

# JEFF ALDHAM

*'the all body conditioner'*

Health and Fitness Promotions Diploma

Certified Sports Conditioning Specialist

Certified TRX Suspension Trainer

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## RESPECT, LOYALTY, TRUST

### QUESTIONS FOR THOUGHT

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**If one works out consistently (4-5X per week), and decides to go away on a 2-week vacation, would it really be ok to just leave the workouts alone during their time away?**

I actually have a couple of clients that are away right now, on vacation. 'Bex' is in Cuba and she has been lifting hard with me from Spring, throughout summer and up until this last week. I told her to enjoy the week off, enjoy the food but watch her portion sizes and make the right food choices. She deserves it!!!

As far as another client and...just thinking...I have a client away throughout the weeks of November, I have it set up that they will be following a plan/program that I will design for them.

The equipment I use with my client varies. The TRX is a great tool that I lend out to my clients for their vacation workouts. Its easy to use, its space efficient and very effective for results. You can use the TRX inside your hotel room with the use of a door anchor or you can enjoy the use of your TRX outside in the sun.

To answer your question, yes...I would have them follow a detailed, yet easy to follow workout plan while they are away. It would be very easy for them to come back lacking motivation to

get back in the gym after a 2 week vacation. I always challenge them to stay active because I am going to 'kick their asses' as soon as they get back! Haha They know I'm joking but their is always truth behind joking.

### **Does drinking alcohol play a role in hindering muscle development?**

Too much alcohol will hinder muscle development because it limits the amount of protein synthesis to the muscles.

Alcohol also limits the distribution of nutrients and vitamins such as A,B,C zinc and calcium.

Testosterone levels may decrease with the over consumption of alcohol which is important for the hormone in the production of muscle development.

### **The most important thing people should know about working out?**

I feel like a lot of people believe that they can burn body fat and see results from strictly training cardiovascular training. Cardiovascular will condition and train your heart and lungs yet the individuals goals are usually to tone, build muscle and look good. Cardio exercise is one of the worst ways to burn fat compared to a custom, periodized strength training program.

When it comes to a strength program, the individual should understand that everyone is different from the next individual. A program from Mens Health magazine may not be the best program for you compared to seeing a trainer for a detailed program plan that would be more suitable to you. Everyone has imbalances and weaknesses that need to be addressed so picking up a magazine and following that program might not be the best answer for that individual.

### **What do you think of some of those extreme weight-loss T.V. shows and other related programs?**

A certain T.V. show comes to mind with this question. I really cannot watch this show because in the real world, one of the trainers would be fired by most of her clients for the way she talks (yells) to her clients. I myself am a pretty jacked up, high intensity trainer however, the trainer that tends to talk down to her clients and mind screws them into thinking they can do the exercises. I will never forget the episode that she had her client doing box jumps and the women physically could not get up on the box. Why would you put an obese client next to a box and ask her to perform a high impact (plyometric) box jump when she has no business jumping???

### **Do you believe in bootcamp training?**

Most Bootcamp training is great for business but not always the best for the client. Some training is better then nothing although some clients may not be ready for the high intensity training that bootcamps tend to consist of. I do believe that bootcamp or group training can be affective for the individuals when trained correctly.

I myself, love the high energy and motivation from my clients when training in a group setting. The client is having fun all while achieving their fitness goals. Proper assessments and fitness tests/protocols and screening should take place to make sure the individual will see results with this style of training.

### **Do you see yourself training in 5 years/ in what capacity?**

I see myself training in 5, 10 and maybe even 20 years while I am 50 years old. This is just something I love to do! I will be one of the top trainers around and my goal is to get my name and business globalized. I feel like I am working in the right direction to doing so.

My focus has been on my website, updating videos on the web and networking with the right people to help get my name out to those in need of training. I am working with other trainers on projects that will help my name as well as their name get out. I enjoy helping other trainers and I give positive criticism and I expect the same in return.

My purpose within the training industry is to help people achieve their fitness goals by keeping them injury free and helping them work out their weaknesses and imbalances.

I would also like to educate other trainers through teaching courses and/or lectures within sport specific and functional training.

### **Most annoying act displayed by trainers around you?**

What really gets to me is when trainers take their clients through compound exercises and or complex exercises that are way out of their league. For example, a simple exercise like a push-up may not be so simple for that individual when their core is weak and their back hyper extends. Corrective exercises should be addressed to get the core muscles (Transverse abdominals in this case) firing.

I also see too much bilateral exercises when we should be training more unilateral exercises as everyone has a stronger, more dominant limb compared to the other.

Most exercises are prescribed in a sagittal plane when we should be training the transverse plane because our body rotates and turns within the spine and the ball and socket joints of the hips and shoulders. Why would one always push or pull in a linear motion when we can move so freely?

Lets not forget about the exercise machine where the individual is sitting down? What sport and or daily movement requires you to sit and lift a heavy amount of weight (other then rowing or if you are confined to a wheel chair)?

The list goes on... hahaha

## **Do you believe it possible for an individual to achieve 'strength' without actually lifting weights?**

I do believe that you can gain strength from body weight training. With body weight, intensity and volume can be measured by increasing the reps or volume of sets/exercises in the strength routine. Also, an overweight client already may have resistance added to their body so this could be enough of a challenge when exercising. Also, progressions in exercise can help gain strength for example, the bi-lateral squat can progress to the split squat and then into lunges or step-ups. Eventually I lead my clients up to the single leg squat as this is the most intense "squat" that I have encountered.

## **Would you say that there is a difference between training men and woman?**

There is a difference in training men and women. Of course men have higher testosterone levels and women have higher estrogen levels. The structural anatomy of a man and women are different as men have a higher center of gravity with their center of mass being in their sternum. Therefore, men may have trouble with stability and balance so uni-lateral exercise is heavy in the prescription when I train men.

Women have a larger pelvis then men and therefore the Q angle of the femur or "knock knees" needs to be assessed and addressed within their training program. Females are at a higher risk of osteoporosis and 3x at risk of knee injuries due to the "knock knees". Single leg/uni-lateral training is also important for the female client to prevent knee injury by strengthening the vastus medialis and stabilizers of the glute (glute min. and med.). Also balance training is the best way to increase bone density and prevent osteoporosis.

## **What do you feel about training two people at a time?**

I love training couples or 2 people at the same time. I feel that they sometimes get better workouts as they feed off each other for motivation. There may be differences between the 2 of them based on their structural, gender, fitness level and imbalances and differences but it makes for a fun atmosphere. I guess some trainers would find it more challenging to train 2 people compared to 1 person however i would much rather prefer the challenge.

Here's a thought...I will try to set up a couple to film for my segment.

## **How do you stay above and beyond the rest?**

I enjoy learning everyday. I try and take at least an hour of my day to research fitness and health and stay above with the most cutting edge...

Also I practice what I preach. I am a trainer and I have hired trainers and coaches to train me in the past and I plan on hiring another trainer in the near future. Its a great way to get results and also learn from someone else. Also its hard to assess myself through postural and gait assessments so another set of eyes would help out.

Do you work in conjunction with any other professionals for the benefit of your client, is it done enough, do you think more trainers need to do the same?

I work with many other fitness professionals and yes, I highly recommend it to other trainers. I work and refer my clients to therapists, osteopath, chiro, massage and a nutritionist and dietician if needed because all of these people possess a knowledge and service that I cannot offer. I can give advice in their field however I cannot go outside my scope of practice.

## WORDS TO LIVE BY...

*"It's the Will of the man/woman. Not the Skill of the man/woman!"*