

Training Philosophy Statement

Jeff Aker MEd. CSCS

In training I believe in respecting traditional fitness programming and embracing the variability (as well as the fun!) that can occur within a training session. Each movement, set and repetition are decisions with best interests in mind and for that reason I prefer to stick to these coaching parameters.

Rhythm

To be able to find that learning sweet spot within coaching exercise where ability can match the ambition. Where muscles felt corroborates with movements observed and there is a mutual understanding the desired outcome of a given exercise and the training environment it is under.

Relevance

An ongoing question surrounding fitness training decision making. Each warmup strategy, coaching cue, modification. How can it best fit the physical demands in the gym and any subsequent desired athletic, occupational, health related goal outside of it?

Rationale

A mutual understanding as to why we've made the decisions we've made within a Training setting. Rhythm and relevance tend to provide the rationale.

Repetition

Exercise like any skill is acquired through deliberate practice. Let's have some fun while putting in the reps.

Reference

To move ahead is to sometimes look back. While we progress can we look back at relevant movement success to consolidate coaching language and curb potential learning curves?

Rapport

All the above can work in theory but that much sweeter when its enjoyed. A vital competency of any Personal Trainer to remain curious, culturally adept, ask open ended questions and get to know who you are and what you're about.