

Classic weight training mistakes.

1/ Training for too long

Testosterone levels peak at around 40 minutes into a session, after which, the stress hormone Cortisol rises (something that prevents muscle growth). Try and limit weight sessions to an hour maximum, including warm up and stretches.

2/ Technique

Moving your muscle through their full range of movement is more effective at promoting muscle growth because it means they have to work harder with every rep, making sure you keep each one smooth and controlled.

3/Change of routine

The human body is very smart in its ability to adapt quickly. That's why, even if you make quick gains in the first few weeks of your training programme, your progression may slow down or stop after a month (your muscles have adapted to the exercise). Change your routine, whether it's the exercise you do, the number of reps/sets, or the length of your rest period.

4/Training "Mirror Muscles"

Shoulders, Pecs, Biceps and Abs. These muscles are the ones we see most in the mirror, and that's why they're the most that people dedicate their training on. Dedicating the majority of sessions on these muscle groups instead of Upper/Lower Back, Hamstrings and Glutes can have a negative effect on your body, resulting in muscular imbalances and injuries (including lower back pain.)

5/ Going too heavy

Doing each set to completion is the best way to work your muscles, going too heavy can affect your form, and if your form isn't perfect, you may cause an injury. More often than not by going too heavy, you are using different muscles to the ones intended.

Boxercise and Circuits *for kids!*

Take part in The Fitness Company's newest class, Designed Just for kids!

All new Boxercise / Circuits class for all kids aged 8-12 years.

Tuesday's 4pm- 5pm

£3 per session.

To book or to find out more info, Contact reception or call: 01869 322777



Fat loss tips.

Importance of protein.

Eat a source of protein with every meal. Protein contains nitrogen, which must be broken down by the liver. As a result, it takes longer to digest and can increase your metabolism by 40 %.

Setting short term goals

Give yourself a deadline by which you want to lose weight. Make sure this deadline and goal are realistic. There's little point in setting yourself up to fail, as this will only damage your motivation. Short term goals are a great way to focus your efforts.

Cardio and Strength Training

A combination of cardiovascular and resistance training is the best way to boost calorie burning and your metabolism. It will give you good results.

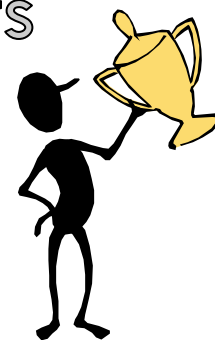
Why not try Interval training? Switching to interval training sessions enables you to burn more calories in the same amount of time. Eg, using steady and quicker speeds.

Achievements

Proud of your progress from using the gym?

Why not let everyone know?

Whether it's weight loss, a race or even overcome a health problem, let us know, and motivate others.



Why not add us on:



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