

Training for busy people – 2

Functional compound moves for efficient total body workouts



Claire Armstrong does the TRX Chest Press with Manuela Nemes.

By Manuela Ioana Nemes

Sometimes the journey towards our goals passes through stages where it seems like nothing is really taking place or nothing is happening to advance our progress. It's often in these times that the greatest changes are taking place. So much of this process is about what goes on with us on the inside, and while we stare anxiously in the mirror for evidence of the physical changes, it's actually what is happening on the inside that is the most powerful. Each day that we find it within ourselves, we are building discipline, inner strength, perseverance and our ability to dedicate ourselves to things that really matter. Fat loss, toned muscles and all of the physical rewards of our daily

training are really just the by-products of having the inner strength to persevere. This inner power that we develop has the ability to touch every area of our lives, and the confidence it can lend each of us is as transformative as all of the amazing physical results we experience together. Think about your strength in days where even when you were tired you made it to the gym or pushed yourself through that last repetition; feel the drive of your movements from the inside out – it's there where your true power rests.

Beginners always see faster changes and shifts in their strength, while the new discovered power and confidence are a massive motivational boost. I am here to tell you that you can do it like thousands of other people,



Trainer Manuela Nemes demonstrates the TRX lunge.

including myself, who started training not at an early age but close to my 30s. We all took those first steps at different times in life. You can too. This is your life – nothing is more sacred or precious. Celebrate it by reaching to a new level of empowerment and experience the blossoming of your spirit, mind and body.

Enjoy your training, and if these are your first few steps, congratulations on changing your life!

In this issue I will continue to explore compound movements that help you save time or add spice to your training if you reached a plateau and got bored with traditional exercises.

As I mentioned before, the more complex the movement, the more calories are burnt.

Exercises that use complex

movements will deliver better overall results than the ones that use simple movements. They recruit multiple muscles, the ones that actually perform the movement and others that stabilise the body to maintain balance. This process keeps the heart rate higher than simple exercises resulting in a more intense workout. Functional exercises burn more calories, increase metabolic rate, and stimulate considerable fat burning, while also building moderate mass and avoiding “bulking up”. The focus is on working multiple muscle groups rather than adding maximum weight on one muscle group.

For strength exercises to effectively transfer to other movements, the training needs to be similar to the actual performance movement or activity in all four components.



TRX Biceps Curl: Claire Armstrong and Manuela Nemes.

For example, squats will have a greater “transfer effect” on improving an individual's ability to rise from a sofa than knee extensions. This includes coordination, types of muscular contractions (concentric, eccentric, isometric), speed of movement and range of motion.

Depending on a client's preferences and goals, I like to alternate a variety of exercises that use body weight or equipment that challenges more muscles in different angles while keeping the exercise safe. In this issue, with the valuable help of my client Claire Armstrong, we will demonstrate a few exercises using the TRX Suspension Trainer. This innovative tool has been popular on the US market for at least 5 years; it helps build lean muscle, boost

metabolism, tighten the core and increase endurance. With only a few compound movements you can get an effective total body workout and it benefits people of all fitness levels. You can adjust the intensity by slightly changing the angle of your body from the ground; it is important to keep it stable at all times.

For questions or information on training and healthy lifestyle please contact Body Sculptor Fitness Centre at Mirco Centre, Tel: 939 5288 or bodyscul@weststartv.com

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Doing the TRX Pike.



TRX Single Leg Squat.