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Category: Aerobic exercise

Subcategory: Principles

Tip: The Bike and Knee Pain

Lots of people ride bicycles either in the gym, outside, or even in a spin/cycle class. Interestingly enough a good amount of people that utilize these bikes have knee pain during/after their exercise session...why is that? Let's see.

Anatomically, based upon the muscular and skeletal anatomy of your lower limbs, your knees should be directly below your hips, while your feet are also directly below your knees (and hips) with feet facing straight forward. Also, when walking, we should put the weight slightly on the outsidess of our feet, walking onto our heels and using the sides of our feet and toes for balance.

On a bike, watch yourself the next time you do it if you are a person who sometimes feels that pain in your knees. It is caused by the knee going in during the cycling motion (especially during the push). What I mean is the knee is no longer 'in line' with the hip and foot, but instead inside of it, closer to the opposite knee. This causes that pain in the knee joint because the leg is out of proper posture.

Next time you use the bike (whether inside or outside) put more of your weight on the outsidess of the feet and consciously think to move your knees slightly out. This should reduce/remove the pain in the knee, making you happier after your exercise session.

Tip: The Run 'Talk Test'

In general when you run, you do not always want to be pushing yourself to the absolute maximum of your fitness/cardiorespiratory ability. If you're trying to run to stay in good shape and have good heart health, a good test is called the 'Talk Test'. If while running you can still talk and carry on a conversation with little difficulty, you are running at a good pace. If you are running so hard that you have great difficulty speaking, maybe tone it down a little bit; and if carrying on a conversation is easy, push yourself a little bit more. Again, you should be exercising so that you are pushing yourself, and the Talk Test is a good way to check if you're giving yourself a good aerobic workout. Try it the next time you go on a run with a friend, or even during a workout.

Category: Aging and Exercise

Subcategory: Technique Pointers

Tip: Balance Training

Falling can be dangerous for older people, and fear of falling can cause people to restrict their activities. Strength training can help prevent falls. Tai chi and some yoga can improve balance, and there are also specific balance exercises, some using exercise balls. Exercise training is specific so you have to do balance training on your feet. Chair exercises won't do it.

Tip: Working Harder to Stay Slim

Just maintaining fitness is not enough to stop the slow weight gain that happens in middle age, but improving fitness may do it. A 1- minute improvement in treadmill time during an exercise test decreased weight gain by 1.3 pounds in a recent study.

Category: Exercise Books

Subcategory: Fitness Books

Tip: DARE to Be 100

Walter Bortz, MD: DARE to Be 100 DARE here stands for diet, attitude, recovery, and exercise. Dr. Bortz tells you not only how to optimize your chances for living to 100, but why you might want to. Full of current information on health and aging well, this full body exercise book is as inspirational as it is informative. Bortz is an eminent gerontologist and writer of exercise books who walks the walk as far as aging well, having celebrated his 70th birthday by running the Boston Marathon. You can learn more from him by reading his answers to questions under "library" at www.50plus.org.

Subcategory: Nutrition

Tip: 'Healthy Urban Kitchen' - tips for healthy eating, leading to weight loss

The 'Healthy Urban Kitchen' Cookbook is a great book, combining healthy food choices with the ability for you to lose weight and gain muscle. Most people don't believe that just eating the right foods can help you lose weight/gain strength. But it can! (learn more)

Yup, you heard me.

The 'Healthy Urban Kitchen' Cookbook continues to gain importance in the health community, and more and more people are beginning to see the benefits of it. Check

out this link to learn all about it.

Tip: Eating for Strength Training

Susan M. Kleiner, PhD, RD: Power Eating Here it is-- a nutrition and full body exercise book for weight trainees and power athletes. Different from other exercise books, it tells you how to decide how much protein, carbohydrate, and fat you need. It tells you what strength training supplements work and which ones do not. It tells you how to build muscle and how to burn fat.

