

# The Final Edge to Metabolic Control™

## **ABOUT THE AUTHOR**

Terry Linde, President of Iron Athlete, Inc., has been a Personal Trainer for the past eight years. He has a Bachelor of Science degree in Physical Education with a minor in Business. He also carries certifications in the NASM (National Academy of Sports Medicine) and the NSCA (National Strength Coaches Association). He has worked in clubs and been involved in this industry for over 13 years. He has been involved with amateur bodybuilding and powerlifting, both as a competitor and judge, for over a decade. Terry has worked with people of all ages, backgrounds and goals.

This guide is not intended to take the place of a personal trainer, because of motivational factors among others, but it will give you all the information you need to set-up an individualized routine that will absolutely ensure success.

## Forward

In 1983, with Arnold Schwarzenegger as my inspiration, I began my career in bodybuilding. Since junior high, I knew that I wanted to dedicate my life to fitness. Attempting to emulate Arnold's determination, perseverance and dedication, I focused my college training toward bodybuilding.

With all the information I was learning, it was clear that if I listened to everybody and everything that was out there, I would be left bouncing off white padded walls. Through my education of basic principles and experimentation, I sifted through the misleading information and created a system I've successfully used in our Personal Training business for over eight years now.

With this book and video system, I hope to teach you these same principles that will enable you to achieve your fitness goals, without having to waste your valuable time on nonsense.

A sincere thank-you to my family and friends for supporting and tolerating me during this process. A special thanks to my wife, Reiko, without whom this project would not have been possible.

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## **CHAPTER 2: SELECTING A HEALTH CLUB**

Before you can get started with a physical fitness program, decide what type of equipment you want to use (freeweights, machines, Nautilus, Cybex, etc.) and where you want to train (home, health club, hard-core gym, office, etc.). The best choice for you is **the facility and equipment that fits you and your lifestyle best**, and will keep you motivated enough to continue using it on a regular basis. Making the wrong choices will keep you from continuing to workout

You should also select the *type* of equipment that you as an individual enjoy working with. While each type of equipment may look and feel different from the next, they all work the same muscle groups, so choose whatever feels best to you. Attitude and commitment are more important than equipment in achieving your goals. Many elite athletes have faced limitations and overcome them. With a positive attitude and enough determination, you can overcome any obstacle.

When selecting the type of equipment to use, the most important characteristic to look for is the proper feel of the equipment. Try it before you choose! Don't choose it just because it's supposed to be good, and a famous person endorses it. If it feels smooth and comfortable without feeling awkward it is right for *you*.

### **SELECTING THE TYPE OF EQUIPMENT**

When making your decision, ask yourself:

- 1) Does it feel consistent and smooth throughout the entire range of motion? If not, move on.
- 2) Does it fit you comfortably? Make sure that the seat adjustments fit you, especially if you are tall, short, narrow or wide.
- 3) Does it apply too much resistance at the beginning and not at the end or vice versa? If yes, try another.
- 4) Are there any sticking points? Any points throughout the range of motion where it is not smooth or tension is not being applied equally. If yes, it's not for you.
- 5) Is it well maintained? Particularly when selecting a health club, it is very important (whether it be for your safety or the achievement of your goals) that the equipment is maintained properly.
- 6) Does it hurt your joints or limit you in any way? If yes, don't consider this one.

## SELECTING THE TYPE OF CLUB

In selecting a health club you should consider the following:

- 1) *What type of club do you prefer?*
  - a) Hard-core - Mostly bodybuilders and power lifters. High on atmosphere, low on luxury and member pampering.
  - b) Fitness - All types of people serious about getting healthy. Service oriented and semi-luxurious.
  - c) Social - For those who prefer to mingle. Very large, comfortable places with juice bars, lounges, etc.
- 2) *What amenities are you looking for?* There should be lockers and hairdryers provided in the locker rooms, and possibly towel service as well. Tanning and massage are very popular. Ask about child care.
- 3) *What fits into your budget the best?* The more amenities, the higher the cost. They should also be willing to let you try the club at no cost or apply a walk-in fee towards your membership. Try to visit the club for a few days before deciding if it is for you.
- 4) *Distance from home or office?* It should be convenient to get to at all times and on all days.
- 5) *How long has the club been in business?* If you buy a long-term membership, the club might not be around for the length of your membership. If you are going to make a large investment as found in an extended year plan, find out as much as you can about its financial solvency. Ask for some hard figures, and what ifs (what if the club closes prior to the end of your membership?)
- 6) *What is their total membership?* How many of the members are active? Inactive? There may be a reason. Some clubs, especially the larger ones, might be reluctant to give out this information. Explain to them that this information is important in helping you to make up your mind about the club. With highly advertised clubs membership size might be a problem when trying to use the equipment when you want to. This information is vital.
- 7) *Does this club use high-pressure sales tactics?* If so, you might spend more time upgrading your membership options than actually working out.
- 8) *Is there enough equipment to handle the current membership, and is the equipment well maintained?* If there are lines to use the equipment, you may find

it very difficult to get a good workout.

