

**Looking Good Feeling Great**  
**Weekly Newsletter**  
**Issue 6**

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

**Exercise:**

**Rep Ranges**

Ever wondered how many repetitions to perform in your workouts? In this article we'll be examining the effects rep range has on results. 1-5 Reps. this rep range builds strength primarily. If a weight is so heavy that you cannot lift it any more than 5 times, you're going to get stronger. 8-12 Reps. this rep range is the muscle building or hypertrophy range. If you would like a bit of extra size, aim for this range. 15+ reps. any more than 15 reps is considered endurance.

Obviously there is some crossover between the rep ranges. At 5 reps, chances are you will still gain some muscle, as with the endurance rep range. But this muscular growth won't be as profound as training within the 8-12 range. Which range should you train within? This depends on two things. One is your goal, obviously. Two is your experience level. When you train with a weight that you can only lift 3 times, it places an enormous strain on tendons, ligaments, bones and muscles. If your body has not yet adapted to take this strain, injury can be expected. The answer is to prepare your body by training for an extended time at a higher rep range. Once the connective tissues, bones and muscles have adapted, you can lower the rep range.

One final word on rep ranges; don't be afraid to train within the hypertrophy range. It takes a lot of hard work for the body to add muscle. It is unlikely to happen accidentally. Never be afraid of getting too big, trust me, it's not that easy!  
I hope this article has cleared up some of the misconceptions about training rep ranges.

**Workout of the Week**

The following is not so much a set program so much as a collection of ideas for your own workouts. Now that you have a thorough understanding of the different rep ranges, applying them to achieve your goals is easy.

Do you have particular parts of your body you'd like to change? Obviously we can't decide where fat will come off, but we can decide where muscle will go on. Feel your butt is too small and your thighs too big? Think your arms are too big and your chest too bony? Consider the following ideas...

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12 x Weighted Donkey Kicks  
20 x Lunges  
12 x Chest Fly  
20 x Bicep Curls

By training the body parts we want bigger with a hypertrophy rep range and the parts we want the same with an endurance rep range, we can help even out a physique. The above workout is obviously hypothetical but it may give you some ideas for your own training.

#### **Nutrition:**

Are you eating according to a caloric budget? You may find it difficult to eat exactly the right amount of food each day. If you eat throughout the day without much thought for your caloric total, only to tally it up at the end of the day, you're dooming yourself to failure. Failing to plan is planning to fail. We've all heard this before, but it rings particularly true in regards to calories. The answer is to draw up a food plan for the day to come. This could be done the night before, or even several days in advance. Some clients have even drawn up a 3 day rotational food plan. As we tend to eat similar foods day in day out, a 3 day plan gives enough variation to avoid boredom. Apart from being able to eat exactly the right amount of calories per day, planning ahead with food also helps sidestep random snacking or bingeing. Eating something just because it's available can really boost the caloric total, particularly as we tend to do it without registering. Plan your food ahead and rest assured that results will follow!

#### **Exercise Adherence**

Mental toughness. Whether it's in exercise, work or some other avenue, this quality helps people achieve greatness. What do I mean by mental toughness? I mean the ability to keep pushing towards your goals when your mind and body are screaming at you to stop. But this breed of pit-bull determination isn't an inbuilt trait. It's learned behaviour. If you want more drive in some area of your life, you can build mental toughness through your workouts.

If your workout involves jogging to a certain location, jog a little further, and a next time a little further again. If you are performing a forearm plank and your abs are screaming at you to stop, push for another 10 seconds. Or another fine example is the bodyweight squat total many clients have been topping in the last week. Rarely with this exercise will you ever reach a point where your legs are incapable of doing any more. Rather, the mind will tell the body to stop due to discomfort, or due to boredom. Break through these barriers! Obviously we should avoid injury at all costs, but the human body is capable of much more than we give it credit for.

Try to be constantly beating your best. The mental toughness that results will aid you in not just exercise, but all avenues of life!

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**"Everybody wants to know what I am on. What am I on? I'm on my bike... six hours a day. What are you on?"**

Lance Armstrong

**"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit."**

George Sheehan

**Exercises:**

Donkey Kicks:

[http://bp3.blogger.com/\\_zv2JuNINjFY/R72k3jGe45I/AAAAAAAAAUE/6XY-XOXXK1mY/s1600-h/glutes-exercises-2.jpg](http://bp3.blogger.com/_zv2JuNINjFY/R72k3jGe45I/AAAAAAAAAUE/6XY-XOXXK1mY/s1600-h/glutes-exercises-2.jpg)

Lunges:

<http://www.halhigdon.com/15Ktraining/Photos/Lunges.jpg>

Chest Fly:

<http://www.building-muscle101.com/images/flyes.jpg>

Bicep Curls:

<http://pubpages.unh.edu/~sax26/project/navigation/images/curls2.JPG>

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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