



# PC Conditioning

Personal Training for all Levels

Newsletter

January/February  
2008

*"The man who does not take pride in his own performance performs nothing in which to take pride."*

*Thomas J. Watson*

Dear readers-

Let me start out by wishing you all a belated Happy New Year. 2008 had already started off quite well for me as I've got a lot on my plate and am in the middle of launching a few new exercise programs throughout the state. Details will follow on my blog so stay tuned.

As you may have noticed, this installment of my newsletter is a 2-month edition. It's jam-packed full of information and hopefully you'll enjoy it. I've got a new section where I'll be answering reader questions so feel free to shoot me an email and maybe I'll feature your question in a future newsletter.

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

## Exercise of the Month

### "Chin-ups"

Like the featured exercise from December, 2007 (Push-ups), the featured exercise for this edition is one that is called a "bodyweight exercise." In other words, the resistance utilized is one's own body weight. I love this exercise as it can induce incredible gains in relative strength and if performed correctly, can improve the health of the rotator cuff musculature. I also like it, and have essentially all of my clients perform a version of it, as it targets a broad range of muscles collectively. Simply put, muscles are meant to work in groups and not particularly in isolation. That being said, the muscles recruited during chin-ups include the following: lats, biceps, teres major, and lower trapezius.

Not to be confused with the more challenging and different-oriented grip "pull ups," chin-ups are performed as follows:

- Place hands in a "supinated" (palms facing you) position at



© 2006 PC Conditioning.com All Rights Reserved.

Personal Training • Watertown, MA and the Greater Boston Area

should-width distance

- From a hang position, pull your body upright high enough so your chin is above the level of your hands
- Inhale as you lower your body (descend) and exhale as you raise your body (ascend)
- 2-3 sets of 6-12 repetitions are an ideal start



Now if it were only that easy, right?!?! Most of you reading this probably can't do one chin-up. At least the folks I regularly see at the gym I frequent near my house can't. Thankfully there's a solution to this dilemma:

**1. Super Bands-** Distributed by Perform Better, Super Bands are used to facilitate chin-ups by providing an elastic-like motion that will assist in the chin-ups. The idea is to use thinner bands as you get stronger so you are performing more of the work as your training sessions progress. Click here to check out the Super Bands:

[http://www.performbetter.com/detail.aspx\\_Q\\_ID\\_E\\_3889\\_A\\_CategoryID\\_E\\_358](http://www.performbetter.com/detail.aspx_Q_ID_E_3889_A_CategoryID_E_358)

A better alternative to lat pulldowns, chin-ups recruit core muscles more since you aren't sitting. Give them a shot and let me know how you do. I think it's a safe bet that very few people at your gym can do them so why don't you be the one who shows them the way to a stronger back and healthier shoulders- I did.

## Nutritional Choice of the Month

### "Kale"

Often considered a winter green, kale is a leafy green vegetable that is actually a form of cabbage. The most important growing areas lie in central and northern Europe and North America. Kale grows more rarely in tropical areas as it prefers cooler climates. While green veggies like spinach have a reputation for possessing powerful anti-oxidants, kale technically ranks highest amongst its leafy green counterparts. In fact, the USDA using an oxygen radical absorbance capacity (ORAC) scale and kale ranks #1 of all vegetables. Maybe Popeye should've chosen kale after all!

The Boston Globe recently ran a piece in its Food section and kale was one of the featured foods. Check out the story here:

[http://www.boston.com/lifestyle/food/articles/2008/01/02/hardy\\_greens\\_help\\_make\\_a\\_hearty\\_meal/](http://www.boston.com/lifestyle/food/articles/2008/01/02/hardy_greens_help_make_a_hearty_meal/)



## Blog

Numerous entries have been posted since my last newsletter was released, including several nutrition-related items. Check out my updated blog here: (<http://pcconditioning.blogspot.com>).

## Articles

I took sometime these last couple weeks to review some articles I've saved over the years and wanted to share a couple with you. I find this to be a critical time of the year to review nutrition basics so you'll note the nutrition themes throughout the articles. Please click the following links to check out the articles and let me know what you think:

<http://coreperformance.com/article.php?p=2&s=1&atID=2&id=647>

[http://www.foodnetwork.com/food/If\\_hl\\_nutritional\\_all-stars/0,3100,FOOD\\_27396,00.html](http://www.foodnetwork.com/food/If_hl_nutritional_all-stars/0,3100,FOOD_27396,00.html)

<http://coreperformance.com/article.php?p=2&s=1&atID=2&id=635>

## Q&A

This month marks the first 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: Is it better to do my workout in the morning before I go to work to get it out of the way, immediately after work, or at night after dinner has digested and I have a little down time?

*-Tom: Boston, MA*

A: Tom, I suggest you performing your workout when you have the most energy. For some, this is very early in the morning before work, while others prefer working out at night. There is no "magic" time where you're gonna burn more fat or calories (no, cardio is not a smart idea on an empty stomach despite what some of the horrid magazines are telling you).

-Paul Connolly

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 possesses a degree in Exercise Science with a background in anatomy & physiology, human performance, and nutrition. He has been involved in the fitness industry since 2003 and has contributed to local and national media publications as a featured health and wellness columnist. The founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pcconditioning.com>), 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's passion for fitness has led him to engage his clients in all major components of fitness including cardiovascular conditioning, nutrition, strength training, and flexibility. Adult AED and CPR-certified, Paul is available by appointment only. He can be reached via e-mail at [paul@pcconditioning.com](mailto:paul@pcconditioning.com) or telephone at 617-834-1502.

**Important Disclaimer:** The information contained within this document is not intended or implied to be a substitute for professional medical advice and is not intended for medical diagnosis or treatment. The intention of this article is for the sole purpose of disseminating fitness information. We recommend that you always request the advice of your physician or other qualified health care provider before starting any new fitness program or with any questions you may have regarding your health or any medical condition.

*\*You have received this newsletter as you are currently part of an opt-in email subscription. Please click "Reply" and type "Unsubscribe" in the body of your reply email message if you no longer wish to continue receiving monthly updates from **PC Conditioning**. Thank you\**