



Move E-BOOK



MOVEMENT MATTERS

Regular physical activity is one of the most important things we can do to improve our health, happiness, and fitness.

Moving more and sitting less creates tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level.

The scientific evidence continues to build—physical activity is linked with even more positive health outcomes than we previously thought.

Even better, benefits can start accumulating with small amounts of, and immediately after doing physical activity!

Finding success in the gym with our health & fitness goals is often the catalyst that leads to the pursuit of healthy habits outside of the gym as well.

The hard won results from our workouts help us to realize we are capable of doing difficult things, and often this realization leads us to look for opportunities to improve in other areas of our lives.

Each successful challenge we overcome today in the pursuit of self improvement keeps us motivated to reach for the next step on our path to success tomorrow—every small victory helps us continue each day to be better than yesterday.



WHAT IS FITNESS?



We can think of fitness as our body's ability to do a wide variety of different types of movements well.

We should be good at ***cardio*** (run, swim, bike, jump rope, etc.). We should be ***strong*** (able to lift and throw heavy objects). We should be proficient ***gymnasts*** (good at body weight movements like push-ups, sit-ups, and pull-ups).

As we improve in each of these areas of our fitness all of our measurable health markers will also improve. For example:

Cardio helps us to increase our VO2 Max (our bodies ability to utilize oxygen as an energy source).

Resistance training helps us to have strong bones, healthy organs, and build or maintain muscle mass.

Gymnastics helps to build our proprioception, also known as our "sixth sense"; it is our awareness of our body position and movement.

All of these movements require the use of energy (aka they help us to burn calories which allows us to maintain or reduce body fat), and they help us to create more "feel good neurotransmitters" (endorphins, dopamine, serotonin, etc.) that boost our mood!

Combined, these movements help us to look good, and feel good; they help increase both how healthy we are today and how healthy we remain over time (longevity).



HEALTH & LONGEVITY



We improve our fitness by improving our proficiency across the broad spectrum of movements we are capable of performing.

It's no coincidence that three of the main health markers we can use to track longevity are all improved by doing a wide variety of exercises. These include:

1. Having A Healthy Body Fat Percent
2. Having a High VO2 MAX (Better Cardio)
3. Having High Muscle Mass & Strength

Our fitness routine needs to help us continually improve across all three of these health markers.

As we improve our fitness we improve our health and increase our longevity.

HOW DO WE IMPROVE OUR FITNESS?



THERE ARE NO SHORTCUTS TO FITNESS.

We get better at what we consistently do. The science behind it is called the S.A.I.D. Principle (specific adaptations to imposed demands).

It boils down to: our body adapts to the things we do repeatedly by improving our ability to do those things.

Want to get stronger?—Lift heavy things frequently.

Want to get better cardio?—do aerobic movements frequently.

Want to get better at body weight movements?—work on gymnastics frequently.

Movement helps us to lose body fat, build muscle, and improve our health, happiness, and fitness. What type and kinds of movement we need to do vary depending on our own unique lifestyles and individual goals.

There is no one best method, no one size fits all solution to improving fitness for every individual in a diverse population of people all with individual goals and lifestyles.

There are endless ways to move that allow us to build our strength, lose body fat, and improve our overall health & fitness.

However, while there are many ways to move to improve our fitness (yoga, cycling, running, swimming, weight lifting, rock climbing, martial arts, etc.) there are some constants that all good fitness programs need to have.

Our workouts have to:

- Be fun
- Be Effective
- Build Relationships



When our fitness routines include all three of these elements we are more likely to stick to them long term, to see long term results for our health and fitness, to better enjoy the process, and to create lasting relationships in the pursuit of our fitness goals that are, by their very nature, their own reward.



OUR WORKOUTS HAVE TO BE FUN



When we enjoy our workouts we are more consistent in our daily movement practice, and consistency is king in accomplishing our fitness goals.

OUR WORKOUTS HAVE TO BE EFFECTIVE

Our workouts need to help us improve our health and fitness. If our daily movement is not helping us to lose body fat, build muscle, improve our cardio, etc. then we need to change up our fitness program to better reach our goals.

OUR WORKOUTS HAVE TO HELP US BUILD RELATIONSHIPS

We accomplish more together! There is a synergistic effect when we build relationships while we workout: these relationships help us to endure difficult workouts, enable us to build lifelong fitness habits, to better enjoy what can otherwise be unenjoyable tasks, and doing fitness with friends often leads to the forging of lifelong friendships.

