

Strength Training

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Without question, the greatest invention in the field of strength training was the barbell. Because of the barbell, it became possible to hoist heavy weights in an almost unlimited number of exercises for all the major muscle groups.

Although barbell training, better known as free weights, is very effective for developing strength, concern for greater time efficiency and personal safety led to the development of weight machines, such as the Universal Gym. Because levers and pulleys activate the weight stacks, there is little danger of being pinned beneath a heavy weight or losing control during a lifting movement.

Another advancement in strength training was the introduction of Nautilus equipment. These machines were designed to increase effectiveness by isolating and working one muscle group at a time through a full range of joint movement with automatically varying resistance.

The Nautilus principles made strength training a safe, efficient and effective activity for average men and women. These strength training principles emphasised one exercise for each major muscle group, one set of 8 to 12 repetitions per exercise and slow movement speed.

The inventor of Nautilus machines went on to create MedX machines. Today, MedX is the most technically advanced system of strength training machines in the world.

If history has taught us anything over the past 20 years, it is that it takes more than technology to keep people motivated in their fitness pursuits. New procedures have become just as significant as new equipment. How we use our equipment is the real key to safe and effective strength development. For example, it has become apparent that the intensity of a strength training session is more important than the duration of a strength training session. Research has proven that high intensity and short duration workouts produce far better results than traditional training methods, regardless of the equipment used.

We have also discovered that supervised training programmes are more productive. Participants just get better results. And this is what separates BodyTech from any other gym. Without high-supervision, you do not get the same results.

Sensible strength training is growing in both popularity and practicality. People are realising that muscle strength is an important component of fitness. People now understand the positive relationship between strong muscles and physical appearance, physical capacity, athletic performance, injury prevention and metabolic rate. Better still, a balanced strength training programme with one exercise for each major muscle group requires only three 25-minute training sessions per week.

At BodyTech, men and women, young and old alike are pursuing the same objectives: a highly supervised exercise programme that is safe, efficient and effective. In addition to a traditional free-weight area, BodyTech have state-of-the-art strength fitness facilities that serve men and women. You will look better, feel better and function better as a result of a well-designed and highly supervised strength fitness programmes.

Of course, many gyms can feature high tech equipment and boast big memberships. But few have the potential of BodyTech to educate, motivate and maintain members' interest. The future of sensible strength training is with organisations that are willing to learn the facts, apply the principles and provide the supervision that is essential for maximum member motivation.