

Exercise

your *eccentric* genius™

THE
OFF↔CENTER SECRET
TO
SMARTER FITNESS
FOR
EVERY BODY

BOOK ONE:

STRENGTH

STAMINA

STRETCHING

SUSTENANCE

Revolutionize Your Fitness Paradigm

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Exercise Your Eccentric Genius in Strength – Third Edition
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Intro**Doughtion** to...

...your exercise in futility. Regardless of whether you work out at home or alongside the other 43 million-ish health club members in the United States, exercise is routinely futile. If not a *complete* waste, conventional fitness programs are, at the *very least*, guilty of seriously exhausting your most precious commodities, time and energy. To make matters worse, the deterioration of physical and fiscal are often synergistically looped. Spending hard-earned pay with hardly any payoff fuels the \$50 billion *fit-less* fitness fable. Spending continues, for better or worse, on compromised programs and the latest cons promised.

Only because I actually hold the solutions to your resolutions am I able to continue questioning the very industry that I have dedicated more than half my life to crusading. Twenty years of training thousands of clients has reinforced for me the fact that we are a nation suffering from misinformation overload. Let me fan the flame with some of my favorite provable truths. Yes, in my humble yet accurate and substantiatable opinion, the following statements are *true*:

- Flexibility is the *least* important component of fitness.
- Dieting is one of the *primary* causes of obesity in America.
- Losing weight actually *decreases* your body's metabolic rate.
- The activity which burns the highest percentage of fat is *sleep*.
- The "Cardio Zone" burns *more* fat than the "Fat-Burning Zone."
- Stretching is a *very dangerous* form of warming up before exercise.
- To gain muscle, you should *stop* lifting weights and work out *less* often.
- Increasing aerobic exercise is associated with a *decrease* in metabolic rate.
- Heart rate is, for many individuals, one of the *worst* indicators of exercise intensity.
- High protein diets are often the *cause* of many of the major health-related problems in America.
- *Gaining* weight initially is a very important indication that your exercise program is working as planned.
- Aerobic exercise classes are much *less* aerobic than other aerobic activities performed at a similar heart rate.

- Moving slowly and safely throughout the motion of an exercise actually produces *more force* within the muscle.
- Abdominal exercises *do not* preferentially burn fat off the abdominal region; in fact, training the glutes and the thighs does more to burn fat off the mid-section than any other exercise.
- Swimming, a popular activity among overweight populations, is possibly the *least effective* form of exercise for fat loss and is probably often responsible for an increase in body fat.
- Performing exercises on *core-stability* balls cannot only *decrease* strength by as much as 40% in some exercises, but has also been shown to actually *decrease* the activation of certain core muscles.

Backwards thinking forces many to live in the misinformation age. People don't know what to believe because they don't know whom to believe. Believe me, to earn your trust, I will do my best to back up *the how* with "*the wise.*" *Your Eccentric Genius*, though unconventional, is firmly founded in the physiology of fitness, endorsing fresh, time-efficient, and results-oriented principles of health enhancement, which will hopefully create a true paradigmatic revolution in the wellness community.

I look forward to providing you with *all* of the smart and simple solutions necessary to make it worth working in working out. I know you're busy – I am too. I understand. Unless you *really* love to exercise, it really needs to be performed *on purpose* to even begin to justify the amount of time invested. I have other things to do and I'm sure you do too. Spending time working out is much more sane when you know you will not exercise in vain.

Your Eccentric Genius is the smartest solution, not for those who *need* to work out because they *want* to work out, but for those of us who *want* to work out because we *need* to work out. If you know you need to do it, now there's a way to get it done. Your exercise in futility will soon be replaced with *Eccentrics* in utility.

And I am looking forward to leading you through the process, hopefully helping you to make some sense out of your body's own innate and eccentric genius.