Subcategory: Strength Training

Tip: More Muscle

Ken Sprague: More Muscle The author of this power muscle full body exercise book has 35 years of weight training experience, and is a writer, coach, and founder of the first Gold's Gym. He covers physiology, motivation, genetics, aging, and nutrition. There are programs for increasing strength and power, gaining muscular endurance, and building mass, plus sports-specific routines. As in the best exercise books, exercise technique is explained and illustrated.

Subcategory: Women's Health

Tip: Freedom from PMS

George J. Kallins, MD, and Gloria Keeling: 5 Steps to a PMS-free Life Guys who don't normally read exercise books will read this one! Premenstrual Syndrome is a major problem for many women. This full relief full body exercise book details a multi-disciplinary approach that has proven success and tells exactly what to do. The steps involve exercise, diet, supplements, mind-body work, and drugs when necessary.

Category: Exercise Plans

Subcategory: Exercise Timing

Tip: 3-4 weeks to Strength Improvement

A great way to gain desired strength in your muscles is to keep to (generally) the same routine for 3-4 weeks. Specifically, the same exercises utilized for that time period, with differences in weight and after each week. For example, if I decided to perform a standing shoulder press for the month, I would start the first week with 20 lbs for 20 reps. The second week, 25 lbs for 16 reps. Third, 30 lbs for 12 reps. Then finally, 35

Then finally, 35 lbs for 10 reps to finish it off. This would help my body get used to the motion, allow my other muscles that stabilize me to get stronger, allowing me to continue to increase the weight. Now, this is not the only way to do it. You could also keep increasing the weight while keeping the same reps (probably in the range of 10-12). But all in all, if you keep the same exercises for a few weeks, you will see strength gains in your muscles with those motions.

Subcategory: Motivation

Tip: Work Out to Music

Working out to music can be fun and motivating, but it has to be the right music for you. Aside from classes that rely on a certain tempo, you can use a range of music depending on your tastes. Don't hesitate to try cycling to Vivaldi or stretching to jazz if that's what motivates you. You may find a dance exercise video that has a beat that appeals to you.

Subcategory: Preparation

Tip: Athletic Shoes

Always wear good shoes when you work out. Your athletic shoes should fit right in the store. Don't expect to break them in. Buy them at the end of the day, when your feet are probably a little swollen, and wear the kind of socks you will wear in your sport. Run around the store a bit in them to see how they feel. There are special shoes for just about every sport, but if you only do an activity occasionally, you don't have to have special shoes. Don't wear running shoes for aerobics, tennis, or other activities requiring sideways motion.

Category: Finding a Personal Trainer

Subcategory: Choosing a Trainer

Tip: Train With a Partner

Many personal trainers will train two people at the same time for a discount rate. If you have someone you want to work out with and you need a personal trainer, you might want to find out about training together. More than two people in a conventional session doesn't work as well, but clubs and trainers are coming up with more creative options.

Category: Fitness

Subcategory: Everyday Exercise

Tip: Ten Thousand Steps

As the old saying goes, the journey of a thousand miles begins with one step. How about 10,000? An interesting new way to make sure you are getting enough exercise to improve your health and fitness is to count the steps you take during the day. The target is 10,000. You can count them however you figure out (it's a footstrike, so left-right is 2) or use a device called a pedometer. Running or jogging steps count as well as walking, and the device counts steps on the treadmill, StairMaster, elliptical trainer, and pedal revs on the upright but not recumbent bike. Steps taken during sports like tennis or soccer will also count. You'll probably be surprised at your total, but this is a great health and fitness motivational technique for your fitness workout. 10,000 can help control weight as well as improving cardio fitness, cholesterol levels, blood pressure, and diabetes risk.

Subcategory: Fighting Disease

Tip: Fibromyalgia

If you have fibromyalgia, don't fear fitness. Although fibromyalgia is characterized by chronic pain, a fitness program relieves the symptoms, as well as improving overall health and fitness. For many people with the condition, exercise works better than any other treatment. Start slowly and avoid activities with a lot of impact. Weight training is good, but start with light weights and one set. Increase weight when you can without causing pain.

