

Fitness, agility and nutrition Tips

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The purpose of this article is to expose the general public to the basic fundamentals of creating a fast, agile, light weight (but very strong) body while using training tips and basic nutrition principles that I have been using over the past 15 years.

First, I want to point out that I am addressing both males and females, ecto, meso, and endo morph body types .(http://www.metabolisme.be/images/artikels/somato_types.jpg).

Second, every trainee should consult a certified trainer and a physician to adjust and follow these guidelines according to her\his potential, ability, or limitation .

Principle no 1 : Nutrition Basics : The Middle-eastern Menu

- Large consumption of fresh vegetables from **all** colors on **a daily** basis (white, red, orange-yellow, purple, green). 5 portions minimum per day (portion= 1 large carrot for example), one from each color .
- Large consumption of seasonal fruits from all colors: red, green, orange – yellow, 3 portions minimum per day (portion=one apple)
- Consuming whole wheat bread, legume, hazelnuts, walnuts, flax seeds, potatoes, rice and pasta (durum whole wheat in quantities that are relatively small and that can vary from person to person).
- Six small meals during the day instead of 2-3 big ones.
- The use of unsaturated fat that comes from vegetarian foods as a source of good lipids, especially from eating olives **daily** or from olive oil.
- Moderate or mild consumption of fish, chicken, beef, and eggs. I prefer to eat 3 eggs per week and not more. Not every day is a meat eating day. I give the body a break from meat every other day.
- Reducing dramatically or preventing the consumption of red meat. !!!!
- Consuming small quantities of dairy products that are low fat, especially goat cheese and yogurt (that contain pro-biotic bacteria).
- Controlled red wine consumption: 2-4 glasses per week -- not in a proximity of 6 hours before a workout. It's preferred to drink wine after a workout.

- Water water water !!! Drink as much as you can all day long. Especially drink a cup of water every 15 minutes in an hour before a workout. Drink a cup of water at the end of every meal -- one in the morning and one before going to sleep .
- Reduce intake of fried food. Cook or boil it instead.
 - This information is general and can be regarded as a prototype model that can be altered by a professional nutritionist.

Principle no 2 : Weight and Resistance Training :

The tips that I'm giving here are general and need to be changed or modified to any person specifically by a certified trainer. No one program fits all here but there are certain guide lines:

- Two workouts per week in a gap of 72 hours between them .
- Every workout should last an hour.
- All major muscles in the upper and lower body should be involved.
- In general – the workout chart should be 3 sets of 10 RM reps (maximum weight for 10 reps) per muscle. Rest period should be 45 seconds.
- It is important to include body weight exercises in the routine, such as chin ups, parallel dips and pushups. The method of training should be 3 sets of maximum reps that can be done until failure, with a longer rest period between sets (more than a minute of rest) .
- It is better to work on opposing muscle groups such as chest and back, biceps and triceps etc.
- It is wise to work on an upper body part and then to go down to a lower body part. Blood flow and workload is divided better .
- Stick to the basic drills: bench press, seated leg extension, w-bar arm curls, seated shoulder press etc ...
- Avoid training after 22:00 (10pm)

Principle no 3: Aerobic Stimulation :

Again, it is vital that every person has a trainer to calculate, observe and supervise the aerobic activity. I also strongly suggest taking a cardio-vascular ergo metric test once a year and consulting a physician when starting this routine.

These are the guidelines that I think are crucial to the aerobic system:

- 2 workouts per week with a gap of 72 hours between them.
- Every workout should include a 5 minute warm up, 25 minutes in 70-80 percent of your maximum pulse, and a 5 minute cool down - 30 minutes total.
- Don't do aerobic exercise until an hour passes from the moment you wake up (harmful to the discs in the vertebrae).
- Drink 4 cups of water every 15 minutes in an hour before a workout (last cup should be taken 15 minutes before starting a workout).
- The use of a treadmill is considered best for getting the pulse stimulated efficiently, more so than a stepper, ski master, or bicycle.
- Introducing swimming once in a while would be a great aerobic stimulation. (This depends on technique and ability).
- Always do basic stretching at the end of the workout when the body is still warm. Allow the body 5 minutes of stretching and keep a 15 seconds stretch for each muscle group.
- It is preferable to work on the abs after an aerobic exercise and not before because otherwise it will be a limiting variable.
- Introducing ball games, martial arts etc, in the aerobic routine is essential and fun, but some of the games have a long rest periods that can harm the aerobic flow and continued stimulation of the cardiovascular system. This is why I think they should be separated from the aerobic workouts and be made part of a recreational or agility and movement-coordination workout.

Principle no 4 : Coordination , Proprioception and Agility training

As a trainer I see that the general public is maintaining an aerobic routine that is good for the cardiovascular system but lacks the necessary stimulation of coordination-agility and movement development. This is caused by continuous running with no change of direction, or using an aerobic machine in the gym that repeats the same movement again and again.

People are becoming less and less agile. It is seen in gyms and sport clubs everywhere. The human body has a remarkable adaptive mechanism that learns new movements. It improves and adjusts .

We just need to stimulate and train with more high speed changing movements and with more complex aerobic and anaerobic drills.

There are, however, a few obstacles in the process:

- Agility training is done using high speeds and high rate shifting movements. This can cause some injuries if done without professional supervision.
- People of the meso-endo body types will find it harder to train that way and they need to be seen by a professional trainer to adjust levels of intensity and drill selection .

Examples for agility training are found in athletic training in a team mode, martial arts-against an opponent, and in any sport that involves responding to a stimulation, changing the fixture, movement and direction of the body with high speed .

Watch this video for some great examples:

<http://www.youtube.com/watch?v=xcb1XaUpQEg>

You will need professional guidance from a fitness trainer that has experience in athletic fitness coaching like soccer, basketball, etc.).

Try to add a 20 –30 minute agility workout once a week to your physical routine. If you are willing to take part in a group activity it is always fun to join an athletic team in soccer or basketball, or a martial arts course. It's fun.

Summary :

1. Try middle-eastern nutrition. (you will be amazed at your improvements)
2. Two weight-resistance workouts per week (all muscle groups).
3. Two aerobic workouts per week.
4. One agility and coordination workout per week.

This table will suggest a basic routine per week:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics	+				+		
Weight		+				+	
Agility				+			

* It is possible to merge the aerobic and weight workouts to be done at the same day .

Principle no 5: Be optimistic - Keep an open mind. Never limit yourself to one style.

Shahar is available to answer questions and give feedback and training ideas & tips via e-mail Kramer@013.net (www.ksport.co.il)

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