

FIT YOUR WORLD

Weight training as though there are still tigers to run from and wildebeest to spear is pointless in a modern environment where the killer is stress and beef is available in the supermarket. So why not further the function, performance and aesthetics of your body, not just the dimension of your biceps?

‘New exercises, please!’

Fitness training is a learning process: a cycle of assessment, performance, improvement and achievement undertaken in order to perform a task with ever increasing efficacy. So why are most gym members in Zürich fitness training with the same programme for years, with no constructive correction of technique and very rare assessment.

Creatures of habit

An exercise is only good when well chosen and well performed. A basic exercise such as the bicep curl is often done incorrectly and only perfect practice makes perfect. Repeated crunches in an ab roller do not help fight the back problems present in a high number of people. We move in the same way in the gym as in the office so exercises performed with no objective assessment and correction will reinforce any faulty movement patterns already present: the C-shaped spine in the office chair is repeated in the seated row exercise, much to the consternation of the vertebrae. So quality training should provide specific improvements in muscular control that can be applied to everyday tasks and sporting goals.

Well adapted.....

Personal training is a solution to these problems. Correct exercise choice, technique and progression with regular assessment definitely provides results and motivation.

Richard B.
Family Man and IT Server Engineer

“At the age of 45 I suddenly decided to change my coach potato lifestyle, quit smoking and do something for my health. Now I train several times a week and enter many events each year including running marathons and Ironman distance triathlons. Weight training on

the usual selection of machines I was observed by Stuart who informed me that although I would probably not hurt myself my technique was not really achieving very much. So I agreed to at least try some PT sessions. I exercised on a mat with the aid of a fit ball, aerostep etc which really helped me to begin to identify and become aware of the different muscles in my body and to be able to selectively exercise them. This should help minimize the negative effects of my working environment, posture and of course my sport.

I realise that this training will probably not make me go any faster, but I believe that it will help ensure that I will be able to continue training for and completing marathons and Ironman triathlons for years to come.”

Peter B. (Musician, 56)

Knee problems kept Peter from skiing for more than three hours and jogging was not possible. Specific leg strengthening and stability exercises allow him to ski for a whole day and jog for an hour. Work related lower back problems occasionally made his life uncomfortable. The key to solving his back problems was a tailor made core strength program he carries out on a daily basis. Peter is now pain free, allowing us to train with heavier weights and do longer endurance sessions, substantially improving his fitness and quality of life.

Start learning new tricks

Getting ‘fit’ involves more than just turning up at the ‘21st century singles club’ and playing with the machines. If you want to improve your tennis at the Mythenquai, loose the spare tyre around your waste, or sit without backache don’t waste your time in the fitness centre.... optimise it!