Subcategory: Fitness Tips

Tip: Children Fit in 60 Minutes

Keep your kids healthy with fitness! Unfortunately, kids are leading an increasingly sedentary lifestyle surrounded by junk food (even in schools). The USDA and the Centers for Disease Control promote youth fitness and health through several programs such as VERB, Powerful Bones for Powerful Girls, BAM!, Body and Mind, and Kids Walk-to-School. No matter what the youth fitness program, the USDA and CDC recommend 60 minutes per day of physical fitness activity for children and adolescents. It's important to note that kids don't have to go a full hour straight. A fitness routine for your preteen or teen could include a run in the morning, a game of Frisbee with friends and the dog in the afternoon, and shooting hoops at night. Just make sure your child or teen enjoys some muscle exercise and some cardio, and burns some calories. It's one of the best, most lasting gifts you'll ever give your children.

Category: Injury Prevention

Subcategory: Prevention

Tip: Ballistic Rotation

Ballistic rotational movements of the spine, where you twist quickly and with little control, are a major cause of neck and low back pain, because of stress on the discs and other structures. Don't do it--practice sports injury prevention.

Tip: Donating Blood

Recreational endurance athletes who donate blood should skip training that day and the next while rehydrating with lots of fluid. You may want to skip another day, or take it easy, if you don't feel quite right.

Tip: Feeling Dizzy

If you feel dizzy during or after a workout or race, lie down. Do not sit or stand still. The cause may be minor, but if you stand or sit your blood pressure can fall dangerously low and cause you to faint. Lying down will usually normalize your blood pressure, and also keep you from getting hurt if you fall. Check with a doctor after to identify the cause.

Tip: Kickboxing Safety

Cardio kickboxing is popular and fun, but there is a risk of injury. The American Council on Exercise suggests preventing injury by avoiding overextension on kicks, not locking joints when punching or kicking, not wearing weights or holding dumbbells when you work out which can stress joints, and not pushing beyond your present ability. This can apply to karate and other martial arts classes as well.

Tip: Leg Cramps

If leg cramps are a problem for you, try drinking 8 oz of tonic water daily. The quinine in it can help reduce the frequency of leg cramps.

Category: Sports Conditioning

Subcategory: Skill Training

Tip: Specific Training for Triathletes

Do your triathlon training in conditions as close to those of the race as you can. If the

running part is going to be on trails or roads, don't train on the track. If the swimming is in a lake or ocean, do at least some of your swimming drills there. And do your bike riding on hills or flats, as appropriate. Even if you live where it's flat, you can train for hills by riding road overpasses and riding into wind.

Category: Sports Nutrition

Subcategory: Meal Composition

Tip: Vegetarian Diets

Should you eat all rabbit food? A well-balanced vegetarian sports nutrition diet will neither help nor hinder sports performance. While the meat vs. veggie sports nutrition debate rages, there are still many elite athletes who are vegetarian.

Subcategory: Supplements

Tip: Creatine Usage

Another for the list of don'ts if you're a teenager. Don't take a creatine sports nutrition supplement if you are under 16, since your body has plenty of creatine at this stage anyway. If you are a competitive athlete between 16 and 18, take it only under a doctor's supervision and prescribed sports nutrition diet. If you are a healthy adult (free of liver, kidney, or metabolic problems) who has reached a plateau in training, and your doctor approves, and you want to try creatine monohydrate, do not exceed recommended sports nutrition dosages. Expect weight gain, and be careful of overtraining injuries if you suddenly feel stronger. Taking more creatine supplements than recommended will not help and may hurt. Also, always drink a lot of water when you're taking creatine. Take it with a carbohydrate source, like grape juice, or in a balanced pH mix, which is much better. In your sports nutrition diet, cycle off creatine during off season or periods of lighter training.

