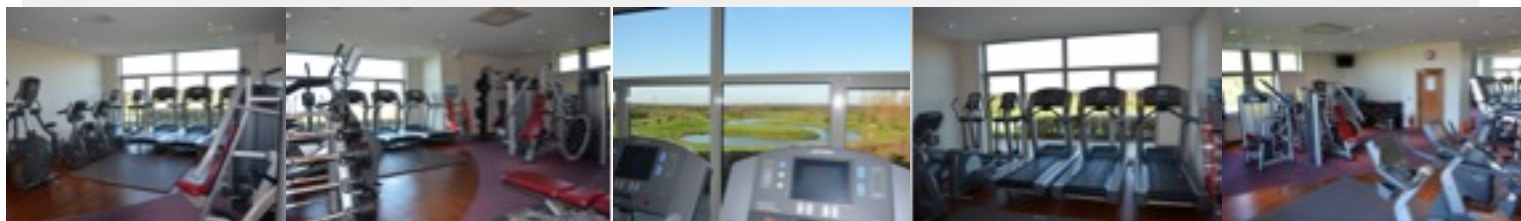


LBPT

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TO START GETTING FIT!



Consistency is Key!

Luke Barden, March 2014

How consistent is your training?Now include your diet.

The key to success within the gym, and outside of with the vast majority of tasks, is consistency.

Ignoring outside of the gym for now, consistency allows the body to adapt to a constant challenge. These adaptations will be the results you are striving for.

To build muscle:

Continuously pushing muscles to the limit will trigger a response within the body to build the muscles bigger and indeed stronger, so that that limit can now be achieved without causing such a stress to the muscles of the body.

To lose fat:

High intensity training requires an efficient body. If you constantly push your body to be as fast as possible, as agile as possible, pushing yourself to the point where you can't carry on any longer, you will feel the weight of your legs, your upper body, and any fat you are holding. It is only logical, that removing the fat would result in more freedom of movement, less weight to carry, a lower core body temperature, all of which would be benefits when participating in sprinting style training.

To increase balance and body control:

Balance work and kinetic chain stresses will force the body to improve the efficiency of its proprioceptors. These are like sensors that send back information such as the tension within the muscles, the angle of the joint, and the position of the limb. These can be key within sports, to allow total control and produce the desired result.

I once heard that if you do something for 21 days in a row, you create a habit. Therefore, all you have to do is ensure you do something for 3 weeks, and you can create a change in your life. This could be to workout daily, cook healthy meals for the day every morning etc. It is important to remember however, that this also applies to bad habits! So be careful what you start doing!

Enjoy your training,

Luke

