

Training With DB

Exercise Guidelines

This manual is designed to set you on the right path towards achieving your goals.

It provides the necessary guidance to **improve your training habits.**

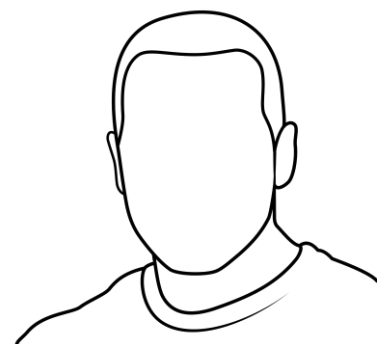
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Overview

When putting together an effective training routine, numerous factors demand consideration. However, often overlooked are the fundamental practices performed consistently, which I will touch upon briefly here. In many cases, the devil is in the details, and they can bring about substantial improvements.

Warm-up

A good warm-up will help prepare you both mentally and physically for your workouts, increasing output and performance while reducing your risk of injury.

This should take 10 to 15 minutes, progress gradually, and provide enough intensity to increase your heart rate, circulation, and deep muscle temperature, without making you tired.

Workout

When it comes to working out, you want to choose exercises that you can perform with safe and effective technique that will help you progress towards your goals.

The key is to include ways of moving that you enjoy and feel good doing. This can be a combination of lifting weights, walking, dancing, playing sports or practising martial arts. There's more than one way to bake a cake.

Recover

Recovery between sessions plays a key role in allowing you to work hard every time you train.

There are two forms of recovery: active and passive. Active recovery involves doing low-intensity activities such as walking, cycling, stretching and foam rolling, for example. Passive recovery, on the other hand, involves doing no activity at all, focussing more on things like good nutrition, adequate sleep and hydration.

Repeat

You can't expect to see progress by only training occasionally. Short-term blasts can be effective under certain circumstances, but you'll experience far better results by training week in and week out.

By being consistent, you can develop competency with various exercises, get familiar with the demands placed on your body, and better gauge when to increase the difficulty of your workouts.

Be aware of your surroundings

With a lot of gyms increasing their un-staffed hours, and people training at home or outdoors in greater numbers, it's more important than ever before that you be safety conscious while working out.

Although certain mishaps are unavoidable, exercising good judgement and being vigilant at all times will lessen the likelihood of someone getting hurt, or something (property/equipment) getting damaged.

Key Considerations

In any discipline, there are principles that must be followed to achieve success. Strength training is no exception. Without a basic knowledge of these principles, or fundamentals, you will find it difficult to achieve your goals.

01 The Principle of Individuality

Every individual is unique and will respond differently to the same training stimulus depending on their age, how long they've been training, gender, body shape and size, past injuries and more.

02 The Principle of Specificity

To perfect a specific skill or activity, you must perform that skill or activity. This is the principle behind the saying, "practice makes perfect."

03 The Principle of Overload

To continually progress and improve, the body must be forced to work harder than it is accustomed to. Over time, this can lead to gains in strength and fitness.

04 The Principle of Progression

As your body adapts to an exercise routine, you have to gradually increase certain variables to continue seeing progress. Do this too quickly and injury can occur; too slowly and improvements will be minimal or non-existent.

05 The Principle of Diminishing Returns

Those that have never participated in a training program before can see huge gains initially. On the other hand, those that are more experienced will see smaller gains over longer periods of time.

06 The Principle of Reversibility

If you stop training for an extended period of time, any improvements made will be reversed. This is the principle behind the saying, "use it or lose it."

“The person who grasps principles can select their own methods.
The person who tries methods, ignoring principles, is sure to have trouble.” – Ralph Waldo Emerson

Common Terminology

Set

A series of reps performed without stopping would make up a set.

Reps

The number of times that you perform an exercise (short for repetitions).

Rest

The time spent resting between sets.

Tempo

The speed at which you perform an exercise.

Circuit

A number of exercises (3-10) performed one after the other; for a set number of reps or a set period of time.

Superset

A superset is where you perform one exercise straight after another without taking any rest.

Exercise

Activity requiring physical effort, carried out to sustain or improve health and fitness.

Program

A program is the actual exercises, sets, reps, resistances, rest between exercises, rest between sessions, etc.

Training Session

A single bout of exercise consisting of a warm-up, some form of strength and conditioning, plus a cool-down.

Volume

The amount of work performed (Volume = Sets x Reps) (Volume-Load = Sets x Reps x Weight Lifted).

Intensity

How hard you train: the level of effort a person exerts relative to their maximum.

Frequency

How often you train: the number of training sessions completed per day, per week, per month, and so on.

Gym Etiquette

01 Read the rules at your gym

It's always a good idea to read the rules at your gym. I'd even go as far as to say you should be aware of them before you join. The reason being, things considered normal in one place may not be allowed in another. Examples would include using chalk and training barefoot. Even if the rules seem stupid, they can't be ignored.

02 Stay focused

People often forget that the gym can be a dangerous place if you're not paying attention and you should always keep an eye out for potential hazards. Even if you know how to navigate the gym yourself, you still need to be aware of what other people are doing – give them space – and do your best to keep the area around you safe.

03 Be respectful

A person's time in the gym is typically limited, so keep conversations brief. Avoid walking in front of someone in the middle of a set, don't needlessly drop or throw your weights around, and try not to lift in front of the dumbbell rack unless you want to get in everyone's way.

04 Maintain good hygiene

Wear clean workout clothes to the gym, use deodorant, clean and air out your trainers regularly. Wipe down machines, mats, and weights after using them, regardless of how much you've sweat. When using showers and locker rooms remember that you are still in a public space and clean up after yourself.

05 Put stuff back where it belongs

After you finish an exercise, put stuff back where it belongs. If you are not sure where that is – ask someone – you will need to know for next time. NOTE: This is different to leaving stuff where you found it. Just because the person before you didn't tidy up after themselves, that doesn't mean you should do the same.

Feel free to reach out if you have more questions about gym etiquette.

Frequently Asked Questions

How often should I train?

This can vary based on your goals, strength and fitness levels, plus the type of training you are doing. In general, it is recommended to engage in physical training at least three to five times per week. However, if you are training for a specific event or competition, you may need to increase the frequency of your sessions.

What can I do on days I'm not training?

To maximise the effectiveness of your next workout, focus on rest and recovery while avoiding activities that could potentially hinder your progress. You might consider relaxing in a jacuzzi, sauna, or steam room, using foam rolling to alleviate muscle tension, or engaging in low-intensity cardio to promote better blood flow.

How much cardio should I do?

For overall health, current guidelines suggest aiming for about 150 minutes of moderate-intensity or 75 minutes of high-intensity aerobic exercise per week, or a mix of both. This translates to about 30 minutes of activities like brisk walking, running, cycling, or swimming, five days a week.

Do I need access to specialist equipment?

While specialist equipment can enhance your workouts, it is not needed to succeed. You have the freedom to be flexible during your sessions, and can achieve your goals by modifying or substituting exercises according to the equipment you have available.

Can I train if I'm still sore from my last workout?

Muscle soreness is common during physical activity, especially with increased stress. To ensure proper recovery and prevent further strain, avoid working the affected muscles while they are still sore and instead focus on training other parts of your body.

Is feeling sore after a workout needed for it to be effective?

Delayed Onset Muscle Soreness (DOMS) can occur for various reasons, but it does not determine the success of a workout. Improvements in strength, endurance, or performance provide more accurate measures of progress and effectiveness.