

TRAINING ECONOMY

How to Maximize Your Time in the Gym

By Rich Bell

Your gym time, like your life, is a time-frame ideally devoted to the pursuit of personal achievement. In other words, success shouldn't be dependent upon reincarnation! By applying time management principles to your workouts, not only will you get better results, but you also will have more time and energy for the rest of your life.

I get asked the same question time and time again. It goes like this: "Although I would love to build a more muscular and toned body, I just don't have the time. What can I do?" I usually give the following carefully considered answer to this question: "Bull S__!" Most people think they don't have the time because they have the wrong impression of what it takes to build a more muscular physique. Everyone is busy. Granted, some people are busier than others, but we're all busy. Whether it's your job, family or school, most of us don't have a lot of time to train. The majority of people reading this article aren't professional bodybuilders. We can't spend all day, every day working out. So how do my clients get buffed and toned even during the busiest times of the year? They adhere to the concept of TRAINING ECONOMY.

When I talk about training economy, I'm referring to choosing the exercises and training methods that give you the quickest results in the shortest possible time. It's important to know that all exercises were not created equal! For example, the deadlift is an exercise that works all the major muscle groups from the low back, gluteus, hamstrings, quads, forearms, upper back, and traps. This one exercise can literally take the place of a dozen less productive exercises. Yet, time and time again, I see people wasting valuable time performing concentration curls, leg extensions, triceps kick back, and a bunch of other exercises that make me want to scream. These are the same people that look exactly the same year in and year out even if they work out every day for two hours. They're also on a first name basis with every single member of the gym. These people go to the gym to make friends, not progress.

In order to get the most out of the workouts, you have to attack the workout like Michael Jackson attacks pre-pubescent boys! Ok, maybe I need to work on my motivational skills, but you get the idea...

Sample Workout for legs:

A-1 Squats **4x8 Rest 45 sec**

A-2 Barbell Reverse Lunges off Reebok Stepper **4x8 Rest 45**

A-3 Hamstring Leg Press **4x10 Rest 45**

A-4 Box Single leg Step Ups with Db **4x8 Rest 90 sec**

(Then repeat cycle)

Note: Your legs will need about 5 days of to recover from this crippling workout!