

The Greatest Myths in Fitness

In every industry there lie deep dark secrets. Some are minor and inconsequential while others are scary and have wide ranging consequences. I have said in many of my past articles that the most dangerous thing possible is knowing what you know, but that you know wrong. The fitness and rehabilitation industry is no different. As with other industries the computer has changed a lot of the ways we do things. Most of what I was taught in school no longer holds true. Exercises I used to swear by no longer hold the legitimacy they used to, it is scary to think back to all the patients we taught these exercises too. Did they harm them, no, but they were definitely not the best exercise to do. The ability to look inside the body, read how the muscles actually contract and to be able to measure force placed on joints with 'traditional' exercises is truly an eye opening experience. I have ranted before on some of the most dangerous common exercises still out there, so please read those articles to build a base of knowledge. My rant today is all about what we are doing to damage ourselves. Obviously if you are reading this article you have an interest in fitness and or wellness, so you have a base of knowledge. Let's expand on that base. Did you know that traditional CRUNCHES actually place severe strain on the spine, and doing crunches with your feet fixed or on a decline bench is just plain unintelligent. Did you know that the BARBELL BENCH PRESS is so bad for your shoulders that it just makes me angry, besides in sports / life if you are laying flat on your back you lost! Did you know that the SMITH MACHINE is useless. When in life do you move a bar fixed on a rail, never mind the fact that it forces you to move vs. you creating the movement. Did you know that your trapezius muscle is so over developed that SHRUGS only serve to create a larger muscle imbalance. Did you know that the DUMBELL RACK and FLOOR SPACE are the best things in the gym. Did you know that SITTING to exercise has little benefit. Did you know that SQUATTING with out proper flexibility and balance will injure your back and or knees, not to mention not having someone qualified instruct you on how to properly squat. The same goes for LUNGES. Both exercises are also among the BEST for leg and hip strength. Did you know that almost everything you did in high school GYM CLASS was horrible for you, so please do not do anything you remember from 'that coach'. Did you know that almost everyone goes to the gym and does the same exercises year after year yet they see no change but expect to, this is also the definition of INSANITY. Please educate yourself, find a qualified PROFESSIONAL trainer with an accredited certification and never stop challenging your body to change. For more information on scientifically based exercise, wellness, advanced 'commando' style training, women's fitness, nutrition and hundreds of downloadable programs please visit

About the Author

Top notch german shepherd breeders, ohio police dog trainers and dog importers in Ohio. Breeders of east german shepherd puppies as well as an experienced.

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