



## Why 'Cross-Fit' is 'Complete Bull-s'

- 1) NO END GOAL ? what is the FOCUS of Cross-Fit ? PURPOSE ? FUNCTION ?
  - 2) PHYSIOLOGICAL FACT 'CARDIO' and 'WEIGHTS TRAINING' are 2 different Chemical Energy Systems, they DO NOT MIX , NEVER HAVE and NEVER WILL
  - 3) OLYMPIC WEIGHT-LIFTING is a Technical Science 'IN ITSELF' requiring detailed Tuition to within millimetres of TECHNIQUE ACCURECY otherwise SERIOUS INJURIES can occur to Lower Back, Sholders(rotator cuff) and Knees.
  - 4) VOLUME WEIGHTS TRAINING has a totally DIFFERENT FOCUS then 'cross-fit' It is NOT A 'CARDIO EXERCISE' WITH 'WEIGHTS' THERE IS NO SUCH THING!
  - 5) CROSS TRAINING is NOT 'cross-fit', PERIODIZED TRAINING is NOT 'cross-fit'
  - 6) OLYMPIC WEIGHTLIFTERS employed by 'cross-fit' DO NOT AGREE with 'cross-fit'
  - 7) FAT LOSS HAS LITTLE OR NOTHING TO DO WITH EXERCISE !
- WHY DOES THE FITNESS INDUSTRY GET SUCKED INTO COMPLETELY 'UNSCIENTIFIC BULL-S' YEAR in and YEAR OUT ? (Click here for the Answers)

Graham Healy, Diploma Fitness & Sports-Coaching, 8th Dan Master in Martial Arts , former Olympic weightlifter Qld Titles 1976 (Coach Nev Perry x 2 Olympian Rome and Mexico games), former Competitive Boxer, Swimmer, Water-Polo player, middle distance runner, Rugby League player, mentored by Top Sports Scientists, training for 40 years + BUT WHAT IN THE HELL WOULD I KNOW ? (Click and find out)

**A RASH STATEMENT ME 'Graham Healy (aka) 'THE TERMINATOR' ?  
WHAT WOULD I KNOW RIGHT ? WELL I'LL CHALLENGE "YOU"  
TO PROVE ME WRONG ! from a:**

- a) Exercise Physiological View, FACTS not BS
- b) Practical OUTCOMES & GOAL SET point of view
- c) RISK and INJURY point of VIEW
- d) REAL FUNCTIONAL TRAINING point of view
- e) FAT LOSS & EXERCISE point of view.

**I'M TAKING THE "GLOVES OFF" "BARE KNUCKLES"**

**BRING IT ON ! (this is the) FULL COMPREHENSIVE ARTICLE**

**TAKE UP THE "CROSS-FIT is COMPLETE-Bull-S CHALLENGE"**

I DARE YOU! (GIVE ME 20 BURPIES and 'STUFF' your lower back in the process)

<http://www.healyshealth.com/...>

**IN THE CONCLUSION AT END OF ARTICLE WILL SUGGEST WHAT THE CORRECT PROTOCOLS SHOULD BE SO:**

**I'M OFFERING A 'SOLUTION' TO THE MADNESS AND CONFUSION**

THAT IS NOTHING NEW TO THOSE WHO HAVE BEEN IN THE INDUSTRY FOR OVER 30-40 YEARS (AND JUST MIGHT KNOW A THING OR TWO) IN FACT GRAHAM HEALY (founder of Healy's Health 1985) HAS BEEN USING THE

**HEALY'S CROSS TRAINING**

(not 'cross fit' because as I will prove its is 'complete Bull-s')

**SCIENTIFIC METHODS OVER THE LAST 20 YEARS BACKED BY SPORTS SCIENCE AND ACTUALLY GETS RESULTS 'SAFELY' and "KEEPS LOWER BACK,KNEES & SHOULDERS" INJURY FREE (minimises Risk totally) .**

**THE "HEALY'S CROSS-TRAINING PERIODIZED SYSTEM" YOU CAN USE FOR THE REST OF YOUR LIFE AND THE BONUS IS IT ACTUALLY HAS A "END GOAL" AND PRACTICAL PURPOSE THAT'S GOOD FOR YOUR HEALTH & WELLBEING , COMBINE THIS WITH HEALYS HEALTH URBAN MUSCLE SUPPLEMENTS and NUTRITION PROGRAM and YOU HAVE A "COMPLETELY BULL-S FREE ZONE" That's SAFE, USER FRIENDLY , AND SCIENTIFICALLY SOUND EXERCISE SCIENCE and a COMPLETE NUTRITIONAL SUPPLEMENT Dietary Plan(that's the BETTER THEN 'HEALTH INSURANCE') based of 40 years of 'hard earned' Experience.**

Yours in Health and wellbeing for Life,

Graham Healy.