FIND THE FUN IN YOUR DAILY MOVEMENT PRACTICE



Finding a fitness routine we enjoy and look forward to helps us stick to our workouts, and be more successful in the pursuit of our health and fitness goals.

We might not like a great many aspects of working out (nobody likes burpees for instance), but we should leave the gym feeling better than when we got there!

For some of us it's the people we get to see at the gym that makes the gym our home away from home.

For some of us it's the hour we get for ourselves to work on ourselves and our goals. The hour for us to focus on our effort, to sweat and breathe and be in the moment, free of outside distractions.

For some of us its the sense of accomplishment: the pride in knowing we did something difficult today that is going to help us be better than yesterday.

For some of us its the satisfaction of success: moving one step closer to our first strict pull-up, seeing improvement in our mile time, seeing the inches drop off of our waist, or adding inches to our biceps.

For some of us it's the endorphin rush, the influx of the feel good neurotransmitters we get when we workout that instantly helps improve our mood, and leaves us feeling good.

No matter which mechanism helps us have fun in our workouts, when we find a daily movement practice that we enjoy it often becomes the best part of our day, and an effective resource that helps us to be successful in improving our health and fitness.

THE FEEL GOOD NEUROTRANSMITTERS



As soon as we start working out we create neurotransmitters (endorphins, dopamine, serotonin, norepinephrine) that help us to feel good immediately and boost our mood.

Workouts should be hard. We have to put in the effort to make change. And, we don't always look forward to waking up early, scheduling time to workout, in short—overcoming all of the obstacles that make working out difficult.

But, if we remind ourselves that we will feel better immediately when we begin to workout (because of the feel good neurotransmitters), then we will be more likely to make it to the gym, and to put in the work to allow us to look good, feel good, and be one step closer to accomplishing our health and fitness goals.

CONSTANTLY VARIED FUNCTIONAL MOVEMENT HIGH INTENSITY



Exercise helps to build our strength, lose body fat, and improve our overall health & fitness.

In order to accomplish all of these goals, there are some types of movements that are more effective.

Constantly varied, functional movements, performed at high intensity are beneficial in helping us to reach our health & fitness goals in a safe and effective way.

This combination allows us to not just look fit, but to actually be fit; to be good movers capable of lifting heavy things, running long distances, and to have a keen awareness of our body positions and how we are moving through space.

CONSTANTLY VARIED



Our workouts need to challenge us to change us

Part of challenging our body means we need to be doing a variety of different movements (cardio, resistance training, gymnastics), and learning to use different energy systems (short & explosive, medium duration, and longer cardio workouts) in our daily workouts.

We should be able to run fast, jump high, be able to squat and press heavy loads, and also be capable of doing bodyweight movements (aka gymnastics) proficiently.

THE 10 FITNESS DOMAINS:

1. Cardiovascular and Respiratory endurance, 2. Stamina, 3. Strength, 4. Flexibility, 5. Power, 6. Speed, 7. Coordination, 8. Agility, 9. Balance, 10. Accuracy.



FUNCTIONAL MOVEMENTS

There are basic patterns our bodies are designed to move in: push, pull, run, jump, squat, press, lunge, etc. that we call functional movements.

Functional movements allow us to move safely and in ways that challenge us enough to change us—to create positive adaptations quickly that work to improve our health and fitness.

Functional movements allow us to move fast, to lift heavy things, and to improve our proprioception (our body's 6th sense, or our awareness of how we are moving and changing positions through space), and reduce the risk of injury.

To be good movers we need to become experts at functional movements.

HIGH INTENSITY



Intensity is a physics equation (Force x Distance / Time).

Intensity (also known as power output) can be measured, observed, and repeated. Workout intensity is how hard we are actually working. The harder we work (relative to our current level of fitness), the faster we will create change.

Doing 100 Burpees in 10 minutes is exercise at a relatively high intensity. Doing 100 burpees in 5 minutes is exercise at an even higher intensity.

By reducing the time we did the burpees in we increased the intensity; we increased how hard our bodies had to perform to do the work, eliciting a greater adaptation to take place in the form of improved fitness.

We can vary the intensity of our workouts by completing the movements faster, or by increasing the difficulty of the movements.