Tip: Hydration

Ever worked out and decided not to drink any water? Go try it: you'll feel less energetic, get lots of cramps in your abdomen, have no energy, and want to go in the corner and curl into the fetal position. Sound like fun? No. Let's talk about why it is a glorious and spectacular idea to hydrate yourself (and by hydrate, I mean the utilization of water, or such things as Gatorade). Our bodies are made of 65%-70% water. As we go about our days, notice how sometimes you have to go to the restroom? Well, ya do, and you're losing water. You also lose water when you sweat, or when you spit, or when you blow your nose or you sneeze. Therefore our bodies need water during the

day so that we can function properly. We should be drinking at least 1/2 our weight in ounces of water a day. In regards to sports and/or exercise, when we sweat we absolutely lose water. We need to replenish those liquids otherwise our bodies won't be able to continue exercising - and you'll probably vomit or pass out. Not such a good thing... Your muscles also go through more hypertrophy (muscle cell expansion) because of lots of water! That means the more water you drink, the bigger your muscles can get. That is another topic entirely, but do know that if your goal is large muscles, drink tons of water during your workout.

Tip: Pre-Workout...Caffeine?

Yes indeed, not a bad idea at all. Caffeine before a workout can give you a nice boost for your workout. The caffeine gets your brain working faster and your heart pumping quicker, giving your body the ability to do more faster. You may have more energy than usual. Don't have a large amount of caffeine, as well as not utilizing this everyday for your body may get used to the stimulus. This trick should be used seldom, when one desires to have a real good workout with a tasty beverage alongside.

Category: Strength Training

Subcategory: Benefits

Tip: Diet and Weight Training

No fat, no muscle gain. Sumo wrestlers in Japan know this. (So does Hilary Swank, who had to eat 210 grams of carbs per day while weight training for "Million Dollar Baby"). Before embarking on a weight training routine, adjust your diet. Try infusing your diet with flaxseed oil, high in fat (Omega-3 fatty acids), and also egg whites, which are high in protein. Drinking protein shakes can also give you energy during your weight training program. You might not need to eat quite as demanding a diet, depending on how demanding your strength training exercise is. But as Suzanne Somers has said, fat is not the enemy. This is doubly true if you're doing strength training. "Eat your greens," Mom's sage advice, holds true for a weight training diet as well. You'll need to add nutritional supplements, particularly if a high-protein diet (or egg whites) doesn't agree with you).

Tip: Hilary Swank and Weight Training

It's not just her acting that won Hilary Swank the Best Actress Oscar. For her role as the gritty Maggie Fitzgerald in "Million Dollar Baby," Swank embarked on a weight training program that made her intimidating in the film. Through strength training exercise, she gained 19 pounds of muscle instead of the 10 pounds she was asked to gain, according

to ESPN. To train, Swank regularly cycles, runs, and does Pilates (it's no wonder those fight scenes didn't look like the usual Hollywood fakery). Swank's strength training and boxing instruction (four and a half hours a day) gave her the physical muscle for those clashes in the ring. She completed her boxing and weight training in 90 days! There's no guarantee that weight training will turn you into an Evander Holyfield, but it'll make you feel like a champion.

Subcategory: Equipment

Tip: Equipment Upkeep

You don't want to use all your muscles on your strength training exercise equipment! Check for frayed cables, stripped bolts, etc. on weight training equipment before using if you are uncertain about its upkeep. Maintain your equipment as part of your weight training program.

Tip: Lifting Belts

Belt it out: A weight training lifting belt can be used to protect your back during heavy, standing lifts. Don't keep it cinched tight between strength training lifts, as it can raise your blood pressure. (Check with your doctor before doing heavy lifts if you have high blood pressure.) In most cases, using a belt all the time will keep your back muscles from getting stronger, so they are a specific strength training exercise tool. Don't be one of those people you see walking around the gym with a weight belt permanently on. Plus, they don't go with your general wardrobe.

Tip: Travel With Resistance Bands

Don't leave home without them! When you're on the road, a good way to keep up your weight training routine is to pack some rubber exercise tubing or resistance bands and use that for resistance while doing strength training exercise in your hotel room. Practice with the tubing before you leave, so it will be familiar to you and you will be more likely to stick with your weight training program.

