

# HEALTHLINES

Fall 2000 - Volume 4, Issue 3

## Chad's Corner

If you haven't caught the "Internet Bug" yet, you probably never will. I certainly have though. From e-mailing my friends and business associates to using the web as a tool for marketing our services, the possibilities are only limited by one's imagination. With each passing month new and exciting Internet related technology is developed, deployed and devoured by the masses at breakneck speed. The new wireless handheld devices seem to be all the craze now. Who knows what tomorrow will bring?

For the last year or so I have been thinking a lot about the net and how Body Symmetry could get involved in this still infant technology. Over the last several months I have spent a considerable amount of time developing what I think will be an extremely beneficial site for many people. The name of the site is [freefitnessvideos.com](http://freefitnessvideos.com). At this time the site features approximately 73 - 2 minutes streaming fitness-related videos. So, for example, if you want to learn how to perform a variety of abdominal exercises, you can go to the site and have plenty of options to choose from. In each video I demonstrate and explain how to perform the exercise. The streaming technology isn't perfected yet, however, if you have a DSL or cable connection (6% of the population does) then the audio and video are nearly as good as watching television. With a 56K modem you can still watch and listen, but the picture is smaller and wavier.

We will be adding videos and other interactive features in time. Ultimately, we want to personalize [freefitnessvideos.com](http://freefitnessvideos.com) as much as we possibly can. Please feel free to check [freefitnessvideos.com](http://freefitnessvideos.com) out at your leisure. Any e-mails or calls with comments or suggestions would also be greatly appreciated. And please, spread the word!

This is our first attempt at developing an Internet business model. The main problem from a business standpoint is that I haven't worked out all the details as far as creating revenue streams. If this model works then our next web-based venture will be to develop a golf conditioning site. We own the domain name [golfconditioning.com](http://golfconditioning.com) along with a slew of other sports and fitness related sites. After all, there are millions of people around the world that want to hit the ball like Tiger Woods! We may not be able to teach them how to hit a little white ball, but we can teach them how to condition their bodies to swing harder and more efficiently.

Congratulations are in order for Joella Galetti. She passed her Certified Strength and Conditioning Specialist examination last month! So now she has even more initials to put behind her name. Good job Joella!

I also want to thank my loyal staff for their long-term employment! Sara Bateman has been with BODY SYMMETRY for 4 years, Joella Galetti for 3 years and Theresa Well for 1 year. You three are the best!

Yours in health, Chad Marschik

### Free Weights VS. Resistance Training Machines *by Chad Marschik, C.S.C.S*

For nearly 20 years now, I have been actively involved in some form of regular strength training. It all started the summer before my freshman year at LeRoy High School. The freshman football and basketball players trained together 3 times per week on an old Universal multi-station gym. You know the one I'm talking about. The all-in-one gym with the red-plastic upholstery had a leg press station, bench press station, lat pull down, pull up bar and dip handles. You may have worked out on one too. I suppose at the time I thought it was pretty neat. This lone machine lasted for about a year and then we got a "real" weight room. For the early 80's it was actually fairly state-of-the-art, even if our school was only able to afford a squat rack, a few benches, a Universal leg curl/extension machine, a weird looking 4-way neck machine (which I hated), and some free weights. Those were the days. That's for sure.

Ironically, what I remember most about strength training in high school was being very sore in my legs and butt for most of my sophomore and junior years. I now know why, too. Because of all the squats I did. This was the only free weight (FW) movement I did. Everything else basically revolved around the Universal Gym. Rarely did I ever experience any soreness in other areas of my body, until, that is, I went to college. At Eastern Illinois University I emulated all of the other people who didn't look like me, a human string bean, so that meant total free weight training. Presto magic, instant muscle fatigue, growth and soreness for the next 4 years.

Resistance training machines (RTM) have been around for a very long time and were certainly marketed heavily to the thousands of health clubs that popped up around the country during the 80's and 90's as our country became ever more health conscious. RTM ease of use and convenience appealed to both club managers and their membership. Large groups that generally congregate in health clubs find that RTM allow them to move efficiently between exercise stations with relative ease, safety (no falling plates) and little thought as to "what's next". After all, with proper initial instruction most members have little problem adjusting the seat, selecting the weight and having at it. This makes it especially user friendly for the novice since little skill is required to execute a movement.

Although RTM have been demonstrated to improve strength and performance in many research studies to date, there are certainly training limitations and other related issues to this form of training. First of all, with the majority of RTM you are training in one plane, most generally the sagittal plane (any movement forwards or backwards in a straight line). You can forget about the transverse plane (rotational movement) and frontal plane (lateral movement). Also, usually only one joint at a time is involved in any one movement. RTM definitely affect muscle hypertrophy (muscle growth) positively, but there is little to no stimulation of the central nervous system (CNS). The problem is that by working in a single plane and the stability that the machine provides, while seated or lying, elicits little response from joint stabilizers and neutralizers (all of the little muscles, ligaments, and tendons). To say the least, RTM training only could certainly put you at a disadvantage when training for many sports.

FW training has been around much longer than RTM. Even though FW training is a form of resistance training, it hasn't been marketed or hyped to the general public nearly as much as the RTM manufacturers have pushed their equipment. In my opinion it has to do with money. There is a lot more money to be made selling a \$4000 machine than there is selling a \$50 medicine ball or a \$300 barbell set. Medicine balls and FW don't require a lot of maintenance either.

FW training can certainly be equally as safe as RTM, however, it does require more instruction on the mechanics involved. FW training definitely requires more skill, too. Like sport, many of the skills involved with FW training are learned and hopefully improved upon over time. The biggest plus to FW training is the functional nature of the movements. Take for instance carrying a 25 lb. bag of groceries up a flight of stairs (a functional movement), this requires balance, stability and strength. Unlike RTM, multi-joints and multiple planes of motion can be addressed with FW training. As I previously mentioned, improved balance, agility, strength, muscle hypertrophy (muscle growth) and CNS stimulation can also be realized.

To thoroughly prepare yourself for most real-life activities, whether it is sport or tossing your kid around, requires all of the aforementioned byproducts of FW training. RTM certainly have their place in the resistance training environment. We at BODY SYMMETRY have spent numerous years studying human movement and applying it, not only to our own personal program, but to your program as well. I think we have certainly evolved as well and will continue to evolve as we learn new training techniques and apply them to your fitness program.

### **Quick Raspberry Squares**

cooking spray  
1 1/2 cups flour  
4 tsp. baking powder

2 egg whites, lightly beaten  
1 tsp. vanilla  
1 1/4 cup fresh raspberries or 10oz. frozen drained raspberries  
1/3 cup raspberry preserves  
1 cup oats  
1/2 cup sugar  
1 tsp. ground cinnamon  
1 cup low fat raspberry yogurt  
1/3 cup non-fat milk  
1 Tbsp. sugar

Preheat oven to 450. Spray 9x13 pan with cooking spray. In a large bowl, mix oats, flour, sugar, baking powder, and cinnamon. Set aside 2 TBS egg white for glaze. In a medium sized bowl, mix remaining egg white, yogurt, vanilla and milk. Add to flour mixture, stirring until dry ingredients are moistened. Gently fold in raspberries. Spread batter evenly in pan. Score batter into 15 squares, cutting through to bottom and slightly separating squares. Using a finger dipped in flour, make a dent in center of each square. Fill each dent with 1/2 tsp. of preserves. Brush with reserved egg white. Sprinkle with sugar. Bake 15 minutes at 425; reduce oven temp. to 350, bake 10 minutes more until golden brown. Serve warm or cool.