

LA FITNESS

PERSONAL TRAINING

An Informative Newsletter

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By John Platero

Training the Obliques

If you were to look up the definition of the word oblique you would find it means diagonal. Unfortunately, there is no name for a diagonal plane of motion. We have the sagittal plane and the transverse plane but no diagonal plane. To work the oblique we would have to think flexion than rotation. However that is not the way the muscle functions.

If we were to look at the anatomy of the spine we would see the facet joints in the lumbar spine lie in a sagittal plane favoring flexion and extension. As the spine progresses upward, the facets start to face more in the frontal plane favoring a little more rotation until finally, when we reach the cervical portion, which is closest to the major sensory organ, the most rotation is available.

I see many trainers having their clients lie on their back and flop their knees over to the side parallel to floor and then perform lateral flexion of the spine. Although the obliques do help laterally flex the spine, the lumbar facets in that position have the least amount of rotation available to them.

Keep the feet on the ground and the knees vertical or a little bit to the side 10 to 20 degrees max. Then perform a diagonal motion bringing origin (external oblique = the external surface of the lower eight ribs or internal oblique = inguinal ligament, the iliac crest and lumbodorsal fascia) towards insertion, (linea alba and the pubic crest) the midline of the body.

This motion is small, watch your client and make sure the motion is coming from the oblique and not the neck and shoulders. They'll feel their obliques like they've never felt it before. As an added bonus you'll save them wear and tear on their spine.

TRAINER OF THE MONTH

MATT NEEL - DIAMOND BAR

It seems like, for this country boy from Arkansas, exercising, was just a part of life.

From the early age of 11, calisthenics, pushups, pullups and track would prepare him at 17 years old for 6 years in the armed forces. He served two with the army and four in the navy on the aircraft carrier U.S.S. Lincoln.

"The ship was great! There were four gyms on the ship".

Now Matt as a trainer does about 45 sessions in a busy week. That's all he can handle at the moment.

"I travel a lot with Inger Miller, so I can only have so many clients."

Inger Miller is No. 1, in the 200 meter in the world.

His current workout consists of 5-6 days a week, abs 2-3 days a week and he isolates one body part a day. At present Matt's not doing any cardio right now.

"At 6'0 and 175lbs, my problem is being too lean". It's hard to keep muscle on for me."

With plans to open a gym one day Matt summed up his fitness philosophy by saying "It's a complete lifestyle. It's a matter of mind over body and body over mind."

I'll go along with that.

I sometimes get letters of praise or thanks for a trainer, but after three different "great letters", I had to make him trainer of the month

POST REHAB FITNESS TRAINER SERIES

I'm hoping to start a 5-part post rehab series with the Director of Physical Therapy at Imperial Point Hospital. I think this is the future for Personal Training. Each part would be once a month so you wouldn't have to lose much income. Each day would cover the structure and mechanics of the joint, pathology, criteria to be met before you can work with the client and exercises to perform for that injury or disease. Hopefully, spreading the series out over 30 days and 5 months would give you time to assimilate the information and put the information into practical use.

BOWFLEX SEMINAR

The Bowflex seminar had a great turnout. We had about twenty people from gyms all over. We all learned the benefits of the machine and became a part of their referral network. Hopefully this will turn into some added profits for all who attended. Thanks for coming.

IDEA CONVENTION AND EXPO

I attended the IDEA expo and saw some of our trainers there as well. It's great to see trainers who want to learn more about their craft. I heard everyone benefited from the workshops and seminars. I myself just enjoyed the expo and networked with anyone I could. I had a great time.

IMPROVEMENTS

We are trying to establish a board for the personal trainers to display an 8 x 10 black and white head shot and a bio. This is required by article (28) in your Licensee Agreement. If you don't have an 8 x 10 let me know and I'll take one of you. Please submit information you would like placed under your name and I'll get it typed up for you. This information must fit on a 3 x 2 inch card, so keep that in mind. Send your photo and bio to

Future Fit
3500 Overland Ave ste 230
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Do not use the LA FITNESS name or logo on any of your flyers without the prior written approval from LA FITNESS. Also, the statement "**Independent**

Contractor not affiliated with LA FITNESS"

should be on all of your flyers, cards, price sheets or advertisements. If you need stickers, let me know

CLUB POLICIES

- Please show your card to the front desk at least once a day.

- In event of an accident and someone is injured, please go to the front desk and ask for an "incident report". Fill one of those out, make a copy for yourself, fax a copy to me at 888-287-0801 and give the other to the front desk. This way your covered.

- If you have not received a "trainers card", or you have moved, call 800-600-2540, ext 561 and ask for Jim Irwin. Give him your correct address so you can be sent one.

- This is a reminder, you will be charged a 10% late fee plus a \$10 bank charge if your rent comes back to us. We will also deny you entry to the club until you pay the balance. If your rent is \$300 it will cost you \$340 to get back in to the club. THERE WILL BE NO MORE EXCEPTIONS.

UPCOMING EVENTS

FUTURE FIT

PERSONAL TRAINING SCHOOL

Sat. and Sun. 8:30 am - 6:00 pm, September 20-21
LA FITNESS - Westwood
310-209-5002 (for directions)
\$159

1-800-778-6060 to register

FITA - Fitness Instructor Training Academy

Sat. 9am - 5pm, Sept. 20
LA FITNESS - La Mirada
800-600-2540 ext 566
\$195

KICKBOX CARDIO TRAINING

Oct. 4, 11:30-1:00pm,
LA FITNESS - Anaheim
800-600-2540 ext 566
\$25

AQUA CONDITIONING CIRCUIT TRAINING

Oct. 11, 10-12:00 pm
LA FITNESS - Chino Hills

\$45

OPPORTUNITIES:

- Any of you that would like to sell or who are selling **EAS products** Good News! Call Mark Lee at 310-868-3344 hm, 310-220-6811 pg. and you can even beat wholesale prices! **Mention Future Fit** and you'll get discounts on **Creatine Monohydrate, Phosphagen, Myoplex, etc.etc.**

Please send any suggestions, comments, complaints, praises, accomplishments, articles or information you might find useful to the newsletter or training program to:

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P.S. For those of you who sent me letters or recommendations, thank you for your kind words. For those of you who didn't and still would like to, there is still time. Please send your letter to the address above. Thanks.