Subcategory: Technique

Tip: Dumbbells for Muscle Balance

Favoring one arm after carpal tunnel? Reluctant to put excess weight on it? Try your weight training routine using dumbbells instead of a barbell, which your less flexible arm can't work as well. With strength training dumbbells, that computer-tired arm will recover and get enough weight training work.

Category: Stretching

Subcategory: Technique

Tip: Stretching the Chest and Shoulders to increase ROM in the Back

If you have walked into a gym recently or been outside and looked at people, you may have noticed a current trend of 'Rounded Shoulders'. This looks like someone who wants to be a football player, and it seems that they no longer have a neck while being a bit hunched over. This is caused by gym-attendees over-exercising their chest and shoulders while forgetting their back (or exercising it improperly), or for non gym-attendees who have bad spinal posture. Here is an effective stretch that can be done anywhere.

To start, lay down on your back so that the whole body is on the ground looking up at the ceiling/sky. Extend the arms out straight to the sides of the body so that they are perpendicular to the torso and parallel with one another at shoulder height while still on the ground. Next, bend your elbows so that your forearms come off the ground pointing straight up to the ceiling/sky leaving your upper arm firmly pressed still against the ground. Now, while keeping the upper arm and elbow firmly against the ground, slowly rotate the shoulders back while bringing the bent arms down to the floor (close to the sides of the head), keeping the 90degree bend in the elbow. Do your best to bring them all the way to the floor so that the entire arm and hand is against the floor, and hold.

This will loosen up your chest and shoulders, improve your ability to rotate at the shoulder, open up your back flexibility and slowly improve your spinal posture. What a winner.

Category: Walking

Subcategory: Courses

Tip: Measure Several Courses

Your car can actually help you in walking for exercise. Use your car's odometer or the rule of ten city blocks to a mile to measure different walking routes. After all, you don't want to walk the same route every day. Two miles per fitness walking course is a good start, or you can work with just one mile if you are a beginner, and do it more times as you progress.

Subcategory: Racewalking

Tip: Upper/Lower Body Relationship to Walking

Who knows why when you take a step forward with your left foot (when walking/jogging/running/sprinting) your right arm comes forward? Why doesn't your left arm follow your left foot? Why then (maybe) if we walk properly allowing, our left foot to step forward and our right arm to go forward, will that enhance our posture? This explanation is going to get pretty wordy, so find a picture of human anatomy online somewhere if you want to learn/understand even more. Let us take a trip down the glory of anatomy lane...

When you step forward with your left foot, your right foot is now back behind you. This means your right glute (butt) is flexed. Your glute is attached to the aponeurosis of your erector spinae, also called your lumbodorsal fascia, (I know they're big words, but it really just means the middle of your lower back). This all attaches to the vertebrae in your spine (lower back/lumbar area) and so does your Latissimus Dorsi muscle! (your mid-back muscles) So your opposite Lat muscle flexes, being your left Lat, pulling down your scapula (wing-looking bone in your upper back). As your left Lat pulls down your left scapula, your left deltoid muscle (left shoulder) comes down with it. This in turn swings your left arm forward. Whoo - Now breathe...yes, breathe.... There is a direct relationship (because of the aponeurosis of your erector spine) between your opposing gluteal and latissimus dorsi muscles, which is why your arms swing opposite your legs. What does this mean for our walking posture? Oh i'll tell you, but in the next paragraph.

Ah, welcome to the next paragraph. Next time you walk, watch your arms and legs. If you take short steps, you are more than likely not having your arms swing much. Or if you are taking good sized (comfortable) steps and your arms don't swing much, don't be alarmed. Most people (and I do mean most) have 'tight' Latissimus Dorsi muscles that have become weak because of over-worked/stressed upper Trapezius muscles. Next time you walk, try to swing your arms a little bit while keeping your shoulders down and locked in place (not letting them move up/down/side to side). The more the swing, the more your Lat's work and the better your posture becomes. Your Lat's are one of the muscles that, if strong, holds you up very tall and relieves most back pain. Do your best to check yourself out when you walk, and swing those arms a bit to enhance that posture!

