

# Directions to give your Trainer

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“Thank you for helping my client incorporate gym exercise into their life! We need your help to learn proper use of your equipment, to start a basic program and to make the experience fun and therefor reinforcing. I believe it is better to master a few machines before learning more than to be overwhelmed with too much too soon. By keeping it simple and basic, the client will easily see progress which causes internal motivation. By giving a complex workout to follow, you create frustration which kills motivation.”

***All the best! -Dave Erickson, BodyChoice program***

Here's what we need your help with:

1. Teach how to use a treadmill, bike and elliptical. Three different machines to begin with. Master a few, and then learn more later.
2. Teach how to use the equipment shown on attached Level 1 strength training sheet. Substitute machines that work the same or similar muscles if needed.
3. Find a good starting weight for 10 repetitions based on client's age, sex and experience. The goal is moderate. Doesn't feel too light or too heavy. Medium. The overall goal is to make strength exercise fun. The danger with too much too soon is painful soreness which makes reinforcing the habit of strength training difficult. Just one experience with painful soreness can make a beginner develop an avoidance attitude. Remember, if it's fun and enjoyable, it'll become a habit!
4. Help client record their workout on the attached sheet or something of your choice.
5. Teach slow and gradual progression adding just a rep or two each workout. Again, if a client progresses to fast and gets painfully sore, they will be much less likely to establish strength training as a habit. Teach using same weight until able to lift it 15 reps, then increase weight and drop reps back down to around 8-10. Work that weight up to 15 reps over time and then increase resistance again. Show how to use add-on weights if one weight plate is too large of an increase. After 4 weeks, I'd like client to incorporate last set to muscle failure. Teach muscle failure keeping good form.
6. Go through program with client one or two times until the client feels comfortable going on their own. Teach independence.

Sessions should be 2 to go over equipment and 2 to 4 going through Program A and later Program B.

The client should stick with Level 1 strength machines for 3 to 6 months and then need instruction with Level 2 plate loaded machines. 3 to 6 month later, Level 3 free weight exercises.





## Level 1 Basic Program A:

1. Chest Press
2. Shoulder Press
3. Machine Row
4. Machine Pull-downs (reverse underhand grip)
5. Leg Press
6. Leg Extension
7. Leg Curl
8. Abdominal

### Sets:

Week 1-2: 1st easy, 2nd challenging

Week 3-4: 1st easy, 2<sup>nd</sup> & 3<sup>rd</sup> challenging

Week 4+: 1st easy, 2<sup>nd</sup> & 3<sup>rd</sup> challenging, 4<sup>th</sup> very challenging (muscle failure)

## Level 1 Basic Program B:

1. Squat Machine or DB squats
2. Hip Adduction (inner leg machine)
3. Standing Calf or Seated Calf
4. Back Extension Machine
5. Rotor Torso
6. Chest Fly Machine
7. Reverse Fly Machine
8. Machine Curls

### Schedule:

Master Program A, before moving on to include Program B.

Week 1-4: Program A 1-3 times per week on non-consecutive days.

Weeks 5-6: Program B 2-3 times per week

Weeks 7+: Use both Program A and Program B during the week or mix-up the exercises and create your own programs. You now have 16 exercises you have become very familiar with.

The key is to push yourself and keep some variety in what you do. Don't do the same routine week after week. Variety is an important factor in stimulating your muscles to change.

**After 3-6 months of mastering these machines, see your trainer to add Level 2 (plate loaded) machines to your workout. 3-6 months after that, you can then incorporate Level 3 (free weight) exercises into your routine.**

**Mistake to Avoid:** The most common mistake is adding new exercises too soon. **It's much better to master a few machines than know several.** Mastering a machine allows you to extract a high amount of the machines potential to help you change your body. Even the most advanced exercisers use the beginner machines with great success.

The Key is to push your muscles for results. This is best done when you know the machine well and thus your body is free to push itself effectively and efficiently