



# PC Conditioning

Personal Training for all Levels

Newsletter

June 2009

“Think of giving not as a duty but as a privilege.”  
- John D. Rockefeller, Jr.



Dear Readers-

Thanks for checking out the June edition of my newsletter. This month, I wanted to insert a mini article I put together recently. It's essentially a chart that outlines some of the exercises I see people performing in the gym followed by more “bang for your buck” alternatives. Working in a commercial gym, I see a lot of inefficient workouts, amongst other things. That being said, the following is a chart that I'd like you to consider following if you are currently performing any of the “elimination” exercises. Don't hesitate to cross the bridge into uncharted territory and try some new exercises.

## *“Elimination and Integration”*

### Eliminate

### Integrate

### Rationale

Leg  
Extensions

Squat  
variations

Muscles work in groups. Your quads don't work functionally in isolation. For improved hip/glute strength, squats are far superior.

Leg curls

Deadlift  
variations

Deadlifts, whether performed bilaterally (two-legged) or unilaterally (one-legged), improve strength in your “posterior” muscles. That is, they recruit more fibers in your glutes and hamstrings collectively than lying leg curls which over-isolate your hamstrings.

Lat Pulldowns

Chin-ups

Chin-ups require increased core stabilization from your abdominals and glutes, thus making them a superior lift.

To your health,

-PC

## Exercise Tip of the Month

### “Step Mill Training”

You know that archaic-looking cardio machine at the gym that no one uses that looks like an ever-revolving staircase? Well, it's called a *Step Mill* machine and in my opinion, it's the best machine you can pick, outside of Airdyne bikes, which most gyms sadly don't carry. That being said, Step Mill machines mimic actual stairs and engage a fuller range of motion than the awful Stair Master machines. What I don't like about the latter is that your feet never leave the steps. On a Step Mill, your feet *have* to pick up and continue stepping or you will basically fall off!



For your next workout, forget the continuous sub-maximal 30 minute jog on the treadmill. Instead, find a few hills and do some power walking or sprints with recovery time between sets for 15 minutes, then come try the Step Mill for 10 minutes. You'll save time, burn *more* calories and feel *better*. Sure, you'll wanna kill me for suggesting the Step Mill, but as I've mentioned in the past, the harder you work, the greater the psychological benefits.

Good luck stepping and shoot me an email ([paulconnolly123@gmail.com](mailto:paulconnolly123@gmail.com)) to let me know how you do.

## Nutritional Tip of the Month

### “Cherries”

Bananas and apples get boring sometimes. They're typically the highest consumed fruits in the United States, but with our current climate, it's time we adopt some newer choices in our daily nutrition. This month, it's all about cherries. I actually just polished off a heap of them from Stop & Shop. Good stuff.



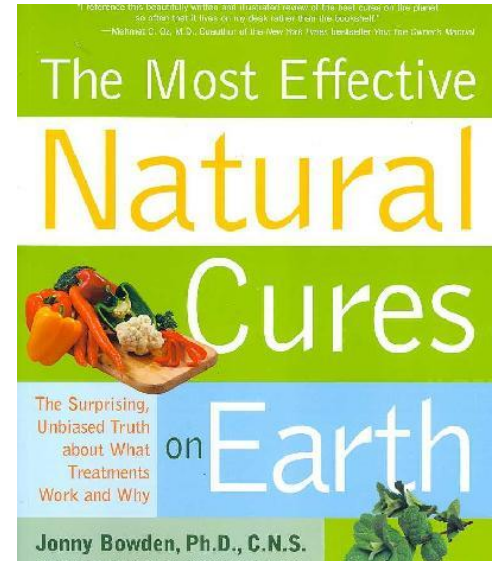
Sure, we like them to top off a sundae, but cherries are actually considered the “go to” selection for dealing with gout, also known as “metabolic arthritis.” I've actually had a couple clients deal with gout, and it is *incredibly* painful. That being said, cherries are healthy due to their red color. The compounds found in red products are phyto-nutrients (healthy byproducts from plant-based products) called “anthocyanins.” Helpful for dealing with inflammation in the body, cherries (and raspberries) have the highest amount of anthocyanins. Nutritionist Jonny Bowden recently noted a study that the anti-inflammatory benefits of cherry consumption rivaled those of ibuprofen and naproxen.

## Blog

My blog continues to be the part of my web site and newsletter I get the most feedback on. Make sure to go back and check out past entries to get caught up. The direct link for my updated blog is found here: <http://pcconditioning.blogspot.com>.