Diploma in Fitness and sports Coaching ,8<sup>th</sup> dan Master in Martial Arts(Internationally Qualified Instructor) ,former Olympic Weightlifter Queensland Titles 1976, (coached by Nevel Perry x2 times Olympian Rome & Mexico Games) former Competitive Boxer, swimmer, water-polo player, middle distance runner, Rugby League player, mentored by Australia's top Sports Scientists and world Champions.Traing for 40 years (BUT WHAT IN THE HELL WOULD I KNOW RIGHT ? well read on and Challenge YOURSELF and LEARN from somebody who has "BEEN THERE DONE THAT and GOT THE T-SHIRT" 😊

Start of Article by Graham Healy.(next page)

**'Cross-Fit' has some fundamental INJURY ERRORS INCORPORATED INTO THE "MENTALITY" of the non goal setting "COMPETITIVE CIRCUS NONSENSE" in my opinion, it is a "RECIPE FOR DISASTER" resulting in a increasing list of serious Injuries due to the 'FOCUS' of "NO FOCUS" and "NO CORRECT or at best EXTREMELY SLOPPY TECHNIQUE" It is BORN out of the MILITARY BOOT-CAMP MENTALITY were the "INJURY LIST" is LONG and UNCOMPROMISING . IT is not BASED on any EXERCISE SCIENCE, NOR IS THEIR ANY REAL END GOALS TO FOCUS UPON RESULTING IN A "SKILL SET" at the END OF IT ALL.**

**FOLKS I'M AFRAID "CROSS-FIT is COMPLETE BULL-S and if you want to FAST TRACK YOURSELF to serious INJURIES in LOWER BACK & KNEES and SHOULDERS (rotator cuff)and NECK and SPINE .....GO RIGHT AHEAD !.**

**MIX EVERTHING UP, BE COACHED BY SOMEBODY WHO HASN'T A CLUE ON EXERCISE SCIENCE(Just how many 'reps over time you can do ') and I'LL SEE YOU IN REHAB.**

"Additional News just in , I just had a 'Certified Cross-Fit' trainer join my self-defence Club and to use his words quote: "I paid \$700 to be a cross-fit instructor and I know nothing about Olympic Weight-lifting " and I might add he was plagued with stress injuries (knees ,shoulders ,elbows) GH .

My case rests on the evidence that comes to me on a daily basis , and just re-enforces everything I am saying in this Article.

### **ERROR NUMBER (1)**

#### **NO END GOAL IN MIND ?**

The Mentality is to MIX IT ALL UP and this turns it into a Competitive injury and risk management CIRCUS? for what Purpose ? Please Explain ?

(Apart from injuries from bad technique) What is the End Goal ?

This is a 'REHASH' of the old 'gym circuit training' where you would have a circuit of gym equipment and a timer , 30seconds on each machine as many reps as you can , then BEEP onto the next machine for 30 seconds , then BEEP onto the next and so on. All Cross-fit has done is swapped gym equipment with body weight exercises, kettle bells, Boxes and Olympic barbells and basically doing the same thing , that was **THE WRONG PRINCIPLES 20 years Ago and nothing has changed except probably the 'RISK' IS FAR GREATER of injuries .**

For a full explanation of the Old fashioned **OUT DATED** circuit training see the article by sports scientist Leo Young in this link here which makes the reasons absolutely crystal clear from an exercise physiology point of view :

**STRENGTH TRAINING & CARDIO DO NOT MIX  
and you are best training them SEPARATELY  
IF YOU MIX THEM UP THEN UNFORTUNATELY  
"You get the Strength benefits of an Aerobics work out  
and the Aerobics/Cardio Benefit of a Strength work out "  
to Quote Sports Scientist and World rowing champ Leo Young  
(B.App.Sc., (Sport Science), B.Bus., Grad.Dip. Clinical Nutrition, C.S.C.S).  
refer Link :**

<http://www.healyshealth.com/#!e-unlocking-healys-training-code/c21x3>

**ERROR NUMBER (2)!****CROSS-FIT IS THE BEST WAY TO LOOSE BODY FAT?****WRONG AGAIN ! EXERCISE(any exercise) HAS LITTLE TO DO WITH FAT LOSS!**

Exercise has little to do with FAT LOSS 90% is diet, Nutrition and Supplementation.

