

MedX and high intensity training

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We believe that it is important to train in the most safe, effective and efficient manner possible. Over the last 25 years, MedX has spent well over a trillion dollars in development and research in the field of exercise and rehabilitation.

What makes MedX different?

MedX exercise machines have revolutionised the concept of training and conditioning the human body. The reason MedX revolutionised physical conditioning was, in one word, efficiency. MedX training is much more efficient than traditional methods of exercise. Before the introduction of MedX, to obtain a high level of fitness, you needed to spend a minimum of 90 minutes a day on stretching for flexibility, jogging for heart-lung endurance and lifting barbells for strength. This is much too long for today's fast paced society, as it would require 5 to 10 hours a week on such an exercise programme.

Having access to MedX machines is merely the initial step in obtaining superior results from exercise. Using MedX equipment correctly is of equal importance. Function dictates design and each MedX machine was designed according to the physiological functions of the human body. An understanding and application of these guidelines below will allow you to obtain the best possible results from your MedX training.

Specific training guidelines for high intensity training

1. Intensity: The resistance should be heavy enough to cause temporary muscular failure with 8-12 repetitions. Do everything possible to isolate (using good form and technique) and work each muscle group to exhaustion.
2. Progression: Gradually increase muscle stress (intensity) by adding 2 to 10 pounds whenever you can complete 12 repetitions in good form. Attempt constantly to increase the number of repetitions or the amount of weight, or both. But do not sacrifice form in an attempt to produce results. Progressive resistance is the key to strength development. However, beware of weight inflation. Weight inflation occurs when weights have been increased

without regard to form and can result in injury. This can happen if you tell an instructor that you completed 12 repetitions but only 10 were worthy of counting.

3. Momentary muscular failure: A set is not completed until further repetitions cannot be accomplished. When more than 12 repetitions are attained, this is an indication that increased resistance is necessary. The building of strength can only be accomplished when the exercises are executed to the point of complete momentary muscular failure.

In order to accomplish this high intensity demand on the musculoskeletal system, you must put forth every effort at your disposal. Muscular discomfort is usually encountered just prior to momentary muscular failure. That is why you must be closely supervised and 'pushed' (cajoled, motivated, pleaded and psyched) to the point of momentary muscle failure. You need someone to tell you when to slow down, to hold your head back, and relax your other body parts so that good form is adhered to and the reps you count represent the correct intensity right for you.

4. Range: Perform all movements from full muscle extension to full muscle contraction. This is considered part of good form. It is important that each exercise be performed throughout the specific muscle groups' full range of muscular motion and that each repetition be executed properly. Heaving and jerking the weights must be avoided and the exercises should be performed with smooth, full-range movements while maintaining good posture and body alignment. Proper execution becomes increasingly more difficult towards the end of each exercise.
5. Duration: Train with one set of 8-12 repetitions on each machine. When the proper weight-load is used (intensity), and good form is adhered to, this provides excellent stimulus for strength gains.
6. Speed: Perform all movements slowly. Take 2 seconds to lift weight-load, pause momentarily, and take 4 seconds to lower the weight-load. Slow training uses more muscle tension, more muscle force, more muscle fibres, and reduces the risk of injury. If in doubt, always move slower than faster.
7. Continuity: Proceed from machine to machine in order and without delay. This works the muscles from larger to smaller, and provides a better overall training effect. This procedure also develops cardiovascular endurance.

Additional points

- Align joint axis with machine axis by adjusting seat.
- Tighten seat belts.
- Do not allow weight stack to touch remaining weight stack during exercise set.
- Breathe out during lifting phase and breathe in during lowering phase. Never hold breath.

General training guidelines

- Wear appropriate training shoes and activity attire.
- Do not train if you have the flu or other contagious illness.
- Report all injuries to instructor on duty.
- Limit socialisation during MedX workout.
- Respect staff and members in the centre.