

Progress! Thanks loads

Those with the best result train smarter

Ashleigh Gleeson

The biggest reason people don't see results from their workouts is they do not know about the principle of progressive overload, experts say.

So in week five of the Get Your Body Right series we are introducing it with items you can find around your house, so there are no barriers to stopping you.

You can start with a water bottle then try something heavier like a laundry bottle.

Sports and exercise physiotherapist Chris Williams, who is part of the Australian Physiotherapy Association, said people often fell into the trap of increasing the quantity of what they were doing rather than increasing the difficulty.

"When you start to manipulate training variables such as intensity, so adding load, we would term that progressive overload," he said.

"That's one of the key training principles required to successfully integrate a program that's going to create change."

He said it not only improved function and decreased pain but would also make you look better in time.

"Often people go and exercise without adding load and they will just do more and more until the stage they will just get themselves injured, or until they are sore, as opposed to actually improving the capacity of the tissue so it can deal with more," he said.

"(Progressive overload) actually helps people maintain what they like to do ... but the longer you do it the more you're going to get the extra benefits."

This was because it made the muscle or tissue capable of doing more.

"Basically, when we're looking to get from A to B – such as strength or improve the capacity of a muscle – we would begin with a dose; usually that dose would be a lower intensity and a higher volume," he said.

"And as we progress forward in the program we would manipulate some of those variables, and one example would be to add some load, or to increase intensity, while simul-

taneously, if it's deemed necessary, taking away some of the volume.

"That's all geared towards being able to improve the capacity or create an adaptation of that muscle or that movement pattern."

Mr Williams said the biggest barriers to resistance training were that people did not know where to start or because it was too expensive. That's why Kieser exercise scientist Deb Lawrence created this program (see right).

NEXT WEEK: FINAL WRAP OF THE PROGRAM TO CONTINUE WITH BEYOND SIX WEEKS



SCAN



SEE THE WORKOUT VIDEOS ONLINE



WEEK FIVE

WALK:

Try to reach 7000 steps a day, or 50 minutes of walking this week – remember cardio is also important.

PROGRESSIVE OVERLOAD EXERCISES:

BEGINNER: 6-12 repetitions

INTERMEDIATE: 15-20 repetitions

ADVANCED: Go beyond, until fatigued

BICEP CURLS

Start with the weight by your side in one hand. Curl through your arm, still keeping your elbow by your side – don't come forward with the weight, keep it tucked in as you bend it forward. Then slowly lower down.

TRICEP EXTENSIONS

Bend forward in a table top position with your knees slightly bent. Place one hand on a chair for support if you need. Have the arm holding the weight tucked in towards you and bent. Extend the arm out, squeezing the muscles at the back of your upper arm. It should stay tucked into your body, running parallel with your torso, while it's straight, not beyond.



BICEP CURLS

TRICEP EXTENSION



SKULL CRUSHERS

This also works your triceps. Lie on your back. Make sure the bottle's lid is screwed on properly and you're gripping it tightly so it doesn't fall. Hold the weight up above you in both hands, arms straight. Bend your elbows, lowering the weight towards your head. Then extend up again so your arms are straight.

SKULL CRUSHERS



SQUATS WITH WEIGHT



LATERAL RAISE

Stand with your side to a chair, which you can hold onto for stability. Have your other arm down by your side holding the weight. Slowly raise it up while straight so it is shoulder height. Then slowly lower back down.

SQUATS WITH WEIGHT

A wall sit is an easier version, lunges harder. Hold your laundry bottle or other item close to your chest. The best way to learn to squat properly is to pretend you're sitting on a chair, so have one there to help. Slowly bend your knees, push your bottom back. You can slightly touch the chair. Slowly stand up.

CALF RAISES WITH WEIGHT

You can hold the weight by your side with one hand (remember to swap so it's even) and hold the back of a chair for stability with the other. Or you can try having the weight in front of you in both hands. Like week one, stand up on your tip toes and hold. For more of a challenge, try doing the raise with a single leg. To go even more difficult, have your feet off the edge of a step while you move onto your tip toes slowly.

CALF RAISES WITH WEIGHT



National Health Editor Ashleigh Gleeson

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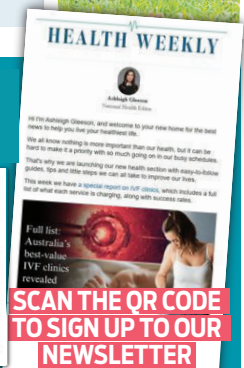
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