



Maxwell's Fitness Programs *Newsletter*

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WE'RE ON THE WEB!

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SELF-EFFICACY THEORY

This theory can be summed up by stating “competence leads to confidence and confidence leads to competence”. That is self-efficacy. In the health and fitness world, this means that you will be more likely to do what you need to do if you feel like you know what you’re doing. The importance of this cannot be overstated. We live in a nation where over 65% of the population is either fat or obese. This is unacceptable. How can we be so advanced in some areas (technology) and so deficient in others? We know more about training, health, diet, and medicine now than at any other time in history. But even though this is a fact, we’re getting worse. So clearly the answer is in the field of psychology. Most people have an idea of what they’re supposed to do, yet they’re not doing it. Why? Studies show that enjoyment is the biggest correlate to sticking to a workout program. And studies also show that the greatest enjoyment comes from feeling like you’re getting better (perceived gains). And that enjoyment is lost when a person feels like they’re not getting results. I can state first hand that this is true. I will begin to dread workouts when I don’t have positive feedback coming from what I’m doing. If I’m working really hard when I’m running and I notice my interval splits are not getting better, then I’m not excited at all to start my next interval workout. So I must find out why the workouts are not leading to greater gains and make changes until they do. When I see the gains coming again, I’ll have enjoyment again, which will give me confidence, so I can continue doing what I’m doing. The same is true with working out. I love to work out. Why do I love it? Most likely because I’m like everybody else, and that is that I like to do things that I’m seeing success at. Again, human nature. I also understand that I’m not going to see success every week, but I make sure I change things around enough to where I will see continued success. As a personal trainer, I only want to see success with you. Your success is my success, and your failure is my failure. So, if you’re failing, I’m not happy either. This is why, at Maxwell’s, we put the emphasis on success. We evaluate you. We decided, with your input, what you need and we work towards it. If we see it’s working, then we don’t deviate. When we start to see a slide on the returns, meaning the progress has become stagnant, then we make changes. Why? We want the person confident in what they’re doing, and nothing builds confidence like success. You can read every self help book in the world regarding how to build confidence, but I don’t think you’ll ever build a lick of it if you never experience success. Let’s make every workout at the gym a notch in the belt of success—and find enjoyment.



THE SCIENCE OF REPS

There is much debate in the strength training world over ideal repetition ranges. Some proponents argue that a certain low rep number, for example 4-6, is ideal for strength, while a higher rep number, for example 15-20, is ideal for muscular endurance. There is some hint of truth to this, but in a study recently done by strength training guru Wayne Westcott, he measured this theory and found it for the most part to be off base. He found that fatigue was fatigue, and as long as you stay in a healthy strength training rep range, then any range works about the same for whatever adaptation you're looking for, provided that the set was taken to volitional fatigue (meaning you could not complete another rep). As you know, we at Maxwell's have told you this for years. There is nothing wrong with changing up the reps. In fact this is healthy to do, and as you know, we're proponents of this. But going higher at certain times and lower at certain times is more mental than physical, and that is very important. When I focus on strength with some of my athletes, I do like to do lower reps at times so they can FEEL stronger. It's a nice natural high to see yourself lifting heavy weights. I just want you to understand that the difference stops there. Don't over-analyze reps. Let's keep it simple and focus on working hard with quality form every time we go to the gym!

GREAT JOB AWARDS!

- Carlos Liotta, who lost 6% body fat, 15 pounds of fat, and gained 12.5 pounds of muscle since October! GREAT JOB Carlos!
- Don Bell, who ran his first ever 5K in a great time and came back a couple of weeks later to run an even faster time, winning 2nd place in his age group!
- Meaghan Phillips, who has lost 12.4% body fat in the past 2 years! Congratulations, that's amazing!
- Nikki Hassell, who has lost 10 pounds and 6% body fat since she first came to us in July. Way to go!
- Reid Hughes, who did a FOUR MINUTE PLANK!
- Autumn and Emily Foess, who both lost nearly 6% body fat since January. Awesome!
- Dick Kranz, who lost 4 inches in his waist, and added 6 inches to his sit-and-reach flexibility test since December. Wow!
- Rhianon Rowan, who completed her first marathon last month! You go, girl!

We are so proud of our clients. They are a true testament to what hard work can do for your health and fitness.