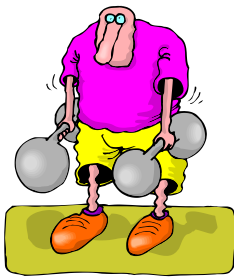




Training Myth #3 – When doing resistance training, isn't it better to target one muscle at a time?

The truth... Training the body in small segments is great for bodybuilding but unless you are planning on becoming the next Mr or Mrs Universe, this is not the most effective way to prepare your body for athletic movements or everyday actions.

Here's why... The body consists of hundreds of muscles and they are designed to work together! When muscles are activated to move, opposite muscles are automatically relaxed while others are recruited to stabilize and support surrounding joints. It's amazing! This allows for efficient and safe movement that should be mimicked when doing resistance training (free weights, tubing, cable, TRX, or body weight exercises).



Think about it...in real life and in sports the body moves in all different directions and planes. So why in your training, would you want to separate those movements? Doesn't make sense does it?

This is also why using resistance training machines at the gym is less effective than training using unsupported movements (like free weights, cables, tubing, TRX, etc). The machine only allows you to move in one plane therefore the supporting cast of muscles is not activated like it would be (and needs to be) in real life.

Think of a chest press machine at the gym – Your chest muscles will be activated as they are required to push the handles away from you but that's about it. Your core is not even forced to engage at all because you are sitting and fully supported by the machine. The chest press machine is a much simpler movement than, for example, a dumbbell bench press which also targets the chest muscles but forces the exerciser to stabilize the dumbbells to perform the movement by using other muscles in the arms, back, shoulders, and core - a much more effective way to train your body.

[Click here for information on how to get an updated and effective resistance training workout with a Personal Training Package from Surefire Fitness.](#)

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