

What to Look at When Picking Gear, Routines, Nutritional Supplements, and Form.

As you look at gear, routines, form, style and technique.....nutritional information, what you are training for (i.e. football (sports), powerlifting, bodybuilding, strength training, to look good for your girl friend...etc....).....take the following into consideration.

1. Age of the person

Extremely young lifters under the age of 12 need to be careful and work on form, style and technique before going very heavy (keep it to 8-12 reps). The older lifter, over 40, needs to keep the routines very simple also and stick to basics. They are more susceptible to injuries (keep the reps low). Younger lifters will make gains because of the age, inexperience and general enthusiasm on any type of routine with or without gear. As they reach and go into puberty and beyond the males have an increase of testosterone and growth hormone production which enhances their gains.....the female to a much lesser degree has a similar type of advantage over the older lifter but not near anywhere the advantage the male has.... The older lifter has less testosterone and growth hormone production so this will start to limit their gains....and the injury recuperation factor is a lot slower since repair of the body is much slower....

2. Sex of the person

Form and style can be dictated by ones sex also and as mentioned before the gains as well, because of different hormone production levels...

3. Length of time trained (experience)

Newer, inexperienced lifters need to keep to the simple routines while, more experienced lifters can do more and take on more training in their routines. Also newer lifters need to train ligament and tendon strength....as their muscle strength will tend to be far ahead of their tendon and ligament strength, so to avoid injury take everything at it's own pace.....think long term.....

4. Location of training (types and kinds of equipment)

Well equipped home hard core gyms have more opportunity for gains as they have what one needs (with workout partners), as well as atmosphere. Home gyms not well equipped are harder to make needed gains in (without workout partners). Fitness/fluff gyms are harder to train in all together and gains are more minimal. Hard core gyms for athletes are one of the best places to make the gains you need... they have the atmosphere...equipment, and the people...spotters....etc.....but these are becoming like dinosaurs.....

5. Training partners

Good training partners will speed up training momentum and gains...they will help encourage.....pushing each other is the name of the game to getting better.....you will force each other to workout and do what you are suppose to.....

6. Supplementation

Vitamin-mineral/protein/other supplements/etc.....everyone needs these.....if you are not using, they will limit your gains. Steroids and other ergogenic aids.....these must be taken into consideration when looking at some people's routines, as they were written by people using this type of advantage.

7. Gear

All types of supportive and injury protection equipment, as well as the style and

makeup of each....the basic to the more scientifically advanced to the completely outlandish.....

8. Time of day and time of year training

If you are training hard; the evening is the best time...this is not always a viable option because of job, school, family, location...etc.. Time of the year also has a slight bearing in the way of training conditions. If you have no air conditioning and you are training in the middle of summer it can be a detriment, same as little or no heating and training in middle of winter.

9. Location

If you have to travel a long distance this can also cut into training

10. Genetics

This plays an important part in how fast one can make gains, as well as the potential of the individual. You have no control over this, like most of the other items mentioned; it still has to be taken into account. (i.e. muscle fibre makeup, red or white muscle fibre predominance, fast or slow twitch).

11. Height, weight, and joint length and size (somewhat included in genetics)

This will determine somewhat form, style, and technique; which will determine much of the potential in the person.

12. Personal life

One's personal life ...good or bad ...hard or easy has a lot to do with gains...some are controllable...some are not.

13. Bad habits/good habits...

Smoking...drinking....etc....amount of hours of sleep...sleep environment..Etc

14. Recovery

How and what you use for help in recovery after the workout..... i.e.. supplements....massages....hot tubs.....all sorts of different therapies are available.....

15. Mindset

How you handle stress....hard training.....the ability to focus.....the ability to take nervousness and channel it towards your workout and meet..... your mental outlook is vitally important.....too many lifters overlook this.....they think getting wild and crazy is the answer.....think again.....I think this hits about everything.....

.....The more experience, (sometimes education and other aspects make a difference as well) one has, the easier it is to take all of these things in account when making decisions.....good luck and as always I am willing to answer any questions.....

Remember.....Knowledge is Power.....