

Buyers beware of cray z trainr XYZ

Price for the latest “insane-X” DVD fitness program you saw on TV, \$139.00. Price of Orthopedic, examinations, surgeries and/or treatments, hundreds to tens of thousands of dollars. Finding out you possibly have a permanent injury and that you ARE among the approximately 99.99% of people who are NOT tough enough to be a Navy Seal,.....worthless!

It now appears the latest trend in the world of fitness marketing is the “extreme” DVD workout program. The slick sales pitch promises a fast track to a smaller waist and defined abdominals. The programs will employ various combinations of high volume, high impact, high fatigue exercise routines. Key phrases will depict “new” discoveries about exercise and how this program puts these “discoveries” to work to get you in phenomenal condition in the shortest time possible even though the terms and discoveries that are presented as “new” are often concepts and terms that have been around for decades.

While I must admit some initial admiration for some of the marketing concepts of these programs, a good deal of caution should be taken if you are considering actually using or are currently using one of them.

If there is a positive side to any of the extreme workouts it is that there is a certain degree of structure that provides a framework of goals that the individual can dedicate themselves towards. There is usually an attempt to gradually increase the difficulty and intensity of the workout and provide a wide variety of exercises, all concepts that I like.

The unfortunate downside is the difficulty an individual will have in knowing if they are performing exercises correctly and in good form when experiencing high levels of fatigue. The inability of the individual to know when enough is enough can be a critical pitfall in a program where the mentality of crashing through barriers regardless of pain can become the order of the day.

The large number of extreme workout DVD'S, fitness boot-camps, and other extreme workout cults I believe will create a generation of “yo-yo” exercisers that will experience failures similar to what “yo-yo” dieters have subjected themselves to in the past. The extreme exercisers in time will experience the up and down cycle of high fitness levels interspersed with longer periods of burnout and injury. This situation can be avoided, however, if a basic diet and fitness program is employed and adhered to over a long period of time, the rapid results may not occur but like many worthwhile investments long-term thinking and planning is the surest way to long-term success.

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