No matter what exercise programme you do.

Refer Healy's Supplement timing page here :

<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

1kg Body fat = 7,700 calories , one 3/4 hour workout burns = 300 to 400 calories

This = 25 hrs of Work ???? To burn one Kg of FAT ??? WHAT ???

HOW DOES A EXERCISE BOUT DO ANYTHING SIGNIFICANT IN ITSELF?

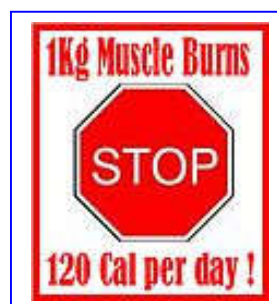
**THE ANSWER IT DOES VERY LITTLE DURING THE EXERCISE BOUT** , IN FACT IT'S THE 24 HOUR CYCLE IN-BETWEEN EXERCISE BOUTS THAT = FAT LOSS .

**FACT IS: THE BODY BURNS ALMOST 100% BODY FAT WHILE AT REST !**

Exercise simply 'stimulates the body's systems' to increase the fat-burning effects in the 24 hour cycle in-between exercise bouts . There are a lot of other factors such as recovery, supplementation, and periodization ,however, nomatter what form of exercise you do **IF THE NUTRITION is BAD NO AMOUNT OF EXERCISE will make you LEAN .**

refer Healys explanations here:

<http://www.healyshealth.com/#!transform-challenges/ctnu>

**ERROR NUMBER (3)****ISN'T CROSS-FIT CARDIOVASCULAR TRAINING DOING HIGH REPS WITH WEIGHTS ?****WRONG AGAIN ! NO ITS NOT !**

Weights and CARDIOVASCULAR TRAINING by scientific definition, Cardio and Weights training are two completely different ENERGY SYSTEMS in the BODY.

a)Weights Training is the **lactate Energy system** (or Chemical Energy System requiring NO OXYGEN )

b) The Cardiovascular is by definition the **Aerobic Energy system**

**(REQUIRING OXYGEN) and it takes 3 to 7 minutes to CUT in the Biomechanical body's bio-mechanisms :**

(Heart pumping blood through the peripherals ,legs, arms, muscles etc)

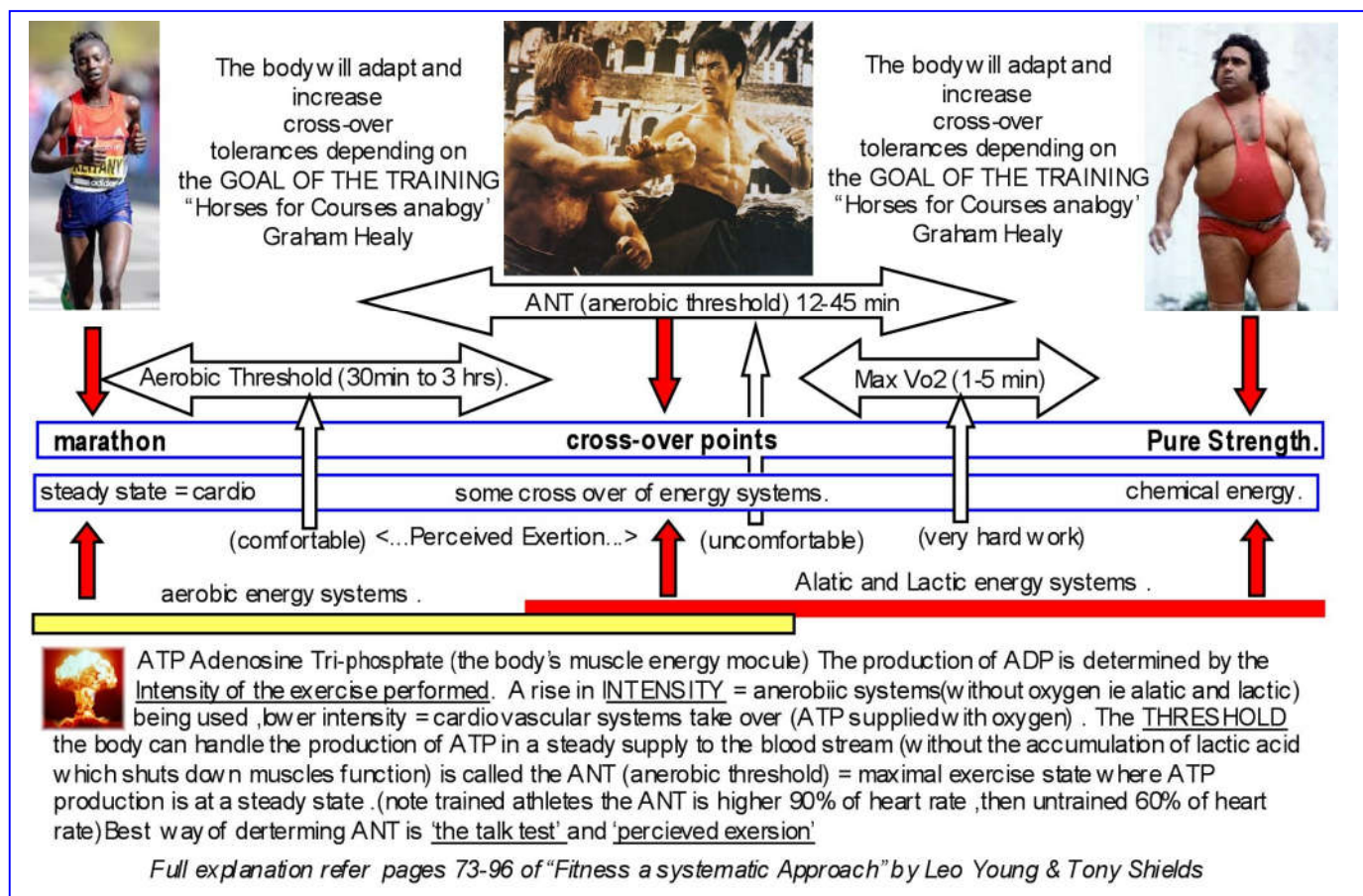
**c)There is some cross over points but the systems are different** in the biochemical actions and reactions in the body.

