

**Looking Good Feeling Great  
Weekly Newsletter  
Issue 3**

*Welcome valued clients to the fourth in our series of weekly newsletters.  
Each week we will examine different aspects of exercise, nutrition and goal setting.*

**Exercise:**

## **Bodyweight Exercise vs. Weights**

There is a common misconception in the fitness world that weighted exercises are superior to bodyweight exercises. This myth is perpetuated both in gyms and fitness magazines. The reason for this is sponsorship and advertising! No one makes money when you train yourself with bodyweight exercise. It is in their interest for you to buy their latest machine or gizmo.

Now I'm not saying bodyweight exercise is superior to any other modality, but it does have some unique benefits that you may find useful.

- 1.) First and foremost, it's free! Once you have been properly instructed on correct form by a professional, go for your life.
- 2.) There is no bulky equipment to be stored in your house
- 3.) Despite popular belief, there ARE variations suitable for beginners and serious athletes.

Now let's examine some weighted exercises and their bodyweight equivalents;

**Chest Press:** This is a fine exercise that tones the chest, shoulders and triceps

**Push ups:** Again, the chest, shoulders and triceps are trained, but also the core, which helps stabilise the body. Normal push ups too easy? Try elevating one hand on a step. If that's still too easy, try two steps. Make sure you work both sides evenly.

**Leg Press:** Leg press is another great exercise that works the majority of muscles in the lower body.

**Bodyweight Squats:** When squatting down till the thighs are parallel to the ground, this can really work the lower body. Too easy? Try standing up out of a chair and sitting back down using only one leg. Hold the other out in front of you. Still too easy? Take away the chair!

**Hamstring Curl:** Don't forget the rear side of the body. Just because it doesn't show in the mirror doesn't mean it can't look good.

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**Bodyweight Hamstring Raise:** Start with two legs, progress to one. Still too easy? Use a Swiss ball and contract your hamstrings to roll it towards you. Now that one really burns...

**Lat Pull down:** Another good exercise to work the rear of the body, this time the upper back.

**Bodyweight Row:** This exercise can be performed by placing a strong piece of wood between two chairs. Make sure it's strong enough. Start with your knees bent to 90 degrees, then progress to the harder variation with legs out straight. Still too easy? Try the elusive one arm variation...

These four exercises are just the top of the iceberg when it comes to bodyweight. This modality can be as difficult as you want it to be. If people say you can't get strong with bodyweight exercise, ask them to perform a one arm push up, one arm chin-up, one leg squat or a one-arm-one-leg-forearm-plank!

This article isn't to say that one exercise system is superior to another. I still love to lift weights, but it's great to have an alternative for the days where time is too limited to go to the gym, or you go on holiday. After all, end of year holidays aren't that far away... let's prepare a plan of attack with the following workout!

## Workout of the Week

### "Squat Jump Heaven"

10 Squat Jumps  
10 Lie Downs  
10 Chair Dips  
10 Squat Jumps  
10 Bodyweight Rows

*Repeat the above circuit x5*

*A "Lie Down" involves starting in a standing position and lying on the ground as quickly as possible. As soon as your chest touches the floor, stand back up and repeat. How you get down to the ground is up to you. Perform as fast as possible.*

### Nutrition:

*This week we are examining Protein and the role it plays in the diet.*

### Protein: The Facts

- Proteins are the building blocks of the body and are needed to rebuild muscle, produce enzymes and hormones.

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- Eating high protein foods will leave you feeling satiated (fuller) for longer than low protein foods.
- By snacking on higher protein foods, you will be less tempted to eat any available (bad!) foods.
- If you “have” to overindulge in food, try to make it a higher protein food, as protein is nearly impossible to be converted to body fat. Be wary the food is not also high in fat!
- High protein foods include meat, fish, eggs, nuts, milk and other animal products.

### **Exercise Adherence**

This week I have an activity for you. Take a pen and paper and write down at least one positive change you’ve noticed in your body since you started training. Something you’re proud of. It doesn’t have to be losing 10kg. It can be anything, improved energy, clearer skin, lose pants, anything.

I want you to stick this piece of paper somewhere that you’ll see it everyday. If you’re tempted by binge eating, stick it on your fridge. Tempted to veg out and watch TV instead of doing your exercise, stick it on the remote. Tempted to buy junk food at a service station, stick it in the money section of your wallet.

Every time you’re tempted to slide back into bad habits, you’ll be reminded of the positive changes you’ve made so far. It’s much harder to do the wrong thing with that bit of paper staring you in the face!

**"The miracle isn't that I finished. The miracle is that I had the courage to start."**

-John Bingham, running speaker and writer

We hope you have enjoyed the information carried out in this issue. Here at ‘Looking Good and Feeling Great’ we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below:

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