



# PC Conditioning

Personal Training for all Levels

Newsletter

November 2009

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

- John Wooden



Dear readers-

Thanks for checking out the November edition of my newsletter. Thank you so much for the wonderful feedback I received from last month's edition. I got a lot of nice comments on the interview I did with Coach Darcy Gould. If you missed it, check it out again here (<http://pcconditioning.com/newsletters/2009Oct.pdf>). This month, I'm continuing the "BU theme" as I interviewed Boston University Head Coach of Strength & Conditioning, Glenn Harris.

As I've mentioned countless times in the past, I spent the spring of 2007 interning in the Varsity Weight Room @ BU. I've had the privilege of conducting my own workouts there ever since and am fortunate to be able to pick the brains of the talented staff there on a regular basis. In addition, I make it a point to attend many of the basketball games there. They have a new fan on board this season (see pic of my wonderful nephew above getting ready for the upcoming season). Good luck to the Terriers this season and good luck to all of you with your respective training programs.

To your health,

-PC

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Personal Training • Watertown, MA and the Greater Boston Area

## Featured Interview

Dear Readers-

The January, 2009 edition of my PC Conditioning newsletter featured an interview with the head coach of Strength & Conditioning, Glenn Harris. If you missed it, you can still check it out here:

<http://pcconditioning.com/newsletters/2009Jan.pdf>. I talked to Coach Harris a couple weeks ago and asked him if I could ask him a few follow-up questions for this edition. He agreed and was also kind enough to run through a workout with me (see pics).



PC: Can you fill us in as to how things are currently going @ BU?

**GH:** Things are going well. The teams are in full swing and training hard. The fall sports are gearing up for their tournaments soon and the winter sports are beginning their seasons. The spring sports are beginning their off-season training.

PC: What teams are prepping for the winter season?

**GH:** Basketball, Track, Wrestling, Ice Hockey, Swimming and Diving are the sports during the winter. Some of them have already started their competitive seasons. They have all been training since the beginning of the school year.



PC: How are their sessions going?

**GH:** They have been working hard.

PC: Any predictions for some of BU's winter sports?

GH: Everyone will compete hard.

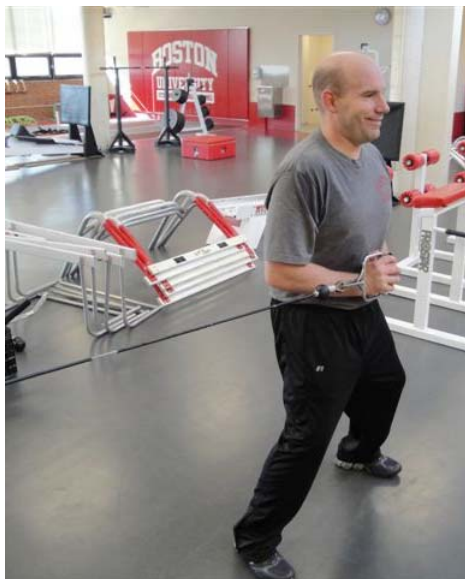


PC: Any major changes for the 2009-2010 year @ BU as far as athletics go you'd like to share?

GH: No

PC: Since we last spoke, what projects have you been working on?

GH: I have been busy at BU and also I have been busy with my business Game Fit Performance Training, LLC. It is a strength and conditioning business geared towards training active individuals of all abilities from weekend warrior to professional athletes. I have also released my first strength and conditioning training manual for women's lacrosse.





PC: Can you give us some insight on what training modalities you've found to be the most successful during your career @ BU?

GH: Using free weights. When you train with free weights, exercises can become functional when compared to other modalities that are fixed in one plane of movement.

PC: Overrated exercises?

GH: I hate to say it but I think the Kettlebells are becoming overrated. I like the kettlebell, but it seems like every time you see someone in the strength and conditioning business, they're pushing kettlebell training. Then you have these young professionals that think the only way to get stronger is through kettlebell training.



PC: I agree to an extent about kettlebell training. I think too many people thought they were the panacea. In addition, they're different than dumbbells so a lot of people thought they'd be better since they were new. And how about the most underrated exercise(s)?

GH: Trap bar Dead lift.

PC: You know that's my favorite exercise Coach. Nice answer! What's the best article you've read lately?

GH: I read a lot of articles during the week so it would be hard to select just one that I would say is the best.

PC: Best book you've read in 2009?

GH: "Never Let Go" by Dan John



PC: As a veteran in this field, what are the biggest training mistakes NCAA athletes make?

GH: I get frustrated when I see a program with too much volume in it. I think that people/athletes/coaches forget that everything creates volume. From practice to the weight room, there is only so much volume that the body can handle. It is important to be aware of the volume in order to prevent overtraining.



PC: Same question as above, but nutrition mistakes?

GH: I think people don't realize that everything you put in your body counts. A nice healthy breakfast counts...a late night pizza counts too. Both meals and everything in between will have an effect on how your body performs. I tell athletes that they have to treat their bodies as if they were a high performance car. If you have a high performance car, you're going to want to put in some high octane gas.

PC: Best advice for athletes

GH: Be accountable for what you do.



PC: Coach, I know outside of your BU duties, you also have a web site and blog like me. Can you tell my readers where they can find your blog and web sites?

