



# PC Conditioning

Personal Training for all Levels

Newsletter

April 2008

"If you focus on results, you will never change. If you focus on change, you will get results."  
-Jack Dixon

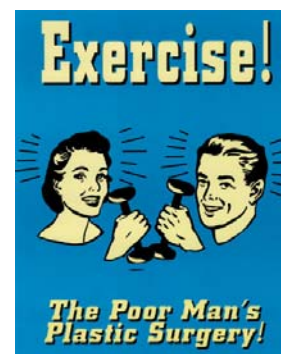
Dear readers-

Spring has officially arrived (even though it did snow for a couple hours the other day). Welcome to New England, right?!?! The Red Sox have begun their season—with more and more people betting their recently purchased furniture at Jordan's that the Sox will sweep again. More importantly, my Celtics remain the NBA's top team. It still seems surreal knowing this could be the year they win it all.



Since my last edition of the newsletter, I've finished working with the Reading Fire Dept. and have moved onto training a few members of their Police Department. The group seems quite motivated and I foresee the program being very successful with them. Whether it be clients I see on a regular basis or someone checking in with me from time to time, an individual's chances of meeting their goals essentially comes down to how dedicated they are. I can tell right off the bat if I think someone will succeed. That being said, good luck this spring to all those who are just getting back into it with their workout regimens. For those who have successfully been working hard all winter, here's to you.

-Paul J. Connolly, NSCA-CPT  
Founder: PC Conditioning  
<http://www.pcconditioning.com>  
[paul@pcconditioning.com](mailto:paul@pcconditioning.com)



## Exercise of the Month

### “Sleeper Stretch”

Internal rotation of the shoulder (“Glenohumeral”) joint is restricted in certain individuals. My favorite stretch for this—and one I perform regularly—is the “sleeper stretch.” As shown in the figure, lay on the side of the shoulder you want to stretch. Bend the elbow ninety degrees and bring that forearm toward the ground. Additional pressure can be applied by taking your free hand and pushing the back of the hand of the arm being stretched.

You should feel a stretching sensation in the back of your shoulder. Hold the stretch 15-30 seconds and repeat 3-5 times. Do not bounce during the stretch. If pain or pinching is felt in the front of the shoulder, discontinue the stretch until further evaluation is performed.



## Nutritional Choice of the Month

### “Black Beans”

Arguably the best plant-based source of protein and fiber, black beans are delicious with salads and in chili. The soluble fiber beans possess helps sweep away bad cholesterol (LDL), thereby improving one’s lipid profile. Black beans’ high fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an excellent choice for persons with diabetes and insulin resistance.



## Blog

I added a few nutrition posts this past month, so please take a few moments to check out my updated blog here: (<http://pcconditioning.blogspot.com>).

## Articles

Please click the following links to check out the interesting articles I've come across these last few weeks and let me know what you think:

<http://coreperformance.com/article.php?p=3&s=2&id=760>

<http://johnberardi.com/articles/nutrition/complete.htm>

<http://www.nsca-lift.org/Perform/articles/070105.pdf>

## Q & A

This month marks the second edition of my newsletter featuring questions I've received recently from clients, newsletter subscribers, friends, etc... Each edition, I'll pick one or two that will hopefully help out with your training & nutrition. Onto this month's question:

Q: Are there any ways to take my mind away from how difficult my cardio sessions feel? *-Mike: Boston, MA*

A: I'm sure some of you reading this are a lot like Sandy in that you dread the cardiovascular portion of your workout. There are several ways to reduce the perceived exertion of a workout. My favorite was the focus of my undergraduate research—using music to take your mind off how hard the exercise may seem. There's a reason nearly everyone's got their iPod on at the gym when they're on the treadmill, elliptical, etc... Additional methods include joining a group class and changing your mode of exercise.

Instead of performing your "cardio" workout on a boring machine where you're tempted to stare at the time, consider performing alternative (non-machine based) options. These can include jumping rope, playing pickup basketball, or even a circuit training approach with your resistance training. To perform the latter, pick 3 exercises (i.e. squats, push-ups, and chin-ups) and perform a set of each with minimal rest in between for a strength, enduring, heart-pumping circuit). Repeat for a few rounds and you'll not only improve muscular strength and endurance, but you'll induce heart rate effects similar to that of the traditional cardio you had been doing on that boring treadmill every day. Give it a try and let me know how you feel. I can tell you it's personally a nice change of pace.

Paul Connolly, President and Founder of PC Conditioning,  
is a National Strength and Conditioning Association Certified Personal  
Trainer (NSCA-CPT) based in Watertown, MA



### About the Author

Certified through the National Strength and Conditioning Association as a personal trainer (NSCA-CPT), Paul Connolly possesses a degree in Exercise Science with a background in anatomy & physiology, human performance, and nutrition. Founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pcconditioning.com>), he has contributed to local and national media publications as a featured health and wellness columnist. Paul is an advocate of strength training for all ages and enjoys working with fitness enthusiasts of all levels. His diverse clientele includes high school and collegiate athletes, stay-at-home Moms, corporate 9-5ers, brides-to be, and seniors. Paul is available by appointment only and can be reached via e-mail at [paul@pcconditioning.com](mailto:paul@pcconditioning.com)

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