Your Eccentric Trainer,

Doug

Common Dumbbell

Throughout this book, each topic will be summarized with a nugget or two of workout wisdom, helping you to avoid working out like a *Common Dumbbell*.

Huh?

The common approach to exercise often means being surrounded by dumbbells.

Eccentric Genius

With each subject and synopsis depicting the intrinsic intellect of your body, you will become even more eager to *Exercise Your Eccentric Genius*.

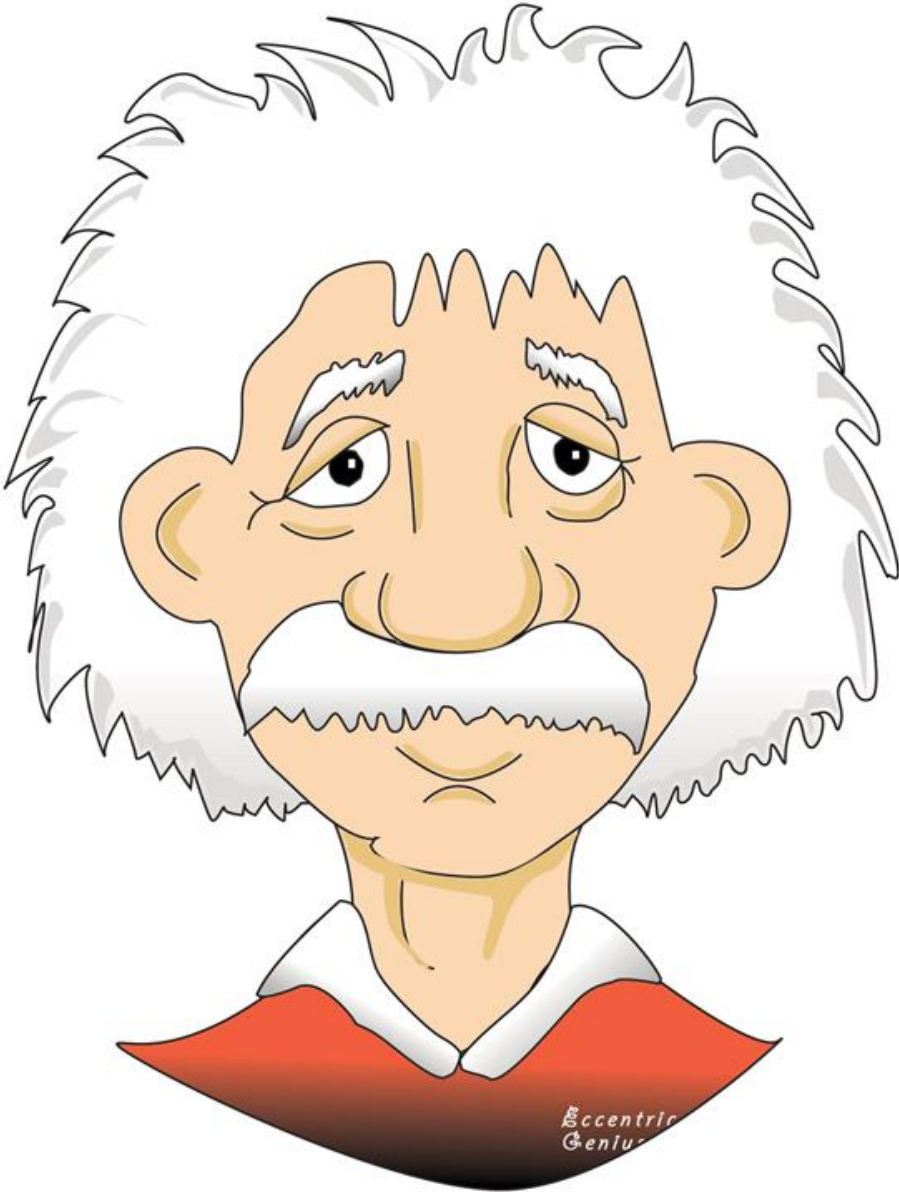
Pardon?