Again refer to the scientific article by sports scientist Leo Young in the paragraph

**ERROR NUMBER (1) and re read the article I repeat the link:**

<http://www.healyshealth.com/#!e-unlocking-healys-training-code/c21x3>

Also I have done up a chart to illustrate the cross-over points of the Energy systems



See the link here:

<http://www.healyshealth.com/#!functional-training-/crhg>

### WHAT IS CARDIOVASCULAR FITNESS ? and HOW IS IT SCIENTIFICALLY DEFINED ?

As stated above and defined chapter 4 page 73 "ENERGY SYSTEMS" of "Fitness a Systematic Approach" by Young & Shields and Chapter 2 page 11 "ENERGY SOURCES" of "The Physiological Basis of Physical Education and Athletes" by Fox and Mathews basically the DEFINITION of cardiovascular Aerobic system is this:

ATP Adenosine Triphosphate (the body's ENERGY molecule) in the AEROBIC Energy system in the body is that that REQUIRES OXYGEN O<sub>2</sub> to produce ATP .

\*It takes 3 to 7 minutes for the cardiovascular/Aerobic system to 'cut in' and its response is 'GRADUAL', basically the blood flow from the heart pump to the peripherals (legs ,arms) has to reach a 'STEADY STATE' and the production of ATP at that level is UNLIMITED however the INTENSITY is SUBMAXIMAL lets say 50 to 70 % exertion at a 'steady state' for example running at a steady pace.

### \*ALACTIC Energy systems is total Chemical ENERGY (NO OXYGEN REQUIRED)

Fuel source is CREATINE PHOSPHATE (CP) in the muscles and the time duration of

maximal energy production is 5-15 seconds YES ONLY 5-15 seconds !

**\*LACTIC ENERGY SYSTEM (NO OXYGEN REQUIRED) uses CARBOHYDRATES (Glycogen) and lasts only 30-45 seconds the LIMITER here is LACTIC ACID ACCUMULATION which shuts the muscles down fast causing cramping like pain. refer page 83 'Fitness a Systematic approach' by Young and Shields**

So does a Cross-fit circuit using high reps with Olympic weights = Cardio vascular **the answer is a RESOUNDING NO!** basically its is by my definition:

**"CROSS-FIT "IS "LACTIC ACID TOLLERANCE TRAINING" ,WITH SLOPPY TECHNIQUE, RESULTING IN INJURYS FAR OUTWEIGHING THE 'NO GOALS FOCUS' OF THE EXERCISE IN THE FIRST PLACE, FURTHER THE MENTALITY OF 'MORE OR MAXIMUM REPS" IS A SELF DEFEATING WASTE OF PRECIOUS TRAINING TIME "**  
definition by Graham Healy

