

IS IT POSSIBLE? A PHOTO SHOOT EQUALS A WORKOUT!

by: Nadia Bender



Yes, it is possible. So here I am, exhausted from a new kind of workout - a photo shoot. You're probably wondering how I could be exhausted from someone just taking pictures of me. Well, let me share with you my experience.

I was at my fitness studio and one of my staff was taking pictures of me doing various exercises with weights. It sounds very simple, yet it wasn't. What I didn't realize was that in order to take the picture you have to pose with the first posture then pose again with the second, and some exercises required a third picture to show the progression of intensity. Also, when you pose for the picture it requires you to hold the posture, which can be a great challenge with certain exercises, especially the abdominal ones. So, as I am in the holding mode of the lunge with a shoulder press the camera decides to go into processing mode, which means I have to sustain the posture for a while longer. Now my muscles begin to seize up and my thighs begin to tremble from the intensity of the holding mode. I started to feel a burning sensation all over my body - what a painful experience! If only all clients could push themselves to experience this type of intense muscle burn in their workouts too! Why? Because it is the ultimate muscle push, and the exhaustion that follows is proof that the workout was a success in building strength and muscular endurance.

This type of workout is the difference between dynamic and static exercises. When you are in motion - biking, jogging, walking, jumping rope - you are using dynamic forces and it is important to maintain momentum. When you are in static mode you are challenging the muscles to keep the burn going by holding the exercise in the most difficult state. This type of exercise contraction is different from the fluid nature of the dynamic but can be just as intense, if not more so.

Therefore, posing for a picture puts your muscles into a static state which is very challenging for the body.

The most effective workout incorporates a mix of both dynamic and static exercises. So don't be afraid to mix it up and challenge your muscles in a different way than you are accustomed to. After two hours of posing for various shots using my body and hand weights I am feeling a new appreciation for models that pose in the fitness magazines.

The next time you are in front of a camera try holding that pose and see how long you can push it without having to alter that smile on your face due to the intensity of the posture.

If you need help to be challenged with static or dynamic exercises, let Fitness that Fits be your guide!

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