Tip: Why We Do It

Racewalking technique will let you go faster without running, if you can't walk fast enough for a good walking aerobic workout at your fitness level. Racewalking has been an Olympic sport for 100 years. It is very technique-dependent and you can keep improving for a long time, as your walking exercise technique improves. Runners who have injured knees or feet may turn to racewalking for a similar workout without the

impact, but there's no reason you can't go straight to racewalking, as some people just find it more enjoyable and a greater challenge than fitness walking. Racewalkers are not immune from overuse injuries, but the injury rate is lower than with running.

Subcategory: Walking Faster

Tip: Walking for Greater Fitness

Fitness walking can be as good for building fitness as running, if you work as hard. It's not the kind of exercise, but how it's performed that matters. Yes, it really is all about how you play the game. Unfit people may be able to get their heart rate into a training zone by walking faster than usual, but as you get more fit you may have trouble walking fast enough so you will have to go uphill when walking for exercise, or learn racewalking technique.

Category: Water Exercise

Subcategory: Swimming

Tip: Adding Land Exercise

Think you're like the Marines, fit and powerful by land, sea, or air? If you're primarily a swimmer and want to add running or triathlon, work into it slowly while still doing your water aerobic exercises. Your legs may not be as strong as your cardiovascular system although water exercise does work the leg muscles.

Tip: Swimming Calories

Get ready to burn calories during swimming and water aerobic exercises! An average 150 lb swimmer burns about 9-1/2 calories per minute--slightly less than running but more than cycling, and enough for a good cardiovascular workout.

Subcategory: Water Exercise Tips

Tip: Aqua Shoes

Aqua shoes don't refer to the latest hot color for spring! If you do a lot of swimming and water aerobics exercises, pool walking, etc., consider getting aqua shoes, which are designed to give stability and traction under water. And they look good poolside or at the beach.

Tip: Deep Water Running

Try running in the deep end of a pool, wearing a flotation belt, for a more intense water exercise workout. Use your ordinary upright running style. Deep water running is good for rehab and for athletic training, as you can work hard with no impact. This is different, and more vigorous, than water aerobics exercises, which are generally done in the shallow end.

Category: Workout

Subcategory: Workout Tips

Tip: Calf Raise

The Calf Raise exercise sometimes comes up on the workout menu. Your calf is on the back of your lower leg and is flexed when you stand on your tippy-toes. Most people will either sit on a machine and flex their calves or stand on a machine with the weight bearing on their shoulders. In both cases, most people (not all) will put on way too much weight and then use their upper legs without knowing it, causing their calves to relax a little bit and not get as much benefit from the exercise. Let's look at a different way to do calf work...

Stand up straight in Anatomical Neutral Posture with arms at your sides. When you do a Calf Raise, make sure that you stand on your tippy-toes for at least 2-3 seconds, coming slowly back down to the floor. If you feel that is too easy, grab some weights. Make sure to keep your shoulders back during the exercise to not stress the muscles in your neck. Just today I was doing Calf Raises holding 60 lbs. in each hand. Not only do you get a nice calf workout, but also your arms (especially forearms) get a great workout! That way you are not just focusing on one part of your body, but combining muscle groups and exercises to get more of a total body workout.

Tip: Chest Press exercise

Chest Press exercises are great for working on one strength in their chest/shoulder/tricep region. This is something that everyone can do. When doing a chest press (like in this chest press video), just remember to do a full range of motion. When you don't extend the arms all the way straight at the top, or bend the arms until they are bent 90 degrees, you miss on getting the most work done and giving your muscles the most stress. This is another great way to workout your chest, shoulders and triceps.

Tip: Daily Workout anyone?

Need a Daily Workout feed?

<http://nicholasfrank.wordpress.com/>

Tip: Jumping Rope rocks those calves

When you see a kid jumping rope, you probably don't think much of it. Actually, jumping rope for exercise is *quite* difficult! View Jumping Rope exercises, with all 5 methods you can think of.

