

— THE WAY WE SEE IT —

“If you want to be a duck you should walk like a duck and talk like a duck....”

This means your “purposeful” and non-purposeful exercise should support the activities you enjoy and in which you want to excel. Many times we see patients and members suffer through injuries because there is a disconnect and incongruence between their training, their current cardiovascular and orthopedic health. An example of this phenomenon, is the Boot camp, cross fit workouts. Many people for good reasons are enjoying these types of workout. It’s not that there is anything inherently wrong with these workouts, they are challenging, have a terrific team environment and offer a variety of movement. There are however some variables in play to set participants for injury.

Some participants have not done or **continue to do** the prerequisite foundational strength, mobility and stability work to support these advanced and high intensity movements. Note that statement “continue to do.” Corrective exercise or those activities that counter balance the detrimental effects of some of the high intensity movements and workouts is an **ongoing effort**. It is like laundry, the task is never done and at times you have more of it and it can be smellier at times.

Some participants have not taken the time to build the foundational strength to execute these movements, exercises volume and intensity. To ensure the least likelihood of injury a simple movement screens such as the FMS can determine an individual’s particular imbalances. Using this tool to assign corrective strength and mobility movement patterns will set the individual up for the highest likelihood of success. Movement patterns have research based progressions. Increasing intensity, training volume and frequency without gaining prerequisites often results in injury.

The movement progressions are:

- Assisted movement (assisted with bands or cuing, e. g. assisted pull ups)
- Loaded movement (weighted or band resistance e.g. weighted squat)
- Destabilized movement (uneven surface, BOSU, single leg e.g. squat on BOSU)
- Loaded and off balance quick movements (agility movements, jumping e.g. box jumps, agility latters)

Failing to build through, mobility or range of motion that is required for example a deep overhead squat, will result in execution with one or several compensation patterns. Executing this deep overhead squat loaded, fatigued and timed will emphasize and heighted those compensation patterns. Repeated workouts could lead to injury. There are in fact correct and injury resistant patterns of movement for all basic movements. Knowledgeable and experienced coaches can identify your compensations and help you train injury resistant movements.

Another component to consider is building and developing cardio vascular health. Short, high intensity sprints 2 – 5 mins will not build foundational, aerobic cardiovascular health. Cardiovascular health is best developed within the longer more aerobic effort, interspersed with higher intensity efforts: intervals (speed, incline, resistance) and or strength (heavy weighted or fast/light movements), agility movements (box up and overs, burpees, ropes.). Research has shown that the ideal blend for fat burning, (and who doesn't have a little to burn) strength enhancing and cardiovascular building; is a blend of aerobic and slightly above aerobic combined with strength movements. This is why the ActiveEDGE workout template is a blend of cardio, 3 exercises, cardio; 3 x through. In this way we can target individually selected corrective exercise, multiple planes of movement and cardio during one high intensity, efficient and effective 45- 60 min workout.

So as you set up your workout template for the week month and year, bear these things in mind:

- Does the workout match my current stability, mobility and cardiovascular health?
- Is this workout supportive of the activities I intend to “use” my fitness in. E.g. Running, cycling, gardening, hiking, golf, walking, basketball, soccer?
- Does this workout have a component of fun that will help to keep me motivated and consistent in these workouts?
- Am I supported by knowledgeable and experienced coaches that can modify the workout **according to my current bodies' status**? These modifications don't mean easier or harder. Adapting the workout so resulting movements achieves the same desired intensity without bearing the risk of injury. The body will frequently cycle through periods of tightness, instability. Refining and altering the workouts is a key component to avoiding the injury cycle. Refining the workout is a skill a professional and experienced coach can provide.

Come attend one of our classes or workouts at ActiveEDGE. We have various workouts posted throughout the week and several class offerings to match your goals and schedule. First 3 classes are free for nonmembers and free to members.

Come in and get a \$50.00 Functional Movement Screen to determine your limitations in stability, mobility and strength. We will write up a corrective action routine which you could do anywhere.