

# UFM PT PARTNERS

Each issue, Brad Sheppard, Ultra FIT's resident Personal Trainer hands you a detailed step-by-step plan on how to best get in shape, and what exercises are best suited to achieve your goals. The information contained in these articles is to provide you with a guide on how you could incorporate this into your current regime. By Brad Sheppard



## CLIENT CASE STUDY 3

Geoff and Gudrun are a truly amazing couple that epitomise what it means to live a fit and healthy life. Geoff is 59 years young and Gudrun (Goodie) is 55 years young. Interestingly enough, Geoff and Goodie didn't discover fitness until they were 54 and 50 respectively!

Since that date, the last 5 years have seen them both achieve some amazing things including: 🏆

GOODIE	GEOFF
Lost over 30kg and gave up all medicine	Won first 10km running race in Gladstone
Won Gladstone 12 week challenge at Figures Fitness Centre	2009 Gold Coast Marathon 3hr:03min - 2nd in age group
2007 Ms Queensland Body Shaping 3rd Place	2009 Gold Coast Half Ironman
2009 Ms Australia Body Shaping 2nd Place	2010 Noosa 160km Bike Ride

Their goals currently consist of: 🏆

GOODIE	GEOFF
To train and be functional whilst exploring new activities (eg road cycling)	To break 3hrs at Gold Coast Marathon
To continue competing in body shaping and be on-stage for the 60yrs category Ms Australia Titles	To finish strong at the Australian Ironman 2011

Their current training schedule has them both reasonably committed, including a full week of: 🏆

DISCIPLINE	GOODIE	GEOFF
Outdoor Bootcamp / Kangaroo Point Stairs Sessions	1 / week	n/a
Road Cycling	3 / week	4 / week
Strength Sessions	3 / week	n/a
Strength / Metabolic Conditioning Sessions	1 / week	1 / week
Running Sessions	2 / week	4 / week
Swimming	n/a	2 / week

Goodie and Geoff have both trained individually with me for the past few years and it wasn't until this year that we all decided it might be a great idea to add a Partner 2-on-1 workout.

They are both very capable in their movement patterns and we are able to effectively work around any particular individual postural differences or concerns, by changing some of the variables. Some of these have included:

- Altering the range of motion of certain exercises (eg squats) to enhance good postural alignment
- Using heavier weights or "additional" reps where one might be performing at a higher level than the other (eg – an extra press or squat on a barbell Thruster)

The beauty of Personal Training is that it allows us to continually alter the intensity, loads, exercises and variable accordingly – therefore we often find that although we may love to use certain drills and combinations, no two workouts are ever the same!

# ONE OF OUR TYPICAL WORKOUTS COULD BE AS FOLLOWS:

## EXERCISE SEQUENCE 1 LUNGE STANCE CABLE PRESS / PULL COMBO + SWISS BALL HOVER

Partner	Muscle Groups / Movements	Exercise	Set	Reps	Tempo	Time	Rest	Comments
Partner 1	Upper Core	Cable Press / Pull Combo	4 / 4	15/15	Powerful	30 / 30 sec	30 sec transition	Do both sides
Partner 2	Core Stability	Swiss Ball Prone Jackknife Combo	4	Bent Leg, Piked Leg & Push Up	Controlled	60 sec	30 sec transition	Be mindful to not engage the musculature of the lower lumbar region



\*3:00 minute rest in between exercise sequence 1



# EXERCISE SEQUENCE 2

## BURPEE-CHIN UP / ALTERNATING ARM BARBELL SWISS BALL PRESS

Partner	Muscle Groups / Movements	Exercise	Set	Reps	Tempo	Time	Rest	Comments
Partner 1	Upper Core	Burpee Chin Up	4	15/15	Powerful	60 secs	30 secs	Do 1 X Burpee / then jump to 1 X Chin Up
Partner 2	Upper Core Push	Alternating Arm Swiss Ball Barbell Press	4	20 / 20	Powerful	60 secs	30 secs	Drive 1 arm whilst pulling the other

\*3:00 minute rest in between exercise sequence 2



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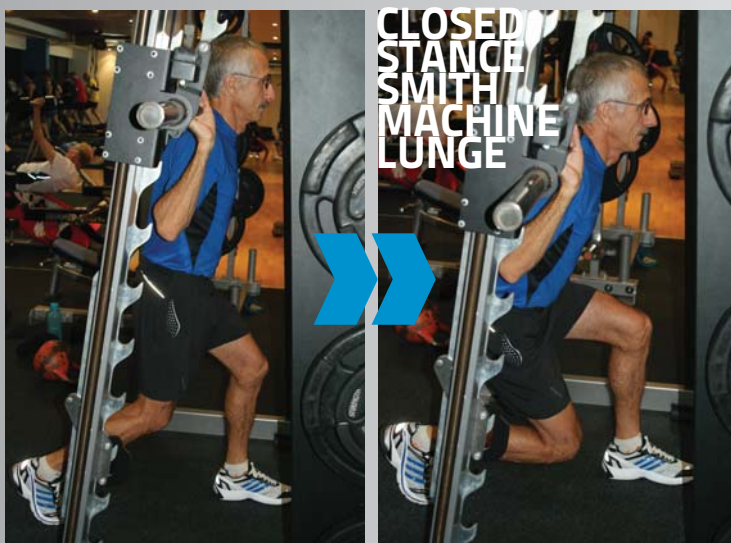
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# EXERCISE SEQUENCE 3

## CLOSED STANCE SMITH MACHINE LUNGE / WALL BALL / KETTLE BELL SWING

Partner	Muscle Groups / Movements	Exercise	Set	Reps	Tempo	Time	Rest	Comments
1	Glutes / Legs	Closed Stance Smith Machine Lunge	4	Max 60 secs	2/1/2	60 secs	15 secs	Single leg, alternating each set
2	Full Body	Wall Ball	4	Max 60 secs	Powerful	60 secs	15 secs	Deep squat
3	Posterior Kinetic Chain	Kettle Bell Swing	4	Max 60 secs	2 secs	60 secs	15 secs	Drive to horizontal

\*Finish the exercise sequence 3 and the workout with flexibility



TERMINOLOGY	DESCRIPTION
Body Part / Movement	Movements performed or major body parts stimulated
Sets	Number of times exercise is completed in the workout
Reps (Repetitions)	Number of "lifts" in each set
Tempo (speed of movement)	Speed of movement, expressed in seconds and having an eccentric (negative) phase, isometric (static) phase and concentric (positive) phase. eg prone Jackknife 3/1/3 therefore 7 seconds for each repetition.
Rest	Time spend resting in between sets
Comments	Any tips or technique points that may be useful to the correct lifting technique

Brad Sheppard B.Ed (Phys.Ed) Fitness Australia REPS Council member and Queensland Fitness Professional of the Year title winner; Brad Sheppard, has run Peak Physique Personal Training [www.peak-physique.com.au](http://www.peak-physique.com.au) in Brisbane for 15 years, Lectured Nationally and is the Ultra FIT Magazine's own Personal Trainer. Brad has a real passion for any challenge being a former Mr Australia Bodybuilding Champion; Brad now competes in Ironman triathlons and marathons. Brad is also the co-founder of Create PT Wealth [www.createptwealth.com.au](http://www.createptwealth.com.au) a business building program for Personal Trainers.