

The Body By Berle Method

The Body By Berle Method is the **Safest**, most **Time efficient**, **Effective** way to exercise because it approaches exercise as a science; adhering to physiological, anatomical, biological and biomechanical laws.

SLOW:

BBB Slow training involves moving the muscles very slowly and continuously, as you lift the weight (positive phase), and as you lower it (negative phase).

This slow, precise movement places resistance only on the muscles being worked, not the whole body and eliminates momentum (resistance being lost to speed) thus making the exercise safer and more effective.

Moving slowly also enables maximal recruitment of muscle fibers allowing the whole length and width of the muscles to respond to the exercise stimulus.

COMPLETE MUSCULAR EXHAUSTION:

Moving slow requires each exercise to be performed to momentary muscular failure, to the point where the involved muscles are no longer capable of moving.

This challenges the body's protective mechanisms, signaling the muscles that they have to adapt/ grow stronger in order to capably meet the exercise demands next time.

BBB exercise is performed precisely in accordance with muscular and joint function, with correct body position and body mechanics avoiding dangerous and ineffective haphazard movement often found in recreational activities.

RECOVERY:

Exercise by itself doesn't produce size and strength gains, exercise is a only a stimulus, it signals muscles that they need to adapt/ change to meet the demands made on them. To grow or become stronger muscles need adequate rest/ recovery and nutrition.

TIME EFFICIENT:

Because BBB workouts are so precise, intense and effective at momentarily exhausting the muscles being worked, each workout should only be 20- 30 minutes, twice per week.