



A CLEAN, LEAN BODY AND SOUL

-INTERESTING READS-
-TOP TIPS-

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AN INTRODUCTION

FIRSTLY, THANK YOU FOR DOWNLOADING OUR INTERESTING READS AND TOP TIPS. FEEL FREE TO FOLLOW US ONLINE THROUGH THE LINKS PROVIDED BELOW, AND SUBSCRIBE TO OUR NEWSLETTER ONLINE.

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BUDDAH

“WE ARE SHAPED BY OUR
THOUGHTS; WE BECOME
WHAT WE THINK. WHEN
THE MIND IS PURE, JOY
FOLLOWS LIKE A SHADOW
THAT NEVER LEAVES.”



The Physical Decline of Modern Man

By **Mr. Honey Badger**



The physical state of modern man is in complete shambles. I know that this isn't ground breaking news to anyone who has actually stepped outside of their front door, but this observation is far from being merely anecdotal anymore. A recent study indicates that by the year 2020, **8 in 10 men in the UK** will be considered obese or overweight. In other words, we are just 7 years away from a situation where 80% of the male populace in the UK can be considered an utter disgrace to their gender.

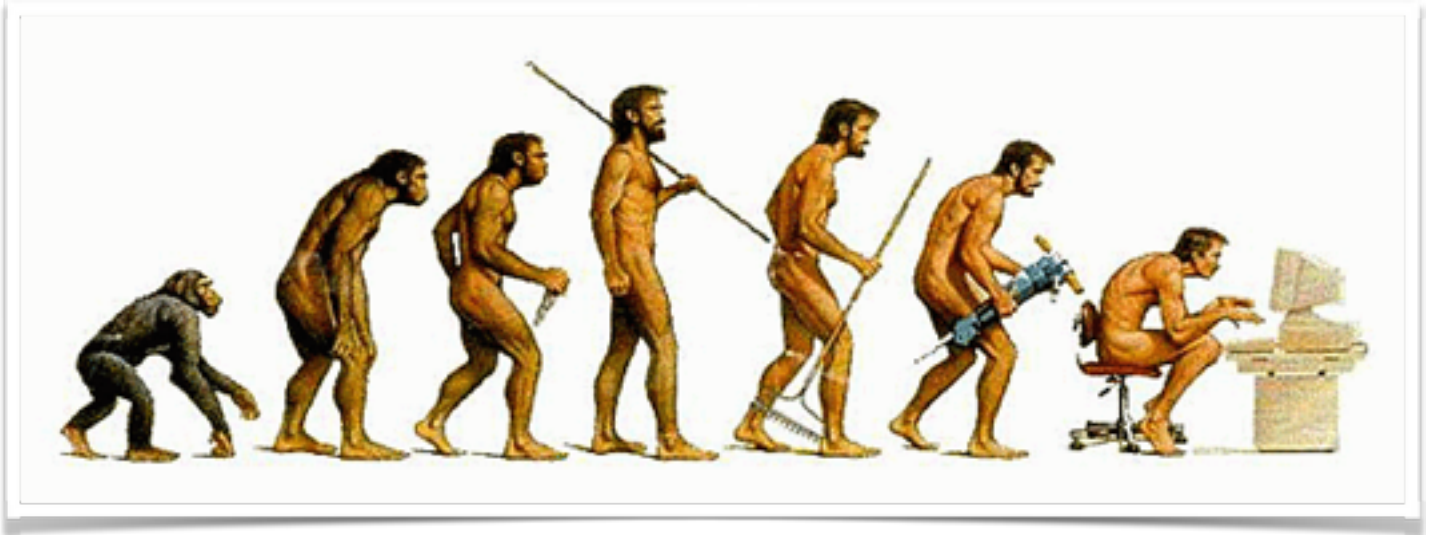
But it wasn't always like this. There was a time when the average man who walked the earth wouldn't die of a massive heart attack after sprinting 100 meters. His gut didn't stick out further than his chest. He could do more than one pull up. In fact, there was a time when the average man was muscular, lean, strong, and could probably kill you with his bare hands (or a sharpened stick).