#### **ERROR NUMBER(4)**

**IS A CROSS FIT COACH QUALIFIED ?**

**QUALIFICATIONS FOR WHAT ? AND BY WHO?**

Pretty obvious the so called 'cross-fit' coach has no qualifications in 'exercise science' or real 'practical sporting experience' sure you have some Olympic weightlifters 'employed by 'cross-fit' **BUT THEY DO NOT AGREE WITH THE SYSTEM AT ALL**

**(we know we have spoken to them)** so the Cross fit Coach 90% of them should be renamed as **"A REPETITIONS COUNTER "** not a **COACH IN THE TRUE SENSE OF THE WORD** and who is **'QUALIFYING THESE REPETITION COUNTERS " ?**

**WHAT 'QUALIFICATIONS " do they hold ? based on any EDUCATION in Exercise Science ?**

**90% of them have ZERO real Qualifications or sporting experience, simply " a repetitions counter in a competitive environment of 'Circus Nonsense' destined for multiple injuries as the END GOAL by default".**

**To learn the 'skills set' of an Olympic Weightlifter requires YEARS OF DEDICATION. Not a week-end Cross-Fit Instructors course costing \$700 ?**

#### **ERROR NUMBER(5)**

**OLYMPIC WEIGHLIFTING IN CROSS-FIT?**

This is a complete JOKE in every aspect of the word , and we know personally Olympic Weightlifter (National and Olympic level competitors) who are quote "EMPLOYED" by Cross-fit **BUT DO NOT RECOMMEND WHAT CROSS-FIT IS DOING ,NOR THEIR METHOLOLOGY BECAUSE THEY KNOW that CROSS-FIT IS " COMPLETE BULL-S" and they just 'teach Olympic weightlifting' the only reason they are there is because they are being 'paid' NOT BECAUSE THEY AGREE WITH THE TRAINING METHODS WHICH THEY DON'T nor do they apply them or teach them .**

#### **ERROR NUMBER (6)**

**Lower back issues ,Stretching, and Core strength.**

**This is a another Article in itself all I have to say here is that 95 % of the Athletes and former Army personnel that I know of have Lower back issues , knee and**

shoulder problems from BOOT-CAMP style Insanity , from either in the ARMY (running around with Back packs and Army boots everywhere) or the civilian equivalent so called CROSS-FIT . Even the ARMY have modified all these INSANE EXERCISES after the INJURY RATE REPORTS came in .

further study on Lower Back, Rehab, Chiropractic, Body posture and balance see our link here :

<http://www.healyshealth.com/#!lower-back-care/cjg9>

## THE SOLUTION

**THE SOLUTION TO THE CIRCUS ACT THAT WILL MINIMISE INJURIES & MAXIMISE RESULTS by Graham Healy .**

so Yes I have been very critical of Cross-Fit as illustrated above but I give **YOU THE READER THE CROSS-FIT CHALLENGE "PROVE ME WRONG ON ANY POINTS"**

**Now the Scientific solution and correct exercise protocols that will MINIMIZE INJURIES and MAXAMISE RESULTS is CALLED PERIODIZATION .**

**SOLUTION (A)**

**MODULE (A)**

**OLYMPIC WEIGHT-LIFTING DONE CORRECTLY and SEPERATELY**

Olympic weightlifting is a Technical EXACT SCIENCE where the lifting techniques are taken down to the millimetres .

Healys Health page on Olympic weight-lifting answers all these questions refer here:

<http://www.healyshealth.com/#!olympic-weightliftingcore-strength/c23v5>

**TO bastardize Olympic weightlifting as "Cross-Fit' does is a CRIME TO HUMANITY and OFFENDERS should be taken out the back of the Gym and 'SHOT'**

The BENEFITS of SUBMAXIMAL Olympic Weightlifting is HUGE especially the BASICS of SQUATS,DEADLIFTS,POWER CLEANS,POWER PULLS etc .

The benefits of 'Snatches' and 'Jerks' is debatable (beyond competition requirements) as any mistake in technique can lead to SERIOUS (Shoulder and rotator cuff) INJURIES however, the BASICS as described above are very beneficial.

Note: when **I said SUB-MAXIMAL** I mean that unless you are a competitive Olympic weightlifter you do not have to go to MAXIMAL POUNDAGES or TOTALS as a matter of fact , the greater weights you lift the greater RISK OF INJURY or joint/ligament tears and rips etc (rotator cuff injuries etc ) as THE STRESS FACTOR IS ENORMOUS .

So unless you are a competitive Lifter , (which 98% are not) and you wish to benefit from the BASIC Olympic weightlifting techniques that SUBMAXIMAL training is best for 98% of people out there.