High Intensity workouts are effective at making positive adaptations for our health and fitness quickly.

High intensity workouts help us to burn more calories not just while we are working out but also increases our EPOC (post exercise oxygen consumption) so we continue to burn more calories long after our workouts are over.

Whether we want to build muscle, lose body fat, or improve our overall health and fitness, working out with intensity allows us to improve our fitness faster.



SCALING WORKOUTS



We can all use constantly varied, functional movements performed at high intensity to improve our fitness. The difference for the individual differs by degree.

One athlete might be using 10 lb. dumbbells, while another might use 20-lb dumbbells, and still another 30-lb dumbbells for the same workout based on their current fitness level.

One athlete might run one mile, another athlete might walk a half mile, and another athlete might substitute the running for rowing, each athlete modifying the workouts based on their individual needs.

We all need to constantly vary the movements so we continue to create positive adaptations in our fitness, we all need to do the same kind of movements (functional movements), and we all need to incorporate intensity into our workouts, but we all will change the weights or speed depending on our current goals and level of fitness.

MOVE BETTER



When we are new to any form of exercise, if we try to increase the load or speed (intensity) too quickly, we can stall our total capacity for growth, and increase our risk of injury.

When we take the time to build a foundation of good movement patterns, and learn the proper technique before increasing in intensity, we increase our total capacity for growth by improving our efficacy in performing the movements and we reduce the risk of injury.

By setting our ego aside and letting the competence of our movement proficiency be our guide, then we progress in a safe and effective way that lets us continue to make consistent progress.

When we can consistently perform the correct technique at our current intensity, then we can increase the intensity.

COMMUNITY



WE ARE MORE SUCCESSFUL TOGETHER

Our workout friends and family help to make working out fun, and keep us accountable to our fitness goals. When we are accountable we become more successful at setting habits that stick, habits that allow us to reach our goals.

Workout with a buddy, a friend, a family member, a co-worker, etc. Some days we all feel like sleeping in, skipping the gym, or eating the donuts we definitely don't need in our diets. But, when we have an appointment planned with someone who is counting on us to show up it helps to hold each other accountable.

Get a Coach, someone with the knowledge to help us progress faster. A coach will help us to stay dedicated to our continued success even when we do not feel motivated.

A good coach will help us navigate the many obstacles and barriers that get in the way of us reaching our goals. An exceptional coach cares about our long term success, and will help us to know the exact next steps we need to take to reach our goal.

Workout in a group setting to get the motivation of the group atmosphere. Burpees are better when done in a group of people that make us smile!

Whether it works best for us to workout with the buddy system, with a personal trainer or coach, or in a group setting, working out with friends and family are part of the fun, and part of the recipe for our long term success.





**"IF YOU WANT TO
GO FAST, GO
ALONE, IF YOU
WANT TO GO FAR,
GO TOGETHER."**



WE ADAPT & GROW THROUGH STRESS



When we workout, the movements or exercises we put our body through is a form of stress on our bodies. This process of introducing and adapting to stress is known as the **SAID Principle** (Specific Adaptations to Imposed Demands)

Our body responds to the stress by adapting and improving our ability to perform these movements in the future.

The process* looks like:

1. Introduce Stress (the workout stimulus)
2. Break Down
3. Repair & Rebuild
4. Grow Fitter, Faster, Stronger

*This process works as long as the initial stress is not so great that instead of repair & rebuild we get injured, and then a much longer repair & rebuild stage.

If we want to get stronger we can lift heavy things (introduce stress). And our body will adapt to us lifting heavy things by building muscle, strengthening the connective tissue of our joints, etc. so we are more capable of handling this same stress in the future.

Good training requires enough volume and enough load (enough intensity) to stress our body just enough to start this process of growth; we need enough stress to stimulate the need for change, but not too much stress (more than we are currently capable of handling, which can lead to injury).

We need stress in our life to grow—stress is not something to shy away from, it is the path that allows us to adapt and become better than we were yesterday.



LAW OF ACCOMMODATION



According to the law of accommodation: our biological response to a constant stimulus diminishes over time.

In other words, if we stop changing our training stimulus (introduce new stress) our progress will begin to greatly slow down.

If we stop increasing our training stimulus with new, constantly varied, forms of stress, then our bodies will accommodate, i.e. stop changing.