## Product Recommendation of the Month

I come across a lot of nutrition information each month, and I must say this month's product recommendation is the best book I've read in a while. This month, I am recommending "The Most Effective Natural Cures on Earth: The Surprising Unbiased Truth about What Treatments Work and Why." Nutritionist Jonny Bowden reviews more than 75 specific health concerns and alternative treatments for a variety of topics including cancer, skin disorders, PMS, stress, diabetes, menopause, and depression. Bowden explains through approachable and articulate descriptions why they work and on what basis he selected these cures -- whether it is patient testimonials or the latest scientific studies to give you peace of mind and the information you need about each treatment. The direct link to order this book can be found by clicking the following:



<https://www.amazon.com/dp/1592332919?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=1592332919&adid=OCT40A8AC2QZ6AAN4MXE&>

## Web Links/Recommended reading

Please click the following links to check out the interesting articles I've come across these last few weeks and let me know what you think:

<http://www.coreperformance.com/daily/one-small-change/the-nonstop-flexibility-workout.html>

*"The non-stop flexibility workout."*

[http://www.boston.com/bostonglobe/magazine/articles/2009/04/19/what\\_ruins\\_running/](http://www.boston.com/bostonglobe/magazine/articles/2009/04/19/what_ruins_running/)

*"What Ruins Running"* - (Christopher McDougall, a writer for *Men's Health Magazine*, contributed this interesting piece to a recent edition of *The Boston Globe Magazine*).

[http://www.boston.com/news/education/higher/articles/2009/05/03/savoring\\_the\\_moment/](http://www.boston.com/news/education/higher/articles/2009/05/03/savoring_the_moment/)

*"Savoring the Moment"* - Holy Cross began offering the special meals - they call them "slow-food" dinners - last school year to encourage students raised in a fast-food culture to savor meals with fellow diners while learning to appreciate home-grown food and the people who prepare and serve it.

<http://www.thedailybeast.com/blogs-and-stories/2009-05-06/the-exercise-myth/>  
"The Exercise Myth"- Interesting piece one of my clients sent me.

<http://briantpierretraining.com/?p=533>  
"The Truth About the Biggest Loser"- My colleague Brian St. Pierre does an outstanding job echoing my thoughts about this show.

<http://online.wsj.com/article/SB124165645112494221.html>  
"Celtic Great Bill Russell Recalls Friendship with Coach Auerbach in "Red and Me," a Collaboration."

[http://rkteamnutrition.com/wp/wp-content/uploads/2008/10/117\\_fuelingstrengthandpowersports.pdf](http://rkteamnutrition.com/wp/wp-content/uploads/2008/10/117_fuelingstrengthandpowersports.pdf)  
"Fueling Strength & Power Sports"

## Q&A

Topic: "Bodyweight Exercises"

Q: Paul, every year my family and I travel in the summer quite a bit, so my access to a gym is limited. What exercises can I do that don't require me being in a gym to see results?

A: Great question. It's one I get every year about this time. Two words: Bodyweight Exercises. Think push-ups, squats, lunges, etc... You don't have to be in a gym to get a good workout. Sure, some of the equipment (dumbbells, barbells, etc...) make it convenient, but don't be afraid to get creative with your workouts. A simple outdoor workout using your bodyweight could look as follows:

- Jumping jacks x 25
- Push-ups x 10
- Squats x 10
- Park bench dips x 10
- One-legged park bench step-ups x 10 each leg

(rest 1 min. and repeat above 5 x) Give it a shot!

\*If you've got a question, feel free to email me at the following: [paulconnolly123@gmail.com](mailto:paulconnolly123@gmail.com). Who knows- you may see your question published in a future newsletter!\*



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based in Watertown, MA

### About the Author

Certified through the National Strength and Conditioning Association as a personal trainer (NSCA-CPT), Paul possesses a degree in Exercise Science from UMASS-Boston where he graduated Magna Cum Laude. Holding a background in anatomy & physiology, human performance, and nutrition, he has been involved in the fitness industry since 2003 and has contributed to local and national media publications as a featured health and wellness columnist. The founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pcconditioning.com>), Paul is an advocate of strength training for all ages and enjoys working with fitness enthusiasts of all levels. His diverse clientele includes high school and collegiate athletes, stay-at-home Moms, corporate 9-5ers, brides-to be, and seniors. Paul's passion for fitness has led him to engage his clients in all major components of fitness including cardiovascular conditioning, nutrition, strength training, and flexibility. Adult AED and CPR-certified, Paul is available by appointment only. He can be reached via e-mail at [paul@pcconditioning.com](mailto:paul@pcconditioning.com).

"Understanding the fundamental concepts of exercise and optimizing daily function are key concepts in the training programs I outline for my clients. Injury prevention, improving self-confidence, and heightening one's knowledge of physical fitness through consistent hard work and dedication are all integral components of the approach I take with my clients. I see many people making similar mistakes in their conditioning programs and I make it a point to correct these areas. I demand 100% effort from my clients and make it a point to consistently educate them about the necessary lifestyle modifications required to achieve their respective goals."

**Important Disclaimer:** The information contained within this document is not intended or implied to be a substitute for professional medical advice and is not intended for medical diagnosis or treatment. The intention of this article is for the sole purpose of disseminating fitness information. We recommend that you always request the advice of your physician or other qualified health care provider before starting any new fitness program or with any questions you may have regarding your health or any medical condition.