GH: Sure Paul. The URLs are as follows:

- Blog: <http://gamefitperformance.blogspot.com>
- Web Site: <http://gamefitperformance.com>

PC: Thanks for taking time out of your super busy schedule to chat. I enjoy picking the brains of you and your staff all the time. It's also a luxury that you allow me to work out in your facility around all these talented athletes and hard-working staff. I love that your entire staff practices what they preach. It's awesome training alongside them each week.

GH: I'm glad we could chat PC.



## Exercise Tip of the Month

### “Focus on the Weak Links”

I love sitting down with clients for the first time and gathering initial verbal feedback to assess their health history, outline goals, etc... In addition, taking them through their first few workouts is always an interesting process as many simple movements display some of their weaknesses. Whether it's one limb weaker than another, or one joint less mobile than another, the first few sessions reveal a lot.

One strong piece of advice I bestow on clients is to focus on their “weak links.” That is, determine what areas need the most work and channel your energy there. Personally, I focus on low back strength, hip mobility, and right glenohumeral (shoulder) stability. A lunge, squat, or even picking up a pencil off the ground exposes an individual's weakness. Work on that weak link and the whole chain strengthens!



## Nutritional Tip of the Month

### “The Clean 12”

“Going organic” can be an expensive decision. Don't waste your time purchasing certain organic offerings as they have very low levels of pesticides. I've written in the past about foods you should consider “going organic” with <http://pcconditioning.blogspot.com/2009/09/dirty-dozen.html>. The following is a list of items where “going organic” isn't completely necessary:

- Onions
- Avocado
- Sweet Corn (frozen)
- Pineapples
- Mango
- Asparagus
- Sweet Peas (frozen)
- Kiwi Fruit
- Bananas
- Cabbage
- Broccoli
- Papaya



## Blog

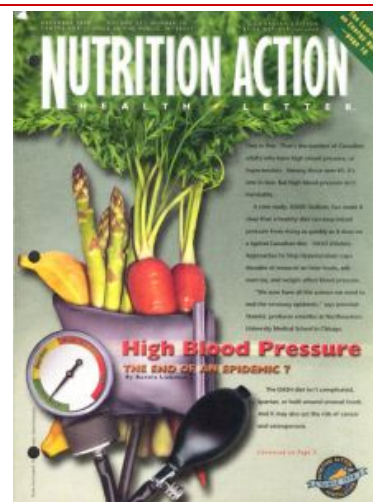
My blog continues to be the part of my web site and newsletter I get the most feedback on. Make sure to go back and check out past entries to get caught up. The direct link for my updated blog is found here: <http://pcconditioning.blogspot.com>.

## Product Recommendation of the Month

Of everything that comes across my desk each month, there's honestly nothing more I enjoy reading than Nutrition Action Health Letter. I enjoy Precision Nutrition's manual, but as far as an easy-to-follow read, nothing sparks my interest more than this publication. It contains up-to-date information, delicious recipes, and objective feedback from the nation's greatest nutritionists. It is also the largest-circulation health newsletter in North America, providing reliable information on nutrition and health.

At a measly \$10/year for a subscription, Nutrition Action Health Letter can be found here:

<http://www.cspinet.org/>



## Web links / Recommended Reading

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://www.nytimes.com/2009/09/03/health/nutrition/03fitness.html?\\_r=1&ref=nutrition](http://www.nytimes.com/2009/09/03/health/nutrition/03fitness.html?_r=1&ref=nutrition)

"No, The Treadmill Isn't Also A Shoe Buffer" - The NY Times continues to publish some very interesting fitness articles.

<http://mariespano.blogspot.com/2009/09/can-women-bulk-up-from-weight-lifting.html>

"Can Women Bulk Up From Weightlifting?"

<http://ericcressey.com/exercise-of-the-week-push-ups>

"Push-ups" - My colleague Eric Cressey discusses the correct form of one of my favorite exercises - push-ups. I find them very challenging to teach and am constantly use this as a resource.

<http://ericcressey.com/exercise-of-the-week-wall-ankle-mobilization>

"Ankle Mobility" - I include this movement as part of my warm-up a few days/week before playing basketball and I find it's helped my ankles quite a bit.

## Q&A

Topic: "Which machine burns more calories?"

Q: I like to use the elliptical machine at the gym, but I've read running a treadmill burns more calories. Should I make the switch?"

A: I've never been one to say that one machine is "better" than another, particularly as far as caloric expenditure goes. Honestly, my answer would depend on your situation. I was never a huge fan of treadmill running, particularly with obese clients or those who can't tolerate the impact of the treadmill. Long story short: do what you enjoy and keep working hard. Don't fret over one machine burning more calories. Instead, focus on proper nutrition if weight loss is a goal.





\*If you've got a question, feel free to email me at the following: [paulconnolly123@gmail.com](mailto:paulconnolly123@gmail.com).  
Who knows- you may see your question published in a future newsletter!\*

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 from UMASS-Boston where he graduated Magna Cum Laude. Holding 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 [paulconnolly123@gmail.com](mailto:paulconnolly123@gmail.com).

"Understanding the fundamental concepts of exercise and optimizing daily function are key concepts in the training programs I outline for my clients. Injury prevention, improving self-confidence, and heightening one's knowledge of physical fitness through consistent hard work and dedication are all integral components of the approach I take with my clients. I see many people making similar mistakes in their conditioning programs and I make it a point to correct these areas. I demand 100% effort from my clients and make it a point to consistently educate them about the necessary lifestyle modifications required to achieve their respective goals."

**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.