

APECS Random Quick Tips: Part I

By

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Tip 1: Mental Clarity and Energy Breakfast

One can of low mercury chunk light tuna fish. Then a few spoonfuls of organic cream cheese immediately after. For an extra kick, try a Sencha shot of green tea or Organic Coffee, with organic heavy whipping cream and cinnamon.

Tip 2: Fixing your low back

Tight hip flexors can lead to reciprocal inhibition in the gluteal musculature, and possibly creating hamstring dominance. This combined with structurally imbalanced hips and or back musculature and we have a recipe for some back pains or potential injury. Besides direct weight training, what else can we do to help heal an injured (chronic or acute) lower back?

Try these sequences:

Lower Body Sequence

1. 30s Hip Flexor Stretch→30s Low Hip Flexor Stretch
2. 30s lying prone glute contraction
3. Prone straight leg, (foot dorsiflexed) leg raise hip extensions X10-15 per leg
4. 30s lying prone glute squeeze
5. Prone bent knee leg raise hip extensions X10-15 per leg
6. 30s isometric supine bridge
7. Supine alternating single leg bridges X10-15 per leg

8. Kneeling alternating leg hip extensions X10-15 per leg
9. 30s standing glute contraction
10. Standing hip extensions X10-15 per leg

Upper Body

1. Prone dumbbell Y's (elbow bent, thumbs up rear delt raises) X15 reps
2. Prone dumbbell T's (straight arm, thumbs up lateral rear delt raises) X15 reps
3. Prone dumbbell L's (90degree elbow bend, 90 degree shoulder angle external rotations) X15 reps

Quick Tip 3: Getting Lean

In a two week time frame I was able to bring my bodyfat from a consistent 9.1% (as measured by our Biosignature Practitioners) to 6.6% (also measured by our Biosignature Practitioners). Besides cleaning up my diet slightly, two factors that helped were:

3-4 Electrolyte Px packets per day

2-4 cans of sardines per day.

Try it for 2 weeks and watch what happens.

Quick Tip 4: Test your Condition

If you want to test your condition, we utilize a 50 yard forward down, backward back sled drag. This is done on the concrete, with 4-7 45lb plates depending on the sled/athlete/surface. Sprint out 50 yards forward, then drag the sled back backwards to the start line. The catch: this has to be completed 6 times (down and back is 1) in 18 minutes.

Quick Tip 5: Vitamin D and sun tanning

Many of our clients whom we have taught to take a high quality vitamin D3 supplement prior to sun exposure have mentioned how they have not only gotten better/darker tans, but they also had minimal burning.

Quick Tip 6: Do not eat grainy, processed carbohydrates before a workout as you may get sick

We have seen more athletes over the past 7 years get sick during workouts if they had eaten some sort of grainy carbohydrates prior to the workout. The main culprits are typically bagels, cereal, instant oatmeal, granola bars, and yes, buffalo chicken sandwiches. Stick with low glycemic fruit or a combination of fat and protein sources. For example, an apple with peanut butter, or eggs and an avocado.

Quick Tip 7: To Minimize shoulder problems, use neutral grip with hands close while dumbbell bench pressing.

Studies have shown that the wider out your hands during bench pressing, the more strain on the shoulder capsule. Perhaps that would partially explain, besides the over tight pectorals and weak external rotators, why so many bench press fanatics walking around the gym typically have rounded forward shoulders and , yes, shoulder pain.

Quick Tip 8: Try full range of motion leg exercises to fix chronic knee problems

Oftentimes we have young athletes complaining of knee pains, come into our facility looking to “fix their chronic knee pains”. These athletes have been instructed by previous SAQ coaches not to allow the knees to go anywhere near the toe during unilateral leg training or squatting. Thus, the athletes only perform squats to 90 degrees (or upper thighs parallel to the floor) or split squats with the knee not even crossing the ankle plane, never mind the toe plane. (For more on this topic read Can the Knee Go Over the Toe?) Upon technical correction and addition of complete range of motion lower extremity training, many of these athletes note a near complete remission of the nagging knee problems that were constantly plaguing them during their partial range of motion exercises. Coincidence. Possibly not.

Quick Tip 9: Try 2 a day training

Not one to typically fill out a medium shirt, I have noticed much better hypertrophy gains as well as leanness with the addition of 2 a day arm training. A 45 minute bicep/tricep heavier workout in the morning and a 45 minute bicep/tricep higher volume workout in the evening. After trying this for 3 weeks graduation from angel hair to linguine was inevitable.

Quick Tip 10: Don't wear skinny jeans

As a product of the 80's, who am I to talk about fashion sense? You know, Z Cavariccis, pegged jeans, and gorilla wear workout gear. I guess when looking back 20 years from now the same may be said about the current trend of skinny jeans. On that note, aren't skinny jeans supposed to be worn by skinny people. Unless you have completed your transformation to floss (you know pasty white and skinny, or skinny fat), this current fashion trend may be less than flattering.