

General Guidelines for Successful Strength Training

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Diet

You can use your diet to give yourself a healthy advantage that other people don't have, and you can do it without giving up the things you like. Follow these 5 general guidelines:

1. Increase consumption of fresh fruits and vegetables. These foods provide a lot of nutrients, including protein, and are easy to digest so they give you a lot of energy.
2. Decrease consumption of dairy products – milk, cheese, yogurt, etc. These foods are hard to digest and pack a lot of bad fat. Once weaned, even cows don't drink cow's milk!
3. Stay well-hydrated with water and fresh juices (not juice from concentrate, which has been processed).
4. If you eat sweets, eat them in moderation after a meal of fruits, veggies, or meat. Don't eat sweets on an empty stomach.
5. Don't try to change everything at once, just try to move in the right direction, one step at a time. If you love pizza, for example, don't give it up. Instead, increase your consumption of fresh fruit by 1-2 servings every day, and start substituting water for milk. Overall, just be aware of these guidelines and remember that diet can be used to your advantage!!!

Sleep

Plenty of rest and sleep is essential for developing lean tissue.

Proper Equipment

When doing any kind of strength training, including Kettlebells, use these guidelines:

1. Never use mirrors, weight belts, or weight gloves
2. Always use thin, flat-soled shoes or go barefoot on a surface with plenty of traction

Proper Technique

It's a common misperception that strength and flexibility training is all about muscle – it's not. It's all about the nervous system. Tension in muscle tissue is turned off and on by the nervous system. For greater flexibility, learn to minimize muscle tension. For greater strength, learn to create total tension in your body.

1. Proper body alignment gives you added strength and safety
 - a. An arched spine is ten times stronger than a rounded one. Contracting abs and glutes keeps your spine in proper alignment, and so does keeping your head up.
 - b. Wrist alignment is also particularly important for KB training. Keep them tight!
 - c. Shins stay vertical for most KB drills, but when bending your knees, make sure the knees come straight out over the feet.
2. Do not work muscles in isolation. Usable strength involves the coordinated functioning of all your muscles, so do exercises that use all your muscles together – total tension.
3. Contracting any muscle in the body makes every other muscle stronger. This is particularly true of the abdominal muscles and grip – principle of nervous irradiation.
4. Never train to failure – stop what you're doing any time your form begins to deteriorate.
5. Compliment your strength training with some form of enjoyable active exercise (or vice versa). Walking, jogging, hiking, swimming, dancing, skiing, you name it. Enjoy it!