**REPS,SETS,and SO CALLED VOLUME TRAINING.**

**Doing as many reps as possible is INSANE! PERIOD! and demonstrates ZERO**

## EXERCISE PHYSIOLOGY SCIENCE and ABSOLUTELY ZERO KNOWLEDGE of Energy systems , periodization and cycling of training .

First of all let me Define what we are talking about.

### \*VOLUME TRAINING

Volume training is a systematic INCREASE of reps by doing 2 things:

- 1) dropping weights lifted to say 50-70% of 1Rep Max
- 2) Increasing the number of Reps from sets of from (5 to 12) to (20 + reps) for example.

Alternatively you can Increase Volume by say doing 10 sets of 10 reps Squats = 100 Reps but this is done systematically with short rests in-between of about 20-30 seconds.

Note: THIS IS IN CORRECT FORM AND TECHNIQUE WITH FULL RANGE OF MOTION in the case of Squats 'bum to ground' Olympic weightlifting squats .

### PURPOSE:

The Purpose of this style of WEIGHTS training (note I didn't say cardiovascular , because it is not by ENERGY SYSTEM definitions refer above( **ERROR NUMBER (3)** ) It IS LACTIC ACID TOLLERENCE TRAINING (ie increases your tolerance to the build up of lactic acid NOT CARDIOVASCULAR nothing to do with it actually).

### USE OF THIS TYPE OF TRAINING:

You would use this "VOLUME type protocols' in Cycling or periodizing your weights training .

### WHAT IT DOES:

what this does is FORM A BASE or PLATFORM or GROOVE cycling Heaver weights on a STRENGTH CYCLE .(ie 3 to 12 rep ranges)

REMEMBER the MUSCLE DOES NOT UNDERSTAND REPS only TENSION OVER TIME refer my link "TENSION OVER TIME" :

<http://www.healyshealth.com/#!/back-to-basics-overview/cfy>

### FOR EXAMPLE:

I might look at a 12 month STRENGTH training periodization cycle broken down to 3 x 4 month periods = 12 months .

Each Period of Cycle is 16 weeks . within the 16 week cycle I might (depending on END GOAL FOCUS) factor in some Volume Training to IMPROVE SQUATS LONGTERM. so I might put in 4 weeks of VOLUME TRAINING on Squats (10x 10 reps) or 40,30,30 reps for 4 weeks BEFORE returning to the 3 to 12 rep range .

In a similar fashion you may cycle in 1 rep MAX attempts at the end of 4 week cycles in a 4 months (or 16 weeks) cycle which is within the 12 months BIG PICTURE .

to do this successfully you must have a FOCUSED END GOAL .

In the case of Competitive Olympic weight lifting its MAXIMAL TOTALS (for the snatch, and clean and Jerk, and squats, Dead-lifts etc )

**FOR THE HEALTH & WELLBEING PERSON its really maintenance with SUB-MAXIMAL IMPROVEMENT**



### **IS COMPETITION DESTRUCTIVE ?**

**It certainly can be** , as a competitive athlete you must know when its time to PULL BACK and go into HEALTH & MAINTENCE MODE and TRAIN FOR LIFE rather than the next competition.

95% of the population does not compete and are more FOCUSED on HEALTH & WELLBEING generally so should you be too , however, the methods used by athletes as I have described here can be SAFELY USED as a Health and Wellbeing FIT FOR LIFE programming .

### **FURTHERMORE:**

weights training ie body-building, Olympic weight lifting, USE THE Atactic Creatine Phosphate(CP) and Lactic Energy systems (see **(ERROR NUMBER (3) )** )  
Not the Aerobic energy systems THEREFORE SHOULD BE TRAINED and CYCLED SEPERATELY for SAFEST and BEST RESULTS.

### **SOLUTION (B)**

Cardiovascular training ?

#### **HAS NOTHING TO DO WITH STRENGTH TRAINING OR WEIGHTS TRAINING**

remember **(ERROR NUMBER (3) )** above definition of Cardiovascular quote:

**\*It takes 3 to 7 minutes for the cardiovascular/Aerobic system to 'cut in'** and its response is 'GRADUAL' ,basically the blood flow from the heart pump to the peripherals (legs ,arms) has to reach a 'STEADY STATE' and the production of ATP at that level is UNLIMITED however the INTENSITY is SUBMAXIMAL lets say 50 to 70 % exertion at a 'steady state' for example running at a steady pace.

