

The Independent COMMUNITY

Understanding Periodization part 1 of 4: Anatomical Adaptation

Understanding periodization is extremely important for many great reasons. One cannot achieve overall physical success if your plan of approach is not healthy and goal oriented. Periodization, in my own words, is "a plan designed to achieve results." Simple. I always use the analogy of whenever a car is being built; assembling a strong and symmetrical frame will ensure a car safe for the streets. The foundation phase or frame building is essential. Before you build lean tissue, you most first align your body frame and correct any imbalances.

Anatomical adaptation or foundation phase: is getting to know your body, understanding how to trigger the proper muscles, really, learning how to walk. In this first phase one learns how to perform and understand the six primal movements which are: the lunge, squat, bend, twist, pull, push. Well all have

FITNESS & RECREATION



by Emilio Ruiz

the same muscles, and in our daily day, we each perform the primal movements.

The Triggering effect: This is simple. Our central system sends signals to each muscle whenever we need to perform a movement. For example a bicep curl or bench press, or shoulder pressing. The problem is that the connection between the brain and the proper muscle may not always there. This means that at times one can still perform the movement, but while recruiting other muscles to help out, thus creating imbalances or inactivity to the right muscles. Theory says that it takes on average 5000 repetitions before the brain and the muscle connection can be effective, and that is months



and lots of time hitting the gym. I am going to be touching how "effective" has an incredible role for when it comes to reaching any goal set.

Having a professional continuously monitor your progress is crucial, as well as to work with you, in correcting your performance, aligning your muscles and revising your technique each and every time. Remember that before you start to add lean tissue to your body, you need to be aligned first. Proper execution of each movement is extremely important.

Often, for somebody who is new to being physically active, being accountable is generally a good first step. I mention this because I have seen this over and over, fear of coming into a gym where some may be more fit than others. This can be intimidating. I would like to say that for those who are fearful of what others may think, that others are not watching you, or talk-

ing about you. Remember that we all need to start somewhere, and your first day is the beginning to a new you. Get started!

The foundation phase is not weight loss or muscle building. So expect to have workout sessions that include total body workouts, and with sets of 12-15 repetitions. Heart rate monitoring may not be necessary here because there is ample rest between sets.

One last thing, remember that failing to successfully achieve the foundation phase, will only exacerbate chronic conditions associated with poor posture, or imbalances.

I am a competitive bodybuilder, CanFit Pro PT, NWS, Post/Pre natal. I am a consultant with Isagenix: a cleansing and detox system that works with and for you. I can be reached for comments or questions at: EmilioRuiz@Team-Blueangel.com

JEFF MORRIS PHOTO

Kyle Sheahan of the Mother Teresa Titans unloads a pass during their playoff game against St. Patrick High School in Barrhaven last week. St. Patrick defeated the Titans 22-0, while crosstown rival St. Joseph fell 14-11 to Glebe. For more sports coverage, see pages 14-16.





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