Tip: Strengthen your Hamstrings & Butt with Straight Leg Deadlifts (video)

The Barbell Straight Leg Deadlift exercise will really bring strength to the muscles of your butt and hamstrings since the motion is something that most of us are not used to. Much like a Deadlift, the Straight Leg version is just harder to execute. As you perform the motion, you will feel something of a 'pull' in your hamstrings, which is totally normal. Your Glutes (butt) are exercised during what is called 'hip extension', and your hamstrings in 'flexion at the knee'. As you keep your legs straight though and keep an arch in your back, your hamstrings will isometrically contract while your glutes perform the moving portion. If this bothers your low back, it means you're rounding your back - either watch yourself in a mirror, or lower the weight.

See more exercise videos at thisismyworkout.blip.tv. Follow me on twitter and ask me your exercise questions!

Tip: The benefits of performing a Chest Press with Cables (w/ video)

When one performs a Chest Press on a bench, there is a bench behind them. This allows the person to push heavy weight. Well, that all changes when performing a Cable Chest Press (video). Your feet are the only thing on a surface, so the rest of your body has to do a lot of work to hold you upright. The Cable Chest Press stresses your abdomen and legs quite a bit more, to where your body will not be able to support *nearly* as much weight as you would if you were laying on a bench. Try this during your next workout if your gym carries this equipment. (One could also use bands to perform this exercise)

Enjoy more exercises at Blip.tv.

Tip: The Push-Up

You have probably seen tons of people do push-ups before or you may think you are a master yourself. I am guaranteeing that Push-Ups are much harder than you believe them to be, when done properly of course. Let's learn a thing or two about the Push-Up. First off, it is a very advanced exercise so not all are able to perform it. This exercise works literally the whole of your upperbody when done right. Very few know how to do it properly to innervate the correct musculature and make sure one does not hurt themselves in the movement. I want to try and teach you proper technique. Start with arms straight and hands flat and spread out directly beneath the shoulder, meaning that ones head should be past their hands on the floor. Draw in your belly button slightly and lightly contract your gluteus muscles (butt). This helps keep pain from entering into the lower back area. Make sure feet are hip-width apart. Now that you have a better idea of what the posture looks like, hold that while doing the correct motion. Slowly bend the elbows keeping them close to the body, leading with the chest and ensuring the abdomen stays steady and does not allow the lower back to slouch. Stop once arms are bent at 90 degrees while not allowing the head to shoot towards the floor and pause for a moment. While staying perfectly steady, push back up with arms still close to body and not arching the lower back or bringing the head forward. Now, if you believe that these are easy, I challenge you to do them slowly (as in take 10 seconds to reach the floor, hold for 5 seconds, and up for 5 seconds). For those of you who feel these would be too difficult then try them on your knees; just be careful to not allow your shoulders to come up to your ears and you'll be doing it properly.

Tip: Using the Pull Up to gain explosive strength (with video)

The Pull Up can be used in so many different ways, and gaining explosive strength there can be achieved. In this video, you can see how switching your grip can benefit the strength of your back, biceps, forearm and hand strength while performing the Explosive Switch Grip Pull Up.

View more exercise videos at thisismyworkout.blip.tv.

Tip: Workout for your Heart

Most people believe that Cardiorespiratory exercise (running, biking and the like) are what most doctors would refer to as exercise for your heart. It is a true belief, but there are ways to incorporate working out your heart especially during weight bearing exercise.

Whenever you exercise, your heart is pumping blood that has been oxygenated to areas of your body. As your blood travels through your body, it makes stops at muscles

that need oxygen to function and perform better. After dropping off their supply of oxygen, they either oxygenated other muscles or return on the cycle back to the heart to perform the same thing again. Therefore when you workout you're getting a 'Heart' workout, but we can make it even more precise.

If you worry about whether your heart is strong or not, during your next workout session alternate exercising your upper then lower body. For example, start out with squats (lower body), then bench press (upper body), then leg extensions (lower body) to a seated row (upper body), and so on. Do a few sets of each, and as you continue alternating between your upper and lower body, your blood will be pumping through your body, giving you a great workout for your heart.