So THEREFORE a TRUE CARDIOVASCULAR (by definition) CIRCUIT IS:

Say you set up a concept 2 rower ,a Life-stepper, Treadmill ,Climber machine, Hand cranker, Bike machines set up in a circuit and each machine you did 5 to 10 minutes before you change THIS WOULD MEET THE DEFINATION of TRUE cardiovascular circuit and usually at 50-70% of Perceived Exertion Exercise Intensity .

PERSONALLY , I would rather just stick to one machine for 20 to 40 minutes , my favourites are Concept 2 rowing machine and Life Stepper machine 9500 series.

**AGAIN CARDIOVASCULAR IS TRAINED AND TREATED SEPERATELY (MODULIZED IF YOU LIKE)** again Refer to **(ERROR NUMBER (3) )** above.

### **SOLUTION (C)**

Cross-Training (NOTE I DID NOT SAY CROSS- FIT) Cross-training and periodization Cycling and planning is ABSOLUTELY REQUIRED for any SPORTING ACTIVITY and it MUST BE SPECIFIC and NOT GENERAL.

It's the old adage "IF YOU HAVE NO TARGET THEN GUARANTEED YOU WILL NEVER HIT THE TARGET or EVEN REACH THE TARGET"

This gets me back to my original Point in that CROSS-FIT has no FOCUS or END GAME and by its own nature just Mixing it all up .

**SPORTS LIKE:**

- \*Boxing
- \*Swimming
- \*Rugby League
- \*Martial Arts
- \*Kick Boxing
- \*Olympic Weightlifting
- \*middle & Long distance running
- \*Sprinting
- \*Tennis
- \*Water Polo
- \*Track & Field

**ALL HAVE "SPORTS SPECIFIC TRAINING PROTOCOLS" and while you can FACTOR IN "CROSS –TRAINING" (Note I didn't say CROSSFIT) and Periodization cycling , each are different and very END GOAL FOCUSED and must be VERY CAREFULLY PLANNED.**

For Example as a former competitive boxer myself you must periodize and cycle your training into three main areas speed, power and timing and be VERY SPECIFIC ABOUT IT . as a further example the categories of boxing training cycled are:

- \*Sparing
  - \*bag work Heavy (power 'thump' training)
  - \*bag work Light (speed and timing)
  - \*Floor to ceiling Ball (speed & Timing)
  - \*basic floor work
  - \*Sprints in the morning (run, jog,s print including stairs)
- (this is all co-ordinated with 3 minute rounds and explosive power required in boxing)

**THE END RESULT IS THAT YOU ARE FIGHTING FIT WITH A PURPOSE** and your TRAINING SPECIFICALLY REFLECTS THAT AND IS FOCUSED ON THAT END GOAL ESPECIALLY IF YOU ARE ACTIVELY COMPETING .

If not competing then the INTENSITY IS NOT AS GREAT if the Goal is just HEALTH & WELLBING & FITNESS. (but you can still maintain the skills) or you may just do Boxing training for SELF-DEFENSE Only then there is a DIFFERENT FOCUS and GOAL (more long term).

**AT THE END OF THE DAY TO MIX EVERYTHING UP?** (for example doing swimming training for boxing just doesn't work ) or doing marathon running for a sprinting event **is complete STUPIDITY** (as I have now pointed out).

**BUT THIS IS EXACTLY WHAT "CROSS-FITTERS" DO "MIX UP ALL THE EXERCISE PROTOCOLS " into a "INJURY CIRCUS and RISK MANAGEMENT DISASTER"**

**NOTE: "CROSS-FIT" is NOT "CROSS-TRAINING" or "CYCLING" OR "PERIODIZATION" IT IS NONE OF THE ABOVE**

## **HOW WOULD GRAHAM HEALY CREATE A HEALTH CENTRE WITH ALL OF THE ABOVE SATISFIED CORRECTLY .?**

I'm not just being Critical here without :

**SOLUTIONS and ANSWERS TO WHY and WHY NOT**, in fact when the BUSU BALL craze came out into the Health and Fitness Industry I said the same thing "SHOW ME THE PROOF A BUSU BALL CONTRIBUTES TO ANY FORM OF STABILITY APART FROM A CIRCUS ACT AT "SEA WORLD" !

10 years Later and NUMEROUS ACCIDENTS IN GYM (like falling off busu balls and dislocating shoulders, Busu balls placed in-between the feet of (Circus Clowns) opps I mean Gym members and the Leg Press machine Foot Plate (in that situation I personally observed this 'circus clown' and guess what! The busu ball 'popped out' under pressure and the leg press carriage came CRASHING DOWN FULL SPEED and if the safety chains were not attached the 'circus clown' would have been reduced from 6 foot to about 3 foot in height with Hip girdle completely CRUSHED.