In short, these synopses are the speedy solution to smart and simple fitness.

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Exercise Your Eccentric Genius



Your Eccentric Genius

Part I

Every book about fitness basically says the same thing. It's the best. It's the fastest. It's the safest. It's the most fun. *Your Eccentric Genius* goes one step further – it's the only. I am not over-exaggerating when I state that *Your Eccentric Genius* is the *one and only* secret of success for transforming every person for every purpose. It works your body the way your body works – and it is absolutely amazing! So, before anything else, let's discover Your Eccentric Genius. 😊

Common Dumbbell

Extra activity does not necessarily qualify as active exercise. When it comes to fitness fads and fables, popular doesn't mean productive. Fun doesn't always fit.

Huh?

Though exercise is always activity, activity is not always exercise. Put first things first.

Eccentric Genius

Your Eccentric Genius is the single best form of exercise for each person and every population. Your body knows best, so work out how your body works.

Pardon?

Eccentrics is the single best form of exercise for each person, program, and problem.

Your Eccentric Genius...

- is ideal for *any age, gender, or fitness level*.
- is the best system for *gaining muscle and/or losing fat*.
- allows you to *eat as much as you want* as often as you can.
- is most valuable for *beginners* and invaluable for the *advanced*.
- produces the *most force* in the muscles while *feeling 40% easier*.
- is designed to meet you where you are and get you where you want to go with a *simple and straightforward* system.
- *raises the metabolism higher* and *improves flexibility faster* than any other form of exercise – literally *within seconds*.
- is one of the best forms of *rehabilitation and physical therapy* and the preeminent approach to training *Olympic-level competitive athletes*.
- provides a structured program for you to follow – or not! Either follow the *specific program* or only follow *general principles*. It doesn't matter and you still get results.
- is scientifically-proven as possibly the most effective form of exercise for *heart disease, osteoporosis, chronic obstructive pulmonary disease, asthma, and cancer* – all at once!
- can be *easily incorporated into whatever* form of activity you are currently performing for exercise. *Or you can completely overhaul your program*, or lack of program, and begin anew.
- takes exactly as much time as you are willing to invest in yourself – though *less time is usually much better*. The average actual training time for *Eccentrics'* unique *Super 7 System in Strength* is 7 minutes per workout, as infrequently as once every 7 days. *The more often you exercise, the less you have to exercise*.

Common Dumbbell

Chasing your tail, or sitting on it, is no way to work your way out of the exercise maze.

Huh?

If you don't know where you're going before you start, you'll probably end up somewhere else.

Eccentric Genius

Structure dictates function. How your body is made determines how your body should move.

Pardon?

Regardless of our respective conditions or positions, we are all moving in the same way.

What really is Your Eccentric Genius?

And how can such a simple concept be scientifically proven as the best system of fitness for everybody and every body, including me and mine?

I don't know. It's beyond me. I mean, yes, I can explain it – probably in ten times the detail that you'll ever want to hear, let alone wish to absorb. But it still amazes even *me* that such a simple idea can be responsible for such a rapid and radically positive transformation in our level of health and fitness. I guess the only explanation is that *Your Eccentric Genius* (and the system of *Eccentrics*, for short) examines exercise from the inside out. It goes back to square one, looking *inside* the body, how it works, and then working out accordingly.

Eccentrics is exercise by design – as intended – *on purpose*. *Eccentrics* is the gift of fitness and I'm humbled that it's been given to me. And I can't wait to share it.

I don't mind saying that my professional life has often seemed like an exercise in futility. At 40-gulp-plus, I have now been formally studying the physiology of exercise and the psychology of exercisers for over half my life. As a *lab rat*, I've worked my tail off at prominent universities, learning about the most efficient and productive techniques for improving health and fitness. As the owner of one of the largest fitness centers in Connecticut, I've also studied my share of *gym rats*, watching them chase their own tails as they try to achieve their goals with ineffective principles and programs.

