REPS Components to Fitness

1. Kinetic Chain; Movement

Kinetic chain is an engineering concept used to describe human movement. The idea behind the kinetic chain is that every part of your body, including muscles, joints and nerves, must work together to produce movements. The five kinetic chain checkpoints are **Feet and ankles, knees, Lumbo-pelvic hip complex, shoulders, and Cervical Spine.** Overtime, predictable patterns of muscle imbalance occur, where some muscles become shortened/overactive and others become lengthened/underactive. Through a series of corrective exercises, these imbalances along the kinetic chain can be significantly improved. We focus on developing strength through dynamic movement patterns, core exercises and weight training.

2. Cardiovascular

Developing the heart; like all other muscles, is vital to any full body exercise program. Interval training, long slow distance (LSD), rowing, HIIT classes, cycling are examples of what we have to offer. Incorporating this type training will develop the heart muscle, burn body fat, help increase the strength of your lungs, improve endurance.

3. Nutrition

Proper nutrition can reduce the risk of heart disease, diabetes, stroke, some cancers, and osteoporosis. Another benefit is lowering blood pressure, high cholesterol, and ability to recover from illness or injury faster. Increase your energy level and overall skin and heart health. When you eat right, you are more likely to feel right. The importance of good nutrition for you and your loved ones cannot be over emphasized. We want to help you make wise food choices, and find foods that are not only convenient but smell good, taste good, and help you feel good.

4. Regeneration

Building recovery time into any training program is VITAL. This is the time that the body adapts to the stress of exercise and the real training effect takes place. Recovery allows the body to replenish energy stores and repair damaged tissues. Techniques include hydration, nutrition, posture, yoga, Pilates, heat, ice, stretching, self-myofascial release, stress management, compression, and time spent standing versus sitting versus lying down. Recovery is multifaceted and encompasses more than just muscle repair. Recovery involves chemical and hormonal balance, nervous system repair and mental state.

Name _____ Date _____ Age _____ Height _____

	STATS	DATE	DATE	STATS	DATE	STATS	DATE	STATS
WEIGHT								
BF%								

Measurements

CHEST								
SHOULDERS L/R								
BICEP L/R								
BELLY @ BB								
HIPS								
THIGH L/R								
CALF L/R								
OTHER								