

SPEED THRILLS... BUT GOING SLOW REALLY KILLS!

by: Nadia Bender



Here I am with my personal training clients setting up the correct form for an exercise. Usually the client replies "got it" and starts to do the motion that I just demonstrated. As they perform the exercise I give verbal cues on what to focus on so that they stay in proper alignment as the move progresses. Often times I will notice the client begins to get winded or stops breathing because the exercise gets more challenging the longer they do it. Then the client begins picking up the pace to get through the exercise. As they pick up the pace they start to forget about form and breathing and continue to increase the speed to push through to the end.

Yet there really is no end in my mind until it is stretch time!

What I often do is delay the end that they are anticipating because they are increasing the speed hoping they are reaching the end of the exercise.

When I see my client speeding up, I tell them to slow down and move with control so they can feel the muscle burn better. Some clients will ignore my suggestion and keep upping the pace to just get through it. As a result, I need to bring them back to my reality with those two special words:

"Ten More!"

Eventually the client realizes that slow is better for form and adjusts for the next set of the exercise. What surprises me is that this pattern is often repeated during each personal training session.

Working slowly and in proper form helps to focus the exercise to the targeted muscle group through the full range of movement. This will help you to get to the "I'm getting stronger" feeling (some people call it muscle burn). Slow and controlled movements also help protect the joints from injury.

I realize that when you are exerting yourself with fatigued muscles the mind focuses down into concentration mode, just working to get through the exercise. Then speed kicks in to keep ahead of the exhaustion that is trying to catch up!

For better results, it is more important to stay in proper form and focus.

Are you someone who has been speeding through exercise instead of focusing on slow and steady form? Do you want to know how to achieve greater results without necessarily increasing speed? Then give us a call.

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