And then there is *you* – probably looking for the best place to start your own maze to better fitness or, more importantly, how to successfully work your way out.

With *Eccentrics*, it really doesn't matter who you are, where you are starting, or where you are headed. The principles apply to everybody and every body. You and I are made the same way and it's what's on the *inside* that counts. Structure dictates function. How you are made determines how you should move. By design, *Your Eccentric Genius* is the best system of exercise for both of us – for all of us.

So, don't skip ahead to the exercises – that's the easy part. Instead, settle in, spend a few minutes curled up with a good book ☺, and let's *think* this thing through.

Common Dumbbell

Conventional exercise is often hopeless,
since you work out according to
the design of your program.

Huh?

Don't assume exercise is effective just because it looks good, sounds good, or even feels good.

Eccentric Genius

Unconventional *Eccentrics* is
always flawless, since you work out
according to the design of your body.

Pardon?

What is the best initial introduction to worthwhile exercise? "How do you do?" And then do it.

Though I can, and soon will, explain *Eccentrics* in more detailed detail, it is only to justify the incredible scientific facts. And they *are* plentiful. If you can show me any single system of exercise that even comes close to matching the provable claims of *Your Eccentric Genius*, I'll stop writing immediately. After all, I'm not writing this for *my* health – but for yours.

And though most other programs' promises are downright ludicrous, completely falling apart under scrutiny, *Eccentrics*' declarations become synergistically stronger. Each and every individual benefit of *Eccentrics* supports the next.

No longer do you have to sacrifice one component of fitness for the improvement of another. It all works *together* because it is how your body works. From this point on, you're inspecting an unconventional perspective, where exercise sans *Eccentrics* is a complete waste of time.

Somewhere in the pages to follow, you'll begin to accept the inherent genius of *Eccentrics*. I guarantee it. And though I've been shouting these principles from *my* rooftop for over 20 years, and often wished I had a taller building and a louder voice, please listen closely; secrets are often only heard in a whisper. Don't allow earth-shattering straightforward principles to get lost in simple translation.

And while stepping on toes *usually* gives me cold feet, I *must* talk my walk – preach *what* I practice. But rather than pounding my chest with a “How do you like them apples?” tone, I must first apologize, in advance, for probably upsetting the apple cart. The exercises in futility that are currently on the market are abundant – a veritable *delusion* of dumbbells. It's about time the bar was raised.

Also, please realize that *Your Eccentric Genius* is **not** *My Eccentric Genius*. This is **not** about how to follow *my* ultimate program for fitness, but rather how *your body* is ultimately programmed for fitness. And, if I do say so myself, your body is miraculous! So said, fitness solutions have never been so smart, simple, or speedy.

On a wing and a prayer, what started in a humble home training studio in Wilton, CT will hopefully transform the workouts of the world. Just as Aerobics, Yoga, Nautilus, Jogging, and Pilates have been ingrained into the mindset of America and beyond, *Eccentrics* is also worthy to be included in these all-encompassing paradigmatic systems of exercise and wellness. I think you'll concur.

As I expand and expound the eminence of *Eccentrics*, and you engage your brain *before* body, together we'll observe the secrets to making your workout work out.

Common Dumbbell

Fanatical and foolish exercise programs are a paradigm a dozen, making absolutely no sense of the dollars you spent.

Huh?

Don't go broke buying into every *next best* fitness fad.

Eccentric Genius

Your Eccentric Genius separates fad from fiction by proving to be the single best method to exercise everything.

Pardon?

It's a fact – *Eccentrics* will revolutionize your fitness paradigm.

As you'll soon begin to understand, *Eccentrics* can very well change your life – today and beyond!

