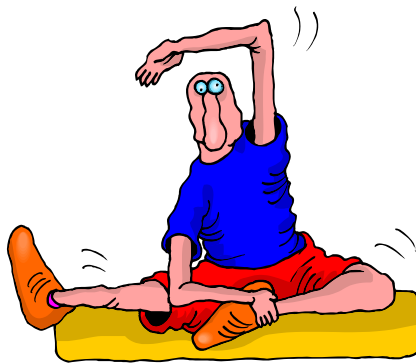




Training Myth #5 – I saw this great workout in a fitness magazine and I don't really know what to do at the gym so I guess I should follow that workout.

The truth... You are risking injury and likely to get minimal results if you are following a workout that is not designed specifically for you by a certified health and fitness professional.

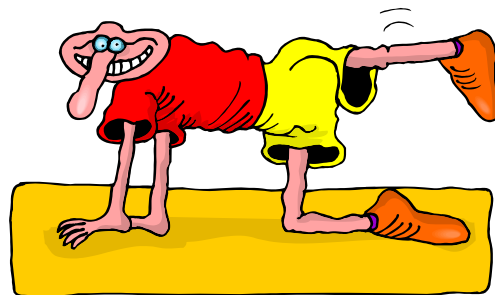
Here's why... Would you go to the pharmacy and ingest someone else's prescription medication?



Effective workouts, just like prescription meds, are personalized. Good training programs are dependent on the client's individual fitness goals, activity history, current state of health, past and present injuries, and biomechanical function.

While some exercises prescribed in web-based programs or seen in magazine articles may be beneficial, others may cause more harm than good. A classic example is the 'abdominal crunch' which for most people just worsens poor posture yet is frequently shown in fitness magazines as a great way to work the core muscles.

Having a Certified Personal Trainer create your workout with your input is a much safer and more effective way to get healthier. A trainer will be able to assess your functional fitness (how your body works) and prescribe exercises in a progressive manner in order to help you achieve your fitness goals. Furthermore, a trainer will be able to monitor your technique to ensure you are performing the exercises correctly and keep track of your progress to ensure that you are always improving.



While it may be tempting to do the latest trendy workout found on the magazine rack, think again before you jump into a program that was not created just for you.

[Click here for more information on Surefire Fitness Personal Training Programs.](#)

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