

GUIDELINES FOR TRAINING

Whether you are new to physical exercise or a seasoned gym rat, these important guidelines may help to develop desired attributes.

Remember that like with any discipline, whether it is a spiritual practice such as meditation or prayer, a physical discipline like running, swimming or weight training, a mental discipline, like optimistic self talk or the practice of true presence or an emotional discipline like positive affirmations and visualizations, *consistency is the key*. As with yoga, the goal might be to bring in all aspects of the physical, emotional, mental, and spiritual being in to your workout routine.

To make forward progress, allow ideally three days per week at least 30 – 90 minutes each time. Two days per week is better than one and one day is certainly better than never. The results you will experience are directly reflective of the time you are willing to spend. This is an investment in your health, in your life, and in yourself.

Like all things in life, practice balance. Over training is counter-productive and the results are obvious.

I have adopted these guidelines through correspondence with athletic coach, Dr. Doug Graham, who has more than four decades of experience coaching world class athletes. As he once so eloquently said to me, “You are either breaking down or building. There is no such thing as maintaining.” He is famous for helping people to bring fun in to their exercise routine. He is adamant when he says, “You will play much harder than you will work.” So have fun and play:

Training for some size and some strength:
5 – 15 reps – 3 sets.

Training purely for size:
15 – 35 reps – 3 sets.

Training purely for strength:
1 – 5 reps – 3 to 5 sets.

The heavier the weight, lower the reps and the sets and/or increase the amount of recovery time between sets.

For lighter free weights, you might consider 5 reps – 5 sets.

For heavier free weights, you might consider 3 reps – 3 sets.

Disclaimer: Please consult your physician when beginning any new exercise routine. Consult an athletic or personal trainer to assist you to ensure you develop proper form to reduce the risk of injury. These guidelines are only suggestions, not recommendations.