



Tri4Fitness.net

What are you trying to do for fitness?

The Best Workout for You!

On a regular basis I have individuals ask me to create a workout for them. Or maybe, do I have a general workout that I can just give them to follow. Unfortunately, it is very difficult for me to just tell someone to follow any old workout. Not every workout will work for everyone. For you to see the results that you really want, you need a workout that is truly designed for you. **But why?**

There are a number of reasons why it is important to have an individualized workout that is designed just for you:



- **Body Mechanics** – Over time we all develop inefficiencies in different areas of the body, and these are not the same as the person next to you. But if you work on these areas you can become stronger, see faster results, feel better and more than anything be more efficient in your day to day activities and movements. A common inefficiency that I see is related to the hip and it's range of motion, but through specialized exercises it can be corrected. A second area of inefficiency in many individuals would be related to the core, and not just the abs, but the entire belt of muscle around the midsection that initiates much of our movement.
- **Muscular Imbalances** – Have you ever notices that your right leg is stronger than your left leg, or one arm is weaker than the other? This is a very common problem with many individuals and can easily lead to injury. A common area for injury is in the lower body where an individual has one leg that is weaker than the other. This requires one leg to try to compensate and thus can be injured, or the weak leg just can't keep up and becomes injured. These imbalances can occur right to left as well as front to back on the body.
- **Current and/or Past Injuries** – While a past injury may feel okay and no longer cause much distress, it can often still be weak and not fully healed. An individualized program can help fully strengthen these areas to prevent re-injury of this area or injury to another area that is now compensating for it.
- **Likes and Dislikes** – Do you really think you are going to follow the program if it contains exercises that you don't like? Of course not, and then you might be missing a main component of the workout, creating new imbalances in the body.
- **And Much More** – The list could go on and on from finding a workout that starts at your ability level or one that meets your specific goals or one that progresses at the right speed to keep you on track with your success.

So of course, the best solution that I would recommend would be to find a specialist in the field, myself or another certified personal trainer, who can create a specialized workout to fit your specific needs. But in the meantime, I must just recommend that you get the body moving and doing something!