



Dr. Angela DaGrosa

Ayurveda Doctor

661 Maplewood Drive

Suite #19

Jupiter, FL 33458

561-301-6442

Angela@brightpathayurveda.com

Angela's Rules:

- Set goals for yourself
- Stay positive and focused. This is all about you. Honor yourself and set aside time to be with yourself. This also helps build your mind-body connection.
- Warm up before training.
 - o i.e. – 5 minute walk, bike, jumping jacks, etc.
- Stretch -- prepares the joints for the workout, elongates muscle fibers and reduces soreness.
- Use full range of motion with proper technique. (Don't go heavy and compensate with poor form). Full range ensures elongation and flexibility of muscle.
- Body will be in perfect posture with a natural arch in the low back, not over or under-exaggerating the curve. Many of you have a tendency to tuck in your low back going into a posterior tilt. Refrain from doing this!
- Knees should be soft and not locked.
- Breathing- the exhalation is done on the "hard part" of the movement. Keep abdominals tight and stabilize the body. The more oxygen your muscles receive, the better you will perform.

Concentrate on pulling your belly to your spine on the exhalation and changing the curve of your spine.

- First train abdominals to get them out of the way, as you want to be able to train them effectively.

- Adjust your rest in between sets based on your goals as well as your level of fitness and experience. 30-60 seconds rest in between sets is usually perfect unless you are lifting really heavy in which case you may need up to 1½ minutes. If you are a beginner and take too little rest, you are increasing your endurance more than building a foundation strength training base. Not recommended.

- Remember to control the weights through both halves of the movement.

- Progressive resistance training is going a little heavier after each set. If you try a heavier weight and can only lift it for 2 or 3 reps with perfect form, go to the next lighter weight and finish your set. Remember, the body adapts to the stress placed on it. This tearing down of the muscle is what gives us muscle growth along with adequate rest, protein, fats, carbohydrates and water consumption.

- Train on a relatively empty stomach. Last snack or meal should be 1-1½ hours before the workout or more.

- Instead of drinking sports drinks, make your own.
 - 12 oz water
 - 1 TSBP maple syrup (grade B) or a few TBSP orange juice
 - ¼ TSP unprocessed salt
 - May also add lemon or lime juice

- You may stretch in between sets. This expands the muscle belly giving room for it to grow.

- Always remember to do a light cool down.

- Eat protein within one hour after training with some carbohydrates for best results.
- Give yourself 7 ½ - 8 ½ hours of sleep per day. This is needed for everyone for optimal muscle repair
- Must eat enough protein to receive desired results.
- The four things that determine how effective your workouts are:
 - **Intensity** - How hard you are training and pushing yourself, and how much rest you take in between sets.
 - **Frequency** - Refers to the number of training sessions a week needed to get results.
 - **Duration** – Refers to the length of the session.
 - **Consistency** – Training with the above
- Sets –
 - 1-2 for beginners
 - 2-3 for intermediate
 - 3-4 for advance