Perhaps more than any other method of exercise, the system of *Eccentrics* is a true panacea, touted as the single best provable method for building muscle, burning fat, strengthening bones, exercising quickly, improving endurance, conditioning athletes, rehabilitating injuries, working out without effort, increasing flexibility, and safely training those with a variety of ailments, including cancer, arthritis, heart disease, asthma, and other cardiac, pulmonary, and metabolic disorders – to name a bunch.

Eccentrics is no respecter of persons. *Eccentrics* is exceptional, *without* exception.

And though defined by a single meaning – *coming soon* – with methods to its madness, *Eccentrics* is able to individually and systematically synergize the following four unique components of a balanced and well-rounded fitness regimen:

STRENGTH: *The Foundation*

Improving bone and muscle strength and structure with resistance exercises

STAMINA: *The Fortitude*

Increasing endurance of the heart, lungs, and vessels with aerobic exercises

STRETCHING: *The Flexibility*

Enhancing the range of motion of each joint via muscle lengthening exercises

SUSTENANCE: *The Fuel*

Nourishing the body for optimal health with simple exercises in self-control

Is that it? Strength – Stamina – Stretching – and Sustenance. You're probably wondering what's so special about lifting weights, doing cardio, staying limber, and eating right, right? So far, *Your Eccentric Genius* looks like everything else out there. No! I object! I guarantee that *it* is different – and that *I* am different.

Uncertainty is understandable. With the thousands upon thousands of fitness books, websites, videos, magazines, DVDs, TV shows, trainers, and health clubs in the marketplace, even I can get overwhelmed and under-certain. And I'm supposed to be a "professional." Just keep an open and active mind. Please don't let this messenger get in the way of the message. Focus on the train-*ing*, not the train-*er*.

Common Dumbbell

The majority of fitness programs available are completely upside-down and backwards.

Huh?

Most programs fail to incorporate principles necessary to make activity quality exercise.

Eccentric Genius

Your Eccentric Genius totally transforms your exercise in frustration from the inside out.

Pardon?

Eccentrics actually means what it does and does what it means – inside-out exercise.

Quite often, people don't know *what* to believe because they don't know *whom* to believe. Does a new face or a new fad really justify anything? Why should you listen to any of us? We can't *all* be right. What can I do to make you listen to *me*? What if I was a different age, body type, or even gender? Would you believe me then? Should I train a list of celebrity personalities, or work a lot more on my own?

Just remember, I'm not bringing anything different *to* the table. *Eccentrics* builds you a brand new *table*. *Your Eccentric Genius* has been created and engineered to give you an original and innovative platform, a fresh *foundation* to permanently change your body from the inside out.

So what is it? What is *Your Eccentric Genius*?

What is this simple “Off↔Center Secret to *Smarter* Fitness for Every Body”? Simply – it's just that.

The word “*Eccentric*” (ek-sen-trik) literally translates:

EC – “*away*”

from

CENTRIC – “*center*”

Lexicon: “*to one side – off-center – going from the inside to the outside.*”

Therefore, *Eccentrics* is truly an “*off-center*” approach to fitness, unconventionally refreshing in both physiology and psychology. Yes – it's *truly* different, genuinely ingenious, often the opposite of what you'd expect, but it works.

While each quadrant of fitness is *uniquely* off-center, and justifies a separate book, the collective explanation and application of the divisions of *Strength, Stamina, Stretching, and Sustenance* is the true muscle behind the system of *Eccentrics*.

Nonetheless, *Strength*, the most important component, is where we need to begin; for this reason, it is the *sole focus* of this first book in the four-part series. The science of strength substantiates the series' systematic synergism.

Thus, starting with this strong foundation for *Eccentrics*, let's briefly explore the basic beliefs and benefits behind the magic of muscle.

Common Dumbbell

Gym can sometimes seem like a big dumbbell.
Find a friendly Gym and become friends.

Huh?

Though many gyms are intimidating, a professional fitness center adds variety and motivation.

Eccentric Genius

Eccentric strength is the single most
fundamental foundation to smarter fitness.

