

# Outside the Box

by Rob Bush 04\_03\_06

As a fitness enthusiast, I am continually looking for additional ways to help improve my overall health and wellness. This is especially important to me as I get older and strive to maintain my youthfulness. I, like many, have found that it is quite easy to allow yourself to become "stagnant" within a training routine. Common sense should tell you the reason behind this is the fact that most of us have been conditioned through the years into believing that there are only certain ways to train or exercise. For example:

If an individual wants big muscles, they simply must body build. If they want to get strong, they must power lift. And if weight loss and fat reducing is the goal, they must try endless combinations of dieting and do hours of cardio training on a treadmill. These are very general statements, but for the average person with a desire to improve their overall health, they can probably put themselves into one of these categories. I am constantly amazed when I go into the gym and see the same people doing the same routines day after day, month after month with really only minimal results to show for their efforts. It is a sad state of affairs. People in general seem to think they know what they are doing, when in fact they are limiting themselves from achieving a well rounded and balanced fitness level. We as a society are sold on a particular body image and told if you do not strive to look like a certain model or athlete, then you are not doing it right. I, myself, used to be one of those people. I was always looking to the mainstream health magazines for guidance on how to just be better. Whether it was a new chest routine or the latest fad supplement, I was the first one to go out and try it. Now don't get me wrong, any kind of training protocol can benefit you depending on how consistent you are with it. You will get out of your training what you put into it. However, if you are only focusing on your strong points and not truly addressing your weaknesses, then you are seriously limiting yourself from attaining a well rounded level of fitness. The key to doing this is by learning to think "outside the box."

As a certified Renegade trainer, it is my job to help guide you through this process. Renegade training is not for the faint of heart, but for those who honestly and truly want to be the absolute best they can be, not only in training and fitness, but in all of life. It is not easy. Nothing worth having ever is. People tend to only do the things that they are comfortable and secure doing. Their motions become repetitive and mindless.

Training becomes a chore to them, when in fact it should be fun and something to look forward to each day. Exercise and a proper diet are meant to be part of your lifestyle and not simply something you have to do because this person or article says, "you should do this!" It takes an open mind and willingness to forget what you already know and start over with a clean slate toward learning and understanding. The benefits of the Renegade lifestyle are time tested and literally speak for themselves. So, with that being said, let's begin to see what it is all about and start to lay the groundwork in developing a foundation based off of Renegade philosophies.

First and foremost is establishing what your goal is. If your overall goal is not to have a balanced and complete fitness level with a healthy lifestyle, then please stop reading and go back to doing what you normally do. Don't waste your time reading

this if you don't want to be the best you can be. Now that you understand where I am coming from, you can now begin to determine what your goals are within renegade training. To help you in doing this, I wish to describe for you the most important concepts from within Renegade training. These concepts are vital to comprehend and will help you know why you do what you do. Let's take a look at them.

First, you must understand that you need balance in your training protocols. To help you in doing this, I want to share with you what is known as the Renegade Wheel of Conditioning. (Please note the diagram so you can visually see what I am talking about.) Within this wheel, you will find the necessary principles toward putting together a balanced training program. They are as follows:



-work threshold: (General Physical Preparation, the foundation to developing endurance and preparing you for all other training)

-strength : (There are many forms of strength and each deserves proper attention)

-range of motion (static): (Controlled stretching movements, with deep breathing to help relieve tension from the body)

-range of motion (dynamic): (Movements within performance that work with hip, shoulder, and spinal rotation)

-agility & linear speed: (Quick reactions and ability to move in a hurry)

-sport specific skill (this applies whether you are a competitive athlete or not, improve your game)

At the center of the Wheel of Conditioning will be your DRIVE, DETERMINATION & DEDICATION. Without this, failure is a given. Remember, you need to understand these principles are extremely important toward achieving a balanced fitness level.

You must develop an "I can and I will" attitude for success. It is my goal to help you understand how each spoke in the wheel goes hand in hand with one another so

you will be able to have balance throughout your training. In the next few articles, I want to begin to break this down for you and show you specifically how each applies and what types of exercises/movements you can begin doing to address developing a balanced fitness level.

(All references to Renegade Training Concepts are from the manual titled, "The Mark of R" by Renegade founder and director John Davies)

ROB BUSH  
Pittsburgh, PA | rtrain@yahoo.com

Rob began training back in the early 80's being drawn to working out by some of the bodybuilding's great names. He is a fitness enthusiast who raced amateur motocross for 3 years in the late 80s. Rob dove into power lifting back the mid 90's and plans to begin recruiting clients to personal train R-Style in the Macon area. Rob is also a well accomplished trumpet player who has performed in various ensembles through the years from grade school thru college and beyond. He studied privately for 6 years. Fitness-wise, Rob has worked in several training centers over the years.