

Training to be Balanced (T2BB) has changed its way of offering training to the public. It launched June 1<sup>st</sup>, and it is already showing results in a win-win situation for the business and members getting more out of his/her workouts in an always-progressive format. The philosophy has not changed just what is offered. The members workout more for less money but still progress to achieve performance goals.

Many other valley business owners in addition to individuals have his/her own ideas of how someone should train. Whether it is just to stay up with their children or preparing for the Latoga in the fall. Right way and wrong way is not the philosophy of T2BB rather the majority of what works for the Jackson population and the average person trying to achieve the simplest of performance goals. This is the reason T2BB has recently changed what it offers.

The following is a paraphrased article review and conversion with Alwyn Cosgrove, international presenter and owner of Results Fitness in California.

I will throw out some theoretical numbers. Probably around 80-90% of the population, 80-90% of the time will respond best to total body workouts. Also, it maybe 90-95% of the population, 90-95% of the time will respond best to either total body or an upper and lower split.

This is something that I am unlikely to be swayed on. In my own experience (and in the experiences of the coaches I respect), this is what I have found over time to be true.

I am also saying 10-20% of the population will not respond best to total body workouts programs, and that 10-20% of the time these programs won't work. There is definitely room in my philosophy for other approaches, but I am comfortable with the "most of the people, most of the time" part.

Recently, the whole split routine vs. total body vs. body parts argument has been hotly debated. The problem is, there can't be an answer that's 100% correct, 100% of the time, for 100% of people.

Ask yourself does an advanced, genetically gifted, full-time professional bodybuilder fall into 95% of the population? No way! But ask yourself what a 40-year-old female beginner who could train only twice a week would respond best to? She falls into the middle of the majority, right?

What I've found amusing though is that it seems 90% of people think that they're in the advance 10%. As John Berardi once said:

"Even at an elite level of athleticism, there are only 10% of people who need to stress over the details. Most people think they are there when they are not. You have to understand whether you're a part of the 90% or the 10%.

Overall I think most people will agree with the point I'm making, but the smaller minded ones will argue about the percentages. That's cool though. It lets me know quickly who is worth talking to.

Think of the Average person because that is where the big picture derives.

What a pro-bodybuilder or professional athlete responds best to has little meaning for most of us. Most of us are not at elite levels. Therefore, follow a program that develops concepts based on what works, most of the time, for the average person. This may have many eliminates of professional athlete similarities however, the difference is that the common person who strives to get better at mountain biking is not paid to workout twice a week seven days a week and have no work, children, responsibilities, or anyone other than "coach" to answer.

For example, over time I've found that a drug-free individual with a job or school, training for size, needs to work a muscle more than once a week for optimal results. And that same individual usually doesn't recover from more than two back-to-back weight-training workouts effectively.

A program that works for a steroid-using athlete training six days per week won't work for a drug-free father of two who works 40 hours a week and gets to the gym for three hours total...or vice versa.

A program that works great to physically prepare a 17-year-old figure skater for a regional championship won't work to prepare a super-heavyweight power lifter for his/her competition or vice versa.

Here's an interesting thing I've also witnessed: when it comes to isolation exercise, the average person seems to respond better to one set of three different exercise than to three sets of a single exercise.

For most of us, understanding what works for the average person will generally yield far greater rewards than focusing on what works for the few.

For those in Jackson Hole, WY, T2BB sees a majority of individuals that use predominantly quads to perform endurance activities. In turn, the average person has very little understanding that hamstrings and glutes play a huge role in preventive injury and overuse areas of muscles. The specifics go beyond this article however, know that what you see, read or speak to individuals whose live life vastly difference in training than yours is not always the best solution for your situation.