Pardon?

Stamina, stretching, and sustenance are all keys, but the true doorway to health is strength.

Eccentrics... in Strength

(In Short)

- The *greatest* single force-producing and bone-producing exercise ever *invented*
 - Proven to be the ultimate training technique for building strength and *muscle tone*
- Sufficiently stresses muscles *without* overly straining the cardiovascular system
 - Responsible for noticeably firmer and tighter muscles from a *single* workout session
- A reprieve for the aerobically limited, due to its extremely *low* oxygen demand
 - Essential tool for the exercise-intolerant since it is *easier* than lifting weights by 40%
- Ideal for individuals with arthritis and injuries because it is *gentle* on the joints
 - Mandatory for athletes by preferentially working the powerful *faster-twitch* muscles
- The most *flexible* form of strength training, stretching muscles from start to end
 - Potent form of permanent weight control, raising metabolism in short *and* long-term

Common Dumbbell

Lifting weights and working out more is often viewed as the only way to get bigger and stronger.

Huh?

The conventionally obvious answers to exercise raise too many questions.

Eccentric Genius

The greatest technique for improving muscle tone and strength is to stop lifting weights and work out less often.

Pardon?

Lowering weights infrequently is always better than lifting weights regularly.

Eccentrics... in Strength

(At Length)

A few months ago, a couple of my *gym rat* clients, who work out *at least* every day and still can't seem to get big enough for their own britches, posed a question to me out of desperation: "What else can we do to get bigger and stronger?"

Ears open? Brains engaged? This is what I told them. "The greatest technique for improving muscle tone, size, or strength is to *stop lifting* weights and to work out *less often*."

Now, of course I thought I was pretty clever, and I basically had to chase them down to explain my response; yet, it's the truth, the whole truth, and nothing but the truth. Focusing on *lifting* weights and training too often are definitely not the best uses of your energy and your time. There is a smarter, simpler, and speedier solution – *Eccentrics*.

Here is *Eccentrics in Strength* in a nutshell:

1. The only reason you lift weights is so you can **lower** weights.
2. The only reason you lower weights is so you can **stop**.

So why should you lift weights? So you can lower weights and stop. It's that easy.

Then – go home and rest, a job well done. And what happens to your body during the rest between workouts? This is the time when your body is *truly* most active, positively adapting to the challenges and demands that you've placed upon it.

Muscle-building exercise, followed by adequate rest, has repeatedly been proven to rapidly and dramatically change the body in a positive way. The list includes an all-out smorgasbord of incredible benefits of muscle-training exercise, such as:

- Fighting osteoporosis by increasing bone density or by slowing its decline
- Reversing or reducing the risk of heart disease, diabetes, and arthritis
- Improving blood lipid profiles, blood pressure, and blood sugars
- Enhancing performance, rehabilitation, and injury prevention
- Increasing muscle tone, strength, metabolism, and balance
- Combating depression and slowing the aging process
- Looking great and, more importantly, feeling great

Common Dumbbell

It is nearly impossible to fit frequent fitness
into an already over-obliged life.

Huh?

The more often you think you *need* to exercise, the less likely it is that you *will* exercise.

Eccentric Genius

It is always possible to exercise
erratic *Eccentrics* into a daily routine.

Pardon?

No other exercise gives you *few and far between* workouts with very consistent results.

What if achieving all of these incredible benefits took *only* two hours a day? Would you do it – whatever it takes? You’d really be crazy not to. Of course you’d have to *drastically* change your entire lifestyle and, to many of you, it may not be worth it – at least not until you have no other choice. Eventually you *will* have to exercise, on your terms sooner or someone else’s later. Agree?

...*personal training* today or *physical therapy* tomorrow?

...*cardio routine* today or *cardiac rehab* tomorrow?

