

# Basic Training Principles

## Consistency is Key

People often ask 'what is the best programme for me to do?' The answer is always 'whichever one you enjoy and can stick to.'

You could have the best training and nutrition plan in the world, but if you hated it and didn't do it – guess what? You would see no results and it would be useless.

We will work with you to create a programme that fits in with your lifestyle and includes the things you enjoy whilst working towards your goals.

Ultimately we can provide you with all the information, programming and nutrition information that you need to achieve results – BUT it is down to YOU to put the work in, and keep consistent if you want to see change!

It isn't easy, but nothing worth having in life is!

## Progressive overload

After consistency, this is probably the most important principle to adhere to.

The body is amazingly adaptable, and if we don't keep pushing the boundaries of what we can do, the body will get 'comfortable' and stop changing.

To do this, we need to keep exposing ourselves to new, more challenging stimuli.

This can be achieved by a variety of means: increasing the weight lifted, changing the exercise completely, increasing the length of time we train for/number or sets or repetitions we perform to name just a few examples.

Too often I see people in classes using the same weights week in week out, working no harder and unsurprisingly making no improvements – the body has adapted to your training and you have let yourself get comfortable – if this is you, its time to change it up!

## Master the basics then progress

Learn to control your own body before adding external weight to it.

For some exercises this will be fairly straightforward (squats, lunges), but for some this can present more of a challenge (pull-ups and press-ups as examples).

In order to progress more quickly and to reduce the risk of injury it is important to learn how to create and maintain full body tension whilst performing the basic movements in order to protect the joints when we come to put additional stress through the body.

Furthermore, ensuring that we develop good mobility and range of motion around every joint is very important. Strength without flexibility -> injury, as does excessive flexibility without strength to support it. We need to develop the mobility, THEN develop strength through this new range of motion in order to maintain healthy joints and enable us to move well now and in the future (something that is often overlooked by many trainees). Whilst we may be training for maximal strength now for example, what is the point if it will render us unable to move well and perform basic tasks in years to come as a result of injury?

## Focus on Form (technique)

Our primary focus should be to lift the maximum amount of weight for the set number of reps with perfect form.

Only once this has been achieved should you be concerned with increasing the weight or progressing the exercise.

If you take nothing else from this section remember this: LEAVE YOUR EGO AT THE DOOR.

Don't worry about what anyone else is doing - it doesn't matter. Focus on YOU, the exercise that you are performing and make sure you get it right to ensure the best results and reduce the chances of injuring yourself!

Allowing yourself to be governed by your ego most often only leads to injury as you will end up pushing beyond your current level of ability!

For more information

Follow my Facebook page: [JL fitness solutions](#)

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OR feel free to e-mail [james@jlfitnesssolutions.co.uk](mailto:james@jlfitnesssolutions.co.uk) with any questions that you have!

Remember: no question is stupid; we want to help you learn and improve!