Sorry to be more critical here BUT I HAVE WITNESSED ALL THIS STUPIDY PERSONALLY!.

Now in the latest fitness TEXT manuals (and I actually teach the cert 3/4 in Fitness) they have **NOW CONCLUDED that the BUSU BALL DID NOTHING FOR STABILIZERS !**

## **WELCOME TO THE FITNESS INDUSTRY WHERE 'DUMB & DUMBER' RULE . and believe me its MONKEY SEE ....MONKEY DO.**

Thank God during my career over the last 40 years , I have Great Mentors as professional Sports men and Masters including the countries top SPORTS SCIENTISTS to SET ME STRAIGHT , and then I ACTUALLY APPLIED WHAT THEY TAUGHT ME , and saw if it worked in the REAL WORLD MYSELF .

## **NOW THE GYM SET UP BY GRAHAM HEALY THE "KEY" MODULIZE EVERYTHING :**

### **Module 1)**

Olympic Weights platforms and squat racks plus real Olympic bars and weights etc NO CROSS-FIT just pure Olympic weightlifting + basics

<http://www.healyshealth.com/#!olympic-weightliftingcore-strength/c23v5>

### **Module 2)**

Cardiovascular Circuit

\*Concept 2 Rowers\*treadmills\*Steppers\*Bikes\*Climbers\*Arm churners

### **Module 3)**

Altitude Room (with come cardio equipment) (scientifically proven system)

refer this link:

<http://www.healyshealth.com/#!altitude-training-/crbg>

### **Module 4)**

Lower back section (nautilus machines) Healy's system

<http://www.healyshealth.com/#!lower-back-care/cjg9>

#### Module 5)

General machine Weight machines Cal Gym /Nautilus  
Set up in the 'super set' model ie leg curls/leg extension etc chest/back etc  
Including Chin up bars etc

#### Module 6)

Dumbells and benches in front of standard mirrors etc  
this can include Kettle bells etc

#### Module 7)

General Stretching Area , Including Boxes for controlled step ups etc  
(controlled proper knee stabilising ,rehab type exercises)

note: NO BUSU BALLS ALLOWED

<http://www.healyshealth.com/#!lower-back-stretching-/c1tjb>

#### Module 8)

Aerobics , boxing, martial arts room  
(fully equipped with punch bags etc ) a whole area dedicated to this and separate  
room. Including leather rope skipping area

<http://www.healyshealth.com/#!personal-protection/cfvg>

#### Module 9)

Fully stocked supplement Shop and gym accessories,weight lifting belts etc

<http://www.healyshealth.com/#!supplements/ckkz>

#### TRAINING PROGRAMMES

Centrally controlled and modulized into periodized ,professional Cyclic training  
based on Clients needs the Healy's periodized system only

Each of the above Modules are combined specifically in tailor made programmes  
for clients specific goals , when I say 'combined' I do not mean 'mixed up' but  
carefully periodized or cycled ,into various levels of the learning EXPERIENCE.

<http://www.healyshealth.com/#!e-unlocking-healys-training-code/c21x3>

#### INSTRUCTORS

All personally trained by Graham Healy in all of the above and our risk  
management policies minimum requirement of All Instructors is 2 x 12 week  
Challenges and must be competent on Olympic weigh-lifting basics have minimum  
cert 4 in Fitness (Healy's courses) and or Sports coaching or both .  
Boxing. martial arts all trained in the Healy's modulized systems .

**'CROSS-FIT BANNED' IN THIS HEALTH CENTRE DUE TO RISK MANAGEMENT AND  
INSURANCE POLICIES 😊😊😊 Remember Cross-Fit is complete Bull-S 😊😊😊**

<http://www.healyshealth.com/#!cross-fit-is-complete-bull-s--why/c9zq>

To see FULL EDUCATION SYSTEMS FROM HEALY'S HEALTH refer our web site :

[www.healyshealth.com](http://www.healyshealth.com)

yours Faithfully ,

Graham Healy

Diploma in Fitness and sports Coaching,  
8<sup>th</sup> dan Master in Martial Arts(Internationally Qualified Instructor),  
former Olympic Weightlifter Queensland Titles 1976,  
(coached by Nevel Perry x2 times Olympian Rome & Mexico Games)  
former Competitive Boxer, swimmer, water-polo player, middle distance runner,  
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