Curl

Close Grip Lat. Pull Down

Pull Over or Seated Row

Bench Press

Chest Fly

Triceps

Bicep Curls

A 30-minute, Or Less, Full Body Workout

Lateral Shoulder Raise

For every exercise write down the weight and the number of repetitions you do for your first set only. Do fifteen repetitions, once you get to the fifteenth repetition drop the weight down about 25% then do as many repetitions as you can, then again without rest drop the weight down and do as many repetitions as you can. If on the first set you cannot make fifteen repetitions, no problem, do as many as you can then drop the weight and keep going as I mentioned.

Write down the weight and number of repetitions you did for the first set only. For your next workout, if you made it to fifteen repetitions increase the weight. If you did not make it to fifteen repetitions, keep the weight the same and try to do more repetitions than you did last time. This will constantly push you to train harder. Try and do the exercises in the exact same order every time.

Not resting will really fatigue the muscle, but only while lifting at that time. You will still be able to do your other training. Training this way will stimulate muscle growth because you are causing the muscles to fail. In fact, on your third set you may only be lifting the bar with no weights on it at since your muscle is failing. That is one reason you will want to do this workout on some type of machine unless you have a spotter. Get past how much weight you are lifting, just let your muscles fail.

After a few sessions switch the type of exercise you are doing. Instead of a chest fly do a decline bench, then latter do an incline bench. Instead of a close grip lat. pull down do a seated row, but keep the same basic order, working the larger muscles to the smaller muscle.

You should be able to get this fully body weight session done in thirty minutes or less. Now go run!

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How To Develop A Strength Training Workout To Swim Faster!

By Steve Preston

How To Develop A Strength Training Workout To Swim Faster!

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Swimming is a very unique sport to develop a proper strength training workout for. Swimming is one of the few sports that requires more upper body strength for maximum performance. In fact, swimming requires at least 80% of strength from the torso and arms. Strength train correctly for swimming, and

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watch your speed in the water take off! Here are some tips to help you create the perfect workout.

1. Determine The Body Parts To Emphasize

No matter which swimming stroke you compete in, the body parts to emphasize are the same. The body parts in order of importance, that you will need for swimming are the back, chest, shoulders, arms, abdominals, hips, thighs. When creating a sport specific plan, you will work on these body parts in this order. You still want to train the entire body, because our body's work as a unit. Although you want to keep all of your body parts strong, try to keep this order when setting up your workout.

2. Select The Best Exercises For The Emphasized Body Parts

When selecting exercises for your swimming strength workout, you should find ones that you are comfortable with. Don't try to perform exercises that "mimic" the movements required when you swim. You never want your strength training exercises to be "too similar" to the skills for your sport. Just find the 12 best exercises for the body parts above.

3. Organize The Exercises Into A Routine

Take the 12 best exercises and organize them into a workout routine. You can substitute exercises occasionally. Try to select 2 exercises for each body part.

4. Full Body Workouts

Now that you've organized your exercises into a routine, you need to perform these full body workouts. If you're in the off-season, you can do this full body workout on 3 nonconsecutive days per week. If you're in-season, try to perform a workout every 4-5 days. This additional rest will help you recuperate from the combination of practices, workouts, and competitions. You might even get stronger by training this infrequently.

5. Keep It Progressive

No matter which exercises you've decided on, you must keep your workouts progressive. That means you should strive to add an additional repetition with the same weight in successive workouts or keep the number of repetitions the same, and add a little more weight. Try to do this as often as you can.

6. Minimize Momentum

When you're swimming competitively you want to be fast in the water. Don't make the mistake of thinking that your strength training workouts need to be fast in order to make you faster in the water. Your strength training workouts should be slow and controlled. Always lower a weight twice as slowly as you lift it. This ensures that your form is perfect. Perfect form on your strength training exercises will carry over to improved performances in the water.

Steve Preston is a Sports Performance Specialist in Virginia Beach, Virginia. He specializes in

A 30-minute, Or Less, Full Body Workout

sports-specific strength training programs to improve athletic performances. He is available for phone consultations, and clinics and can be reached through his website at

He has recently created a DVD Strength Training Program For Swimmers. It can be viewed at

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