

# Maki Performance Training Newsletter V1 I2

Volume 1, Issue 2

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## Openers

Have you ever had a splendid dinner, enjoyed a phenomenal spa treatment, or received excellent customer service--an experience that moved you so much that you felt obligated to spread the good word about it? Well, I'd like to share such an experience with you.

About 3 weeks ago I was at Costco, browsing for nothing in particular, when I came across a book entitled, "The Greatness Guide."

The title intrigued me, and I had read some rave reviews about the author's previous book. For \$11.99, I figured, what did I have to lose?

Here's what I discovered.

If life is a game, this book will help you play at a higher level both professionally and personally. Author Robin Sharma does an excellent job of providing thought-provoking ideas, and worldly-wise insights to challenge and inspire. The chapters are short, straight- to-the-point, and he uses real life examples to convey his message.

For me, the pleasure I received from reading this book was such that I wanted to let you know how positive I felt about it. Not all of it may apply to your own personal circumstances, but there are definitely some nuggets of wisdom to be found there for the average reader.

What is a WOD?

For those of you who have trained with me on a one-on-one basis, attend my boot camps or Maki Fit group training sessions, you will have at some point participated in a WOD.

Lately, a number of people have enquired about the benefits of doing a WOD as opposed to a "regular" workout. They don't quite understand the rationale behind the WOD, how it is designed, and what benefits are to be gained from performing such an intense workout.

Allow me to explain the concept of the WOD, and why I administer them.

A "WOD" (which is short for 'Workout of the Day') accomplishes many things that a typical workout does not. The WOD is a type of strength and conditioning program that utilizes movement patterns and groups them together. It uses varying loads, repetitions and time-frames to determine the outcome of the workout. The WOD takes a special level of physical and mental fortitude in order to push past the boundaries that have been set up in your body.

It is my personal philosophy that workouts should focus to a certain degree on variance and be unpredictable. The WOD is designed to allow a wide, constantly-varied stimulus to take place.

The main premise behind the WOD is a focus upon increasing work capacity. Work capacity can be defined, in the context of physical fitness conditioning, as the performance of a greater amount of exercise over a shorter period of time. A WOD can be based on two variables; 'task-oriented' or 'time-oriented'.

For example:

A time-oriented WOD would look something like this:

5 rounds

21/15/9 reps

Kettle bell swings

Burpees

Push-ups

How quickly can you complete this?

A task-oriented WOD would look like this:

15 squats

10 push-ups

5 pull-ups

Complete as many rounds as possible in 20 minutes.

Both WODs focus on increasing the ability to work harder over a given period of time. If a task is completed in less time, or there is a decrease in time in the timed workout then this would mean that the body is working harder. This means that more energy is being expended and the body is becoming more efficient at doing intense work. The transfer from becoming more efficient at performing a WOD and the changes in the body are noticeable. Fat loss, increased strength, stamina, muscular endurance, agility and flexibility, to name a few, are things that will change rapidly depending on what types of WOD you perform and the complexity of each one.

A WOD has been described as “voluntary, self-inflicted corporal punishment. It's punishment for too many years of sloth, apathy and procrastination.” For some it may be a taste of what “real” workout should feel like, or a wake-up call indicating where they are in terms of their physical fitness levels. Whatever the case may be, it will quickly put you in your best shape ever.

Nutrition Tip:

Drink Your Greens

If you're strapped for time, travel a lot, or know that you're not getting enough greens in your diet, a supplement called Greens Plus is a great way to make up for the deficiency. It's a powder-based substance that can be mixed with water, juice, fruit smoothies. I did try mixing it into my morning coffee, but the resulting taste experience was not exactly pleasant.

When this product first appeared on the market, it came in one flavor. Now it comes in fruit punch and other flavors which make it a bit more palatable. It can be purchased at a number of stores such as Save-on-Foods, London Drugs, Safeway and Shoppers Drug Mart.

Training Tip:

Roll Your Pain Away

One of the best investments you can make for your body is to purchase a foam roller. Foam rollers are used to release muscles, which may be tight and knotted up. Stretching does not release a muscle, it simply works on lengthening it.

Think of a knot, and what happens when you pull on the knot? It gets tighter.

If you'd like to save a few dollars by avoiding regular visits to the massage therapist, the foam roller is a must-have. They usually cost about \$30-35 and can be purchased at the local fitness equipment store.

### Maki Performance Training: A Testimonial

A personal trainer is a true professional, who listens & cares about his client's needs. Maki does indeed possess this essential quality. The training programmes Maki has tailored made for me, have been a success. I have been Maki's client since 2003, four years of training speaks volume in itself.

I would not hesitate in recommending my trainer, Maki. And, most of all, his good service is much appreciated!

--Lida Gan CEO of Emerald Travel

### Powerful Quote

The following quote speaks of the importance of keeping in good physical condition:

“Exercise is an insurance policy I've taken out on my health. And each day that I go into the gym, I'm paying the premium.”

### Business and Class Updates

If you have any suggestions for a specialty class you'd like to see offered, please drop me an email. However, I don't do aerobic or step classes--so please don't ask. ☺

Here are the dates for some upcoming classes:

March 1st 2008 – Maki Fit

March 18th 2008 – Fitness Boot Camp

March 2008 – Awesome Abs Class (date to be announced)

Coming Soon – Kettle Bell Conditioning Class

Coming Soon – Speed and Agility Camp

Until next time,

Maki Riddington

<http://www.dynamicconditioning.ca>