



What is Training Muscles in Synergy all about ?

Synergy means a cooperative state of being, all component parts working towards a common goal.

This is how your muscles work, they do not work in isolation , there is always areas of 'crossover' and 'Synergy.

This is why Healy's Biggest Loser and 12 week transformational Challenges are constructed in Synergistic Programmes.

What is the number one Principle of weights training ?

It all boils down to **TENSION** over **TIME !**

This simply means to stimulate the muscle into growth or to 'firm and tone' you must create 'Tension over time' this means the muscle group you are working has to be put under some sort of 'stress' to get any result.

Plus the FAT LOSS side of the equation is greatly enhanced as the Body is forced into recover mode and 'burns FAT' on a 24 hour cycle in-between Intensive workouts.

FAT LOSS on HIGH INTENSITY ?

The simple fact is that during a workout (normally about ¾ hour there is not much fat lost, actually there is more fat burned in an intensive workout then there is in a moderate non intensive workout like brisk walking etc .

What does happen AFTER an intensive work out is important !

The Body's thermo-temperature remains very high and the body remains metabolically very active and heart , lungs, and body functions are at greater rate over up to 6 to 8 hrs post high intensity exercise = burn BODY FAT 24 hrs per day .

When do you burn the most Body Fat ?

Most people think its while you exercise , well sorry its not , (as explained above) 95 % of Body-fat is burned 'in between' exercise bouts , in other words while you are asleep, and while you are sitting at your desk at work your body uses FAT as FUEL , so this is why its important to monitor your food intake 24/7 as well.

Exercise simply stimulates the Body System and increases the demand to rebuild and burn fuel , and if you put in the right 'lean fuel' while the body is stimulated then you create a calorie deficit = FAT Loss

Muscle Soreness ?

There is a whole lot of 'technical' stuff on muscle soreness and I won't bore you with the details, basically if your muscles are sore that = you have worked them with enough 'tension over time' (Here I mean comfortably sore , not painfully sore which = overdone).

I have a lot of women clients tell me they have never had 'sore legs' from doing 'leg work outs' , well I say they have never worked their legs properly in that case , how can you 'firm and tone' muscles without enough 'tension over time' ? Answer you don't .

If you want to work the 'hips ,butt and thighs' and the 'hips, butt and thighs' are never sore from training (even a little bit) then come on your kidding yourself.

The Healy's System

If you have a trainer have they ever shown you the 'results they have achieved with clients ?' (Before and After Photos' ?) (I'm not necessarily talking about themselves, although a person who 'practices what they preach' is certainly a bonus , I mean , I've seen some extremely 'overweight' so called personal trainers , who cannot get themselves in shape , how in the hell are they going to get others in shape ??? But you see clients wasting their money on these type of 'impostors' mindlessly doing pointless exercises without a purpose , rolling around on Swiss balls and all sorts of acrobatics , that one would probably see at 'Sea World' and you have to ask yourself what is the Goal here ? Answer they don't have one .
I guess people are sheep in many respects, and never question , what they are mindlessly doing in many cases.

The Healy's System is very different

- 1) **The Goal** is to Lose Body Fat and maintain muscle tissue
-This is tested by way of skin-fold-measurements and girth measurements on a monthly cycle.
- 2) **A Time frame** is determined in many cases a 12 week transformational Challenge is a good way to 'cycle' your training.
- 3) **Records are kept** of your training Programme and Body fat tests , weight , and measurements and this is projected on graphs and tables for you to SEE your progress and understand the methodology
- 4) **The Training System**
There are 3 basic training systems :
 - a) Beginner (overall)
 - b) Moderate Advanced (Rotation from upper to lower)
 - c) Extreme Advanced (Rotations are split down more)

What are ROTATIONS ?

As I said in the first place in the beginning of this document, the muscles operate in Synergy , so therefore so should the training system.
The System Graham Healy uses is tried and rested over (almost 40 years) and has never failed one client.
The Rotations/cycles are synergistically training the body in cycles, maintaining the principle of 'tension over time'
For example

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Upper	Cardio	Lower	Cardio	Upper	cardio	Off
Lower	Cardio	Upper	Cardio	Lower	Cardio	Off

This is a sample of a moderate Advanced Rotation over two weeks (it can expand to 3 or 4 weeks in the Extreme advanced Programme , where we split down the muscle groups even more because of the recover factoring) .

The Sets and Reps are 6 sets per body part , in sequence

For example : say we are doing chest press

Set 1 x 16 reps Intensity out of 5/10

Set 2 x 12 reps " 7/10

Set 3 x 10 reps " 8/10

Set 4 x 8 reps " 9 to 10/10

Set 5 x 10 reps " 10/10

Set 6 x 12 reps " 10/10

} these sets are the **Peak Intensity**

You see at the end of the day , you must , place '**tension over time** ' on the muscles worked , and doing one set ...running to another machine , doing something else , then off to another machine , doing something else **IS A TOTAL WASTE OF TIME !**
As you lose the 'tension over time 'factor' and DO NOT stimulate the muscle!.
So the Healy's System isn't easy its hard work ! but the results will be worth it .

Will I be ready to do a 12 week Challenge Immediately ?

Well I usually advise clients to take at least 4 to 8 weeks to prepare 'before they hit it 'full on' especially if you haven't trained for a while .

Do I have to do a 12 week Challenge ? can I just do some personal Training ?

Of course you can do what ever you like , as I say there are different reasons to train, general health, recovery from injury , etc there is absolutely no pressure to 'take up a 12 week challenge' but is you decide to go for it seriously , then I may humbly suggest to 'be well prepared' and we will help you every step of the way.

BONUS LOWER BACK CARE

Healy's Health specializes in lower back care
Check out the pages on this web site relevant to that, its all part of the Healy's Health Total Healthcare training system system

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