The story of our feeble sloth is written in our bones. Studies conducted comparing our bones to those of fossil humans reveal that we have lost up to 40% of our bone mass and strength over the past 2 million years. Interestingly, the cause is not genetic. Case in point: the bulbous ends of our bones that form the joints, which are known to be genetically controlled, are still the same size in us as they are in our ancestor *Homo erectus*. However, where we have lost bone mass has largely been along the shafts of our long bones. This is due to declining levels of muscular load being placed on them. Fortunately, our bones can grow thicker in response to repeated muscular stress. For example, studies indicate that professional tennis players display thicknesses in their upper arm bones similar to that of our ancestor *Homo erectus*.

The evidence of prehistoric man's physical supremacy over his modern brethren isn't just limited to his bones. For example, archaeologists in Australia studying a set of 23,000 year old fossilised tracks in mud have determined that one individual (who was roughly 6'5") was running at incredible speeds. The archaeologists calculated his stride length and determined his speed to be 23 miles per hour. Just to put this number into perspective, Usain Bolt (the fastest man on the planet) can hit speeds up to 27 miles per hour during a 100 meter race. Remember, our prehistoric ancestor was running bare foot in the mud!

The incredible athleticism displayed by the prehistoric Australian sprinter likely had more to do with ontogeny than "genetics." Ontogeny is the process by which an organism grows by interaction with its environment. Prehistoric conditions were brutal, no question. But it was these conditions that allowed prehistoric man to develop such physical capabilities. It was a *necessity*.

Ontogeny is the same reason why modern man is a physical embarrassment. We have no need to exert ourselves very much these days. Most of our lives are spent sitting in front of a computer in the office. Then we sit in our car and drive home, only to get back and sit on the couch and watch television. Couple this inactivity with a diet rich in calories and you have the recipe for modern man: a shambling mass of flesh that couldn't fight his way out of a paper bag.



There's no way the average office worker is carrying that much muscle

But the beauty of all this is that we can change. We can mold our bodies however we want. Do you want to build a strong, athletic body? Go do heavy back squats supersetted with 50 meter sprints until you puke. In other words, *change your environmental stimulus*. There's no excuse. It is time to stem the tide of suck.

TOP TIPS

Weight loss tips 1

Exercise regularly - at least three times a-week

Research has shown that any amount of exercise will improve your health and wellbeing. We recommend Participating in regular exercise at least three times a week, for at least 30 mins. this can be anything from cycling to going for a brisk walk. The harder you work the faster the gains and the more you take from it. Don't be afraid to push yourself!! using the RPE theory we can work between numbers 1-10, we want you to be exercising at a constant 7 out of 10 and occasionally pushing yourself harder to an 9 or 10 for short bursts.

RPE - Rate of Perceived Exertion

Weight loss tips 2

Drink plenty of water - at least two litres per day

Drinking plenty of water is the second of our weight loss tips and really important for those trying to lose weight. All functions within our bodies require the presence of water. A well hydrated body enables these functions to operate more efficiently. Incredible as it may seem, water is possibly the most important tip for weight loss. It naturally suppresses the appetite and will help the body to metabolise fat but raising your metabolic rate by around 3%, which will help you to burn fat. For increasing our metabolism why dont you try green teas.

TOP TIPS

Weight loss tips 3

Eat smaller portions - put less carbs on your plate

We are what we eat, you look the way you look due to what you have put in your mouth. Losing weight is not just about paying attention to the calories you consume, but being able to correctly determine a healthy portion size. This will help you to reduce your weight by not unintentionally overeating. Try not to eat due to boredom.

Weight loss tips 4

Add Weights To your Exercise

You may be surprised to read that strength training preserves lean body mass whilst helping you to shift fat it is an effective tip for losing weight. Those who participate in Weights actually promote weight loss for up to 4 days after exercise. It helps to speed up metabolism and increase general well being.

Weight loss tips 5

Snack regularly, Snack Healthily

Eating sensible snacks between smaller meals is a great weight loss tip (as you are now watching your portion size), it will delay the hunger and keep your blood sugar level at a good level. Studies have shown that eating several small meals a day instead of three large ones is better for you and keeps your weight down by keeping your metabolism at a higher rate. We advise Fruit and Mixed Nuts as your daily snack food. Eating 5 Brazil Nuts after your meal will make you feel fuller for longer

THE RIGHT CHOICE

- 1 INCREASE POWER
- 2 INCREASE STRENGTH
- 3 INCREASE AEROBIC CAPACITY
- 4 INCREASE ANAEROBIC CAPACITY

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