It is easy to create change when we are new to working out, for instance:

A person who changes their routine from being completely sedentary to running 5 miles a day will initially get better at running, lose weight, and feel great. Their bodies will adapt to the new training stimulus in a lot of amazing ways!

But, if this person continues to run 5 miles every day, with no changes in their training stimulus, the athlete's progress will begin to greatly diminish, until their body stops adapting to the exercise and the physical benefits cease.

What a waste to time spent running every day—to spend all that time, effort, and energy with no significant increase in your fitness for all your work!

If we stop looking for new ways to grow, we stop growing.

If we want to continue to grow and create new adaptations we need to constantly seek out new ways to grow (introduce new forms of stress).

In training this means we need variation, often by increasing the intensity of our training stimulus: lift heavier, run faster, jump higher, etc. Or, by focusing on the other factors that affect our training: nutrition, sleep, hydration, etc.

We must continue to seek new challenges. To push ourselves to find the limits of what we are capable of today so that we can grow into who we are meant to be tomorrow.

THE LAW OF ACCOMMODATION SELF EVALUATION:

Consider an area of your health and fitness where you have stopped making growth.

How are you actively seeking to change your behavior in this areas, and forge new habits, so that you continue to find new growth?

EXERCISE IMPROVES OUR GUT MICROBIOTA



All of the hundreds of different types of tiny microbes living in our gut are crucial for our health to reduce disease, reduce inflammation, help with weight loss, and even mental health!

These microbes help make up our gut microbiota and we can improve the health of our gut microbiota when we exercise!

Granted—It's weird to think about the symbiotic relationship we have with the bacteria living in our gut. But these bacteria help us digest food, help to regulate our immune system, and regulate metabolism.

And, while science is still learning new fascinating ways these bacteria, viruses, and fungi effect our health, one great thing to know is that exercise can improve our microbiota to help us lose weight, reduce inflammation in our gut, and can even help to improve our mood!

MIDLINe STABILITY



How we think about "core work" needs to change. 1970's fitness magazines might have you convinced that our "core" is our "abs", that abs are all about physique, that endless ab exercises will get us abs.

These ideas are all wrong, and we need to re-learn what our core is.

Our core consists of all of our musculature that helps aid in our stability, particularly to protect our midline (the spine and surrounding structures) from injury during movement.

We might find it more useful to think of and use the term "midline stability" instead of "core work" or "ab work" to more accurately describe the function of the musculature of the midline, which allows us to transfer power as we move, helps to stabilize our spine, and helps to keep us injury free.

Traditional ab exercises still have value in building strong abs, which are one muscle group that is a part of our midline stability, but excessive ab exercises can create imbalance and dysfunction in this system.

We can build a strong midline more effectively by incorporating both compound exercises and exercises that require us to resist loss of stability in our midline.

These can be more dynamic movements such as: overhead squats, kettlebell swings, GHD sit-ups, and hollow rocks.

Or, static movements such as planks, weighted holds, or hollow holds.

Understanding what the core is, and incorporating exercises that build a strong midline and aid in stability allow us to be safe, effective movers.





ABS ARE MADE IN THE KITCHEN

There's nothing wrong with abs! They are part of our muscles that create midline stability. Traditional ab exercises are often fun to do and we feel good after doing them.

But, we all already have abs. We just need to reduce our body fat to see them—Abs are (mostly) made in the kitchen!

We effectively reduce body fat by being in a slight caloric deficit over time.

Exercise helps us to burn more calories, helps us to be in a caloric deficit, but we can easily undue hours in the gym with minutes of poor eating choices in the kitchen.



FUNCTIONAL BODYBUILDING

In 1890 Eugene Sandow "The father of modern bodybuilding" advertised his ability to help people with three goals, to become: organically sound, strong, and beautifully developed.

And, we all want to accomplish these same three things today!—only, we use different phrases. We change:

Organically Sound is now fit and healthy.

Strong is still strong but we might add our desire to build muscle.

Beautifully Developed is now most often termed "toned" meaning to lose body fat so we look fit.

Eugene Sandow learned to mold his physique in order to create a certain aesthetic which he modeled after the physique of greek statues.

To obtain this desired look, and continue to improve his health and fitness, he used a combination of cardio, gymnastics, and weight lifting.