So, are you going to make the decision to work out two hours a day to get the healthy carrots and avoid the harmful sticks? Thankfully, this isn’t necessary. Unless you have nothing else to do, two hours a day is downright farcical. But what if it took only *two minutes*? Yes, two with a capital 2? I’m not saying it can, but imagine if you could. Would you do it then? Well, it *can* and you *could*.

I do realize that there are days when finding even *two minutes* to exercise seems impossible. This is true for me as much as it is for you. It certainly doesn’t help that my avocation is my vocation. Can you imagine me trying to work out in my place of work? I’m here to help others, not health myself, right? I have no other choice but to limit my workouts to literally *minutes* in duration. I need to use whatever works the fastest and the *best*.

Eccentrics is the *only* way I can personally fit fitness into my over-obliged life. *Eccentrics* literally takes away the excuse of having no time. Do you need to see it to believe it? Then let me start by showing you the mechanics behind the method.

This is the nitty-gritty. Read slowly! Understand completely!! And get excited!!!

Muscles move during movement. If a movement lifts a weight upward, against gravity, as in lifting a dumbbell, the muscle fibers shorten. This is, in lab rat language, a “concentric contraction.” Don’t worry about it. Just remember that when weight goes up, muscles contract and shorten. As this weight is then *lowered in a controlled manner*, the muscle fibers, though still tense, are no longer contracting. They are *acting*, but not *contr-acting*. Instead, they are *lengthening*.

As a weight is lifted, a muscle shortens toward its center as a result of a phenomenon scientifically termed a “*concentric* muscle contraction.”

As a weight is lowered, a muscle lengthens away from its center as a result of a phenomenon scientifically termed an “*eccentric* muscle action.”

Common Dumbbell

Weight lifting is not the best
way to lift weights.

Huh?

Weight lifting is not the best way to lift weights – weight *lowering* is.

Eccentric Genius

The only reason to lift
weights is so you can lower weights.

Pardon?

Again, the only reason to lift weights is so you can *lower* weights.

Eureka! This is it...

You've just read what is arguably the *number one secret of exercise!* This sentence *alone* is worth the price of admission. But let's make sure you get your money's worth by repeating and rephrasing:

"As a weight is lowered..."

The secret is in *lowering* a weight, not lifting it.

"... a muscle lengthens..."

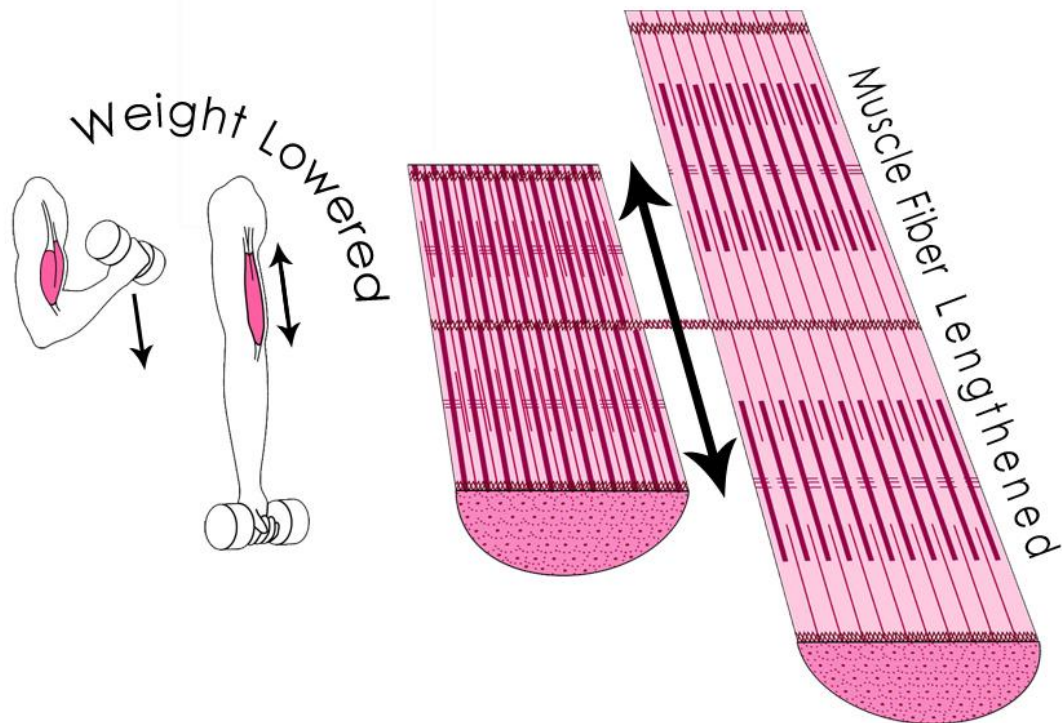
This is *the* key physiological strength training principle.