When taking your tour of the facility, look at the condition of the equipment. Are there many pieces out of service? Are the pads needing replacement? Do the machines look like they need replacing?

9) *How busy are they during peak hours?* Usually peak hours include 5:30 a.m. - 7:00 a.m., 11:30 a.m. - 1:00 p.m., and 4:00 p.m. - 7:00 p.m. make sure you make it a point to visit the club during the time you most likely will be using it. This will give you a good feel for how busy it is and what kinds of lines, if any, you might encounter.

10) *What about employee participation?* Are their employees knowledgeable and helpful? Are they certified? If not, be wary of advice. Are the employees active participants? They should help as spotters, coaches, and encourage you to perform at your best every workout. Are there enough employees to handle the membership? It does no good if no one has the time for you.

## **ALTERNATIVES TO HEALTH CLUBS**

If you don't want to fight all the people, don't have the extra time to drive to a gym, or just can't find a facility to suit your needs, a home gym is the best idea. However, keep in mind that unless you have the money to invest in a well-equipped home gym, a commercial gym will offer more variety and safety.

If you decide to go with a home gym, visit a store that specializes in fitness equipment and try it out, as well as ask a good deal of questions. These questions should include, but are not limited to: Will they deliver the equipment? Will they assemble it? What future support do they offer? What charges, if any, are associated with these services? A home gym can be a substantial investment. Once you do decide to spend the money, make sure you are getting what you need.

With the rigorous time demands of today, a home gym is a great alternative to help you achieve your fitness goals.

## **CHAPTER 6: FLEXIBILITY**

Flexibility is a key component of fitness, and should be performed every day. The chance of injury is much less if the joint is able to move through a full range of motion freely. Also, it enables you to develop maximum strength and size in a muscle, as you can work the muscle through a much greater range. I stress that you should **never stretch a cold muscle**. While stretching is a great warm-up, it should be preceded by at least five minutes of full body warm-up (bike, walking, etc.) to prevent muscle strains. You should also perform your stretches after exercise as a cool down.

### **TECHNIQUES**

There are three main techniques to discuss: ballistic, static, and PNF (Proprio Neuromuscular Facilitation). **Ballistic** involves bouncing during the movement. This is the most dangerous type of stretching. There are receptors in every muscle that let it know when it is being stretched too far. When they sense that they are over-stretched, they signal the muscle to contract, as you know if you've ever fallen asleep in the car and your head snaps back. With ballistic stretching, it is easy to take the muscle too far. When this happens the muscle gets the signal to contract. As you can see, it is easy to strain the muscle if it is contracting while you are trying to stretch it.

**Static** stretching is the easiest and safest way to go. You simply hold each stretch for 30-60 seconds and repeat up to three times. Remember, however, not to over-stretch. Go just to the point of pain, back off slightly, and hold. If you try to go too far the muscle will actually end up tighter because of the receptors.

**Proprio Neuromuscular Facilitation** (PNF) encompasses many techniques. I will discuss the most common. This technique will increase your flexibility the fastest, but a partner is usually needed. With this technique you are taken to a point of stretch by your partner. Hold this position for roughly a ten count, then hit an isometric contraction as your partner resists. This lasts for 8-10 seconds, and then your partner takes you to a greater stretch. This is done two to three times. By hitting the isometric contractions, you are fooling the receptors which allow for a greater stretch. This is also a great rehabilitative technique.

## **CHAPTER 8: MIND MUSCLE CONNECTION**

The mind-muscle link is very important to get the strongest contraction possible in the working muscle. The mind leads the body. You should picture how you want to look or where you want to be in your mind before you attempt to get there.

*Visualization* is the easiest way to do this. Just picture your goals (the way you want to look) in your mind and then live your life in the way that is needed to achieve them. Consider keeping a photograph/picture of how you want to look, or what you want to achieve, so that you keep focused. Meditation tapes are also helpful for this in that they get you in a very relaxed state, and for those who are real serious, hypnotherapy can be very beneficial.

*Positive Mental Attitude:* Always try to keep a positive mind frame. If a negative thought enters your mind, turn it into a positive. For example, instead of saying that "I'm hardly making any progress", say "I'm steadily getting closer to my goal". By selecting the correct gym, it will be easier to stay positive because you will be in an environment that is suited to you.

*Affirmations* are also very useful. Talk and think like you are already there. If your goal is to have a 30-inch waist, then tell yourself everyday, "I have a 30-inch waist".

By using these techniques you will stay focused on your goals a lot easier and you will achieve them quicker. Do not be disillusioned by an initial lack of desire when going to the club. Keep it up. Remember that it takes 21 days to form a habit.