

Beyond Barriers Personal Training

www.BBPersonalTraining.Co.UK

GYM INDUCTION (F)requently (A)sked (Q)uestions:

Should I do Aerobic (using lungs) or Anaerobic/Resistance (muscular weighted) exercise at Gym?

Ideally for the vast majority of people both! If you want to lose body fat – resistance/strength training will accelerate fat loss and help ensure you lose fat and not muscle mass. If your wanting to bulk up and increase lean mass aerobic work will only help reduce your body fat percentage (that annoying blanket of fat covering your muscles) helping to show off your new muscular shape! (All machines have instructions on the machine but if you require any help or demonstration I will only be too happy to help!)

How many times should I visit Gym and what should I do?

For your body to make cardiovascular adaptations experts recommend 3 to 5 sessions of aerobic (using lungs) per week for 20 (vigorous) to 60 mins. For your body to make muscular adaptations experts recommend 3 sessions per week between minimum intervals of 48 hours to give your muscles time to recover and make adaptations.

If I attend Gym I don't need to change my diet right?

Unfortunately no matter how many times we attend gym and no matter how much work we do at Gym; if our diet is bad then we're wasting our time. Some experts state diet is 70% of fitness! If you're on a fat loss gym programme you need to be on a calorie restricted diet. If you're bulking up with lean you need to be on a diet with specific macronutrient ratios specific for that fitness goal (macronutrients - that's the 3 major types of food Carbs, Protein and Fats).

How much muscle can I expect to gain per week?

Average Male – 0.25 to 0.5 pounds per week

Average Female – 0.12 to 0.25 pounds per week

Depending on age, type of gym programme, frequency of training and diet. (FIGURES SOURCE: www.aworkoutroutine.com)

How much fat can I expect to lose per week?

FAT LOSS - A priority for effective weight management programme is to lose body fat without lowering metabolic rate. A successful weight management programme reduces body fat whilst retaining as much fat free mass or lean mass as possible, therefore minimising a possible drop in basal metabolic rate! Evidence suggests that this is best achieved by slow, sustained weight loss and that dramatic reductions in weight are likely to be unsustainable. The American College Of Sports Medicine recommends a weight loss of 1lb (just under half a Kilogram) per week!

What are supplements and do I need to take them?

Supplements can be protein powders, herbs, vitamins or pharmaceutical drugs which make claims to increase fat loss, increase lean mass, increase strength and host of other fitness improvements. The vast majority of supplement manufacturers claims have failed to be proven by medical science and some are even dangerous. With few exceptions (Whey Protein powder) most of these supplements are expensive and any claimed health benefits can be more effectively obtained from foods contained within a healthy balanced diet.

When I attend Gym, what are stretches and do I need to do them?

When we start exercise from a period of rest, our joints and muscles are cold and stiff. We do both dynamic (moving) and static stretches in order to encourage our body to produce synovial fluid (our bodies very own WD40 or lubricating oil) around our joints. This serves two purposes. It helps make exercise easier and most importantly reduces the risk of injury to our joints and muscles. We repeat stretches for cool down to loosen up and take the tension out of muscles which again reduces the risk of injury.

Still got questions?

Feel free to contact me.....



Beyond Barriers Personal Training

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