Unfortunately for bodybuilding things took a turn for the worse in the 1960s when, if big muscles are good then biggest muscles are best; where bodybuilding became a sport and health was no longer a primary concern of bodybuilding.

But we can take bodybuilding back to its roots with functional bodybuilding.

We can use a combination of strength, gymnastics, and cardio today to help create a certain aesthetic, to help train our muscles and connective tissue so we are more resilient to injury, all while building our strength, increasing our V02 Max, and continuing to improve our health and fitness!



WHAT IS YOUR BUTT DOING?



Lets face it, ever since they placed our butts in chairs in elementary school we have a habit of inactivity (sitting too much). And now we sit at work, when we eat, when we drive, when we are hanging out with loved ones, etc.

All of this sitting and inactivity creates dysfunction (long, weak gluteal muscles, and an inability to activate them to facilitate movement and stability).

But we can fix this problem! Our glutes are awesome at helping us to be good movers, to run, jump, squat, etc.

To do so safely and effectively we need to retrain our glutes to turn on and be of use when and how we need them to facilitate movement.

Is Butt a bad word? “Gluteus” is the Latin version of the Greek word “gloutos,” which means “buttock”.

Correct technique in squats, deadlifts, running, jumping, etc. necessary to help us retrain our glutes to fire properly and aid in more powerful movement.

Doing some glute activation in our warm-ups is often necessary to make sure we can turn on these muscles for our workouts.

When we can, getting up and moving throughout the day, even switching to a standing desk can help minimize the dysfunction of sitting. But, since the damage is already done we need to spend time each week working on strengthening our glutes so we can be strong, effective, healthy movers.



WE MOVE 24 HOURS A DAY



How we sit, how we stand, and how we sleep all affect the health of our movement and add to our health or add to our dysfunction.

Often we think of movement only as our daily gym session and we work on being good movers when we exercise: we want to deadlift with a straight back, have good balance in our squat, keep our spine neutral when pressing overhead, etc.

But when we sit in flexion (rounded spine) for 8-10 hours a day, stand with an overextended back at the bar after work, lazily pickup our laundry basket with a bent and twisted back, etc. we build dysfunction over time that can lead to injury and prevents our ability to be good movers.

Did you check your posture just now as you read this?

When we maintain good posture in sitting and standing, when we focus on how we move even outside of the gym, then we are more likely to avoid injury and setbacks.

Focusing on how we are moving 24 hours a day allows us to become good movers for life.



MOVEMENT IS A LIFELONG PURSUIT



We are always in process of either making positive adaptations for our health and fitness through movement, diet, sleep, and stress management, or declining in health and fitness due to inactivity, lack of sleep, poor diet, and an overabundance of stress.

We all have seasons of life where aspects of our health and fitness have to take a back seat to the chaos of life. But, as soon as we are able to begin working on our health and fitness again we must do so in order to become healthy, happy, and fit.

Starting this process often begins in the gym. When we are consistent in our workouts we begin to naturally make improvements in these other aspects of our life that affect our health and fitness.

Our workouts help us to improve our eating. After all, doing 100 burpees is hard, we don't want to lose all of the gains we worked hard for in the gym through poor diet!

Our workouts help us to sleep better by increasing our sleep pressure (our desire to go to sleep) and increasing the amount of deep sleep we get during rest.

Our workouts help us to be happy by boosting our feel good neurotransmitters which boost our mood and help us to feel less stressed out.

Our workouts help us to see that we are capable of doing difficult things. The pride of success we get from putting ourselves through difficult workouts ripples out, and gives us the confidence we need to tackle other difficulties we face outside of the gym.



What starts in the gym becomes a catalyst, reaching out to positively affect other aspects of our lives.

We see the result of these changes through their effect on our improved relationships, our better job performance, and our overall enjoyment and quality of life.

Consistency in our workouts is often the spark, the catalyst that leads to new habits in our movement, sleep, eating, and how we manage our stress, all of which work to help us be healthy, happy, and fit.





IF WE GET THE SLEEP WE NEED, DIAL IN OUR NUTRITION, STAY ADEQUATELY HYDRATED, WORKOUTS 2-4 TIMES EACH WEEK, AND MANAGE OUR STRESS, THEN OUR HEALTH IMPROVES, OUR FITNESS IMPROVES AND WE IMPROVE THE QUALITY OF OUR LIVES.

CHECK US OUT

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