"... away from its center as a result of a..."

The muscle's ends move in an "away from, *off-center*" direction.

"... phenomenon scientifically termed an eccentric muscle action."

The muscle is no longer contracting; it is now "*acting eccentrically.*"



Common Dumbbell

Contracting muscle fibers sounds
productive, yet is effortful
with modest results.

Huh?

Lifting weights shortens muscles, requires intense exertion, but only offers nominal benefits.

Eccentric Genius

Pulling muscle fibers
apart sounds destructive, yet
is effortless with miraculous benefits.

Pardon?

Lowering weights lengthens muscles, requires little exertion, and provides tremendous results.

Yes, *Your Eccentric Genius* is based on factual, scientifically-utilized terminology. Since *Eccentrics* literally translates as “off-center” exercise, physiologists use the expression to represent muscle “lengthening.” When lowering a weight, the two ends of the working muscle are moving “away from center” as the muscle actively lengthens. Muscle fibers are still *trying* to contract and shorten but, instead, they are being forced to extend and elongate. The fibers are actually being pulled in the opposite direction of the force being generated. Force In. Fibers Out. The internal ingenuity of muscles’ “eccentric actions” is the secret to *Your Eccentric Genius*.

Eccentrics is analogous to *gently* pulling apart two connected pieces of Velcro. By design, the internal friction within Velcro creates greater strength when being pulled apart than when being pushed together. It’s a natural action for the Velcro to *resist* being pulled apart. It’s easy for it. Ditto for muscle. *Resisting* a weight, as it lowers, is *always easier* than lifting that same weight. Just as Velcro friction helps Velcro stay together, muscle friction helps fibers stay together as they lengthen.

It is *this* reaction, the action of *Eccentrics*, which provides the *best* stimulus for a better body in *every* instance. While Velcro is marvelous, *Eccentrics is miraculous*. Can you imagine our lives if our muscles could only shorten, not lengthen? Lift but not lower? Jump but not land? We’d literally have no springs in our steps.

The myriad benefits, obvious and obscure, derived from lowering weight, make eccentric muscle actions the most remarkable phenomena in the discipline of exercise physiology. As you’ll learn in the next section, one reason at a time, *Eccentrics* deserves to be the foundation of *any* fitness regimen, including yours.

Regardless of whether you are beginning anew or another, your program *must* embrace this *number one secret of exercise, slowly lowering weight*. Hopefully you’ll soon agree and help me spread the word about *Your Eccentric Genius*.

“If exercise could be packed into a pill, it would be the most widely prescribed and beneficial medicine in the world,” Dr. Robert Butler, the first Director of the National Institute on Aging, once said. As *he* leads, please follow *my* direction...

DOWN. That which we call *Eccentrics*, by any other name – *Lowering Weight, Resisting Resistance, or Discouraging Gravity* – would smell as sweet. *Lengthening Muscle* is the result *and* the remedy. *Eccentrics is* exercise packed in pill form – the panacea – the greatest medicinal fitness prescription available.

Let’s open it up and examine the side effects of taking a regular dose of *Eccentrics*.