

Training at home guidance:

With all the online training that's popped up recently I just wanted to write a little piece regarding safety and focus.

Most importantly, it is a positive thing! Getting up and moving about will bring you all sorts of benefits and should be encouraged.

There are few things I wanted to draw your awareness to as many people are training more now than they ever have before. In order to keep your motivation and momentum going there were a few things I wanted to raise.

1. Firstly, most have a lack of fitness kit, few weights or equipment, so we are limited with our choices to bodyweight movements. Eventually this can cause some structural imbalances as body weight movements tend to lean toward pushing/pressing movements. This will ultimately strengthen our front much more than our back. Further down the line it could lead to inflexible shoulders, tight hamstrings and sore lower backs. Try and balance this out with some pulling/rowing/pull up type of movements. Some examples are attached at the bottom of the article.
2. Secondly, most of the online videos/classes focus on jumping about and making you tired with fast and explosive plyometric movements. If you're not moving correctly and pain free then adding speed and jumping about is not a safe way to go about your training. Online fitness personalities tend to do this to make you feel tired and sweaty which most translate as *"a good workout, I was dead!!!"*. It also makes that online coach look flashy and showy which is how they get their sign ups! HIIT sessions ask a lot of your body which means that your muscles and connective tissue take a long time to be ready for it. Being overly tired and sweaty is not always the sign of a good workout.

My advice would be to balance out your training as best as you can. Train your top half as much as your bottom half, left side as much as your right, and your front as much as your back.

Steps moving forward:

1. Start by simply adding 2-3 pulling or hip hinging movements to every workout.
 - <https://www.youtube.com/watch?v=NDUXkcA0XB0> (water bottle rear flys)
 - <https://www.youtube.com/watch?v=jVXYOdZywKM> body weight good mornings
 - <https://www.youtube.com/watch?v=GaP20t6ZOfU> wall slides
2. Limit your HIIT training to 1-2 sessions a week and supplement it with slow and controlled body weight movements like squats, Nordic curls, pull ups/rows, slow runs, longer walks, extended stretching or yoga/Pilates sessions.
3. Keep notes of everything you are doing.

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