



# BEST way BEST body ask the trainer — Shaun Ryan



## Free Weights vs. Machines

Free-weights burn more calories because you are not moving in a fixed plane of motion and use optimal form without restriction. When you work harder to do an exercise properly you burn more calories. Free weights engage a multitude of muscles whereas machines train a single muscle or group of muscles. Still machines are helpful for bodybuilders, newbies to the gym or if you want to focus on a specific area. Example: a leg extension works the quads which are the 4 main muscles making up the front of your thigh; a split squat also work the other side of the leg, adductors & abductors, hip flexors, supporting muscles, calves along with your core including lower back.



Shaun Ryan is a Certified Personal Trainer who trains clients and celebrities for movie/TV roles, photo shoots and red carpet events. His focus is to get clients lean and toned with long-term holistic health by combining high-intensity muscular training to make the most of workout time. His formula: Central nervous system training keeps workouts interesting and impactful; cardiovascular efficiency for longevity; balanced nutrition, proper eating habits and supplementation. **SHAUN RYAN — NASM CPT**  
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## Get Your Day Off To A Healthy Start

**Organic Unfiltered Unpasteurized Apple Cider Vinegar or Coconut Vinegar** For a beverage try Bragg (known for subjectively better tasting options) use **Coconut Vinegar** (has higher vitamin content and more antioxidants) or **Apple Cider** are great at alkalinizing the body which fortifies your immune system. They also reduce body fat, help maintain healthy blood sugar levels, improve digestion, normalize gut bacteria, detoxify, breath, help skin, cramps, and energy. How's that for a list? To make it more palatable mix with fresh organic lemon juice and/or no-sugar cranberry juice, grapefruit juice, or your favorite pure juice. Fantastic first thing in the morning to get your system going.

## The Absolute BEST Anti-Aging Supplement L-Carnosine

**Jon Barron**, one of my favorite holistic doctors turned me onto this years ago. Buy **ONLY** a quality version — it enhances longevity, helps to strengthen your memory, greatly aids in Alzheimer's prevention, decreases cell-aging (including skin aging), balance bodily processes, regulate blood glucose, aids in wound healing, and protects the brain.



## Principles for Results: T.U.T. & Form

The primary principle in muscle growth and stimulation is **Time Under Tension**; muscles need 50 seconds under tension/resistance to change. Bodybuilders work long periods to stimulate as much growth as possible; it's not workout a minute and call it a day; it's per muscle per set. Form is the other variable that needs change in workouts. You need a full range of motion throughout an exercise with little/no pausing. Optimal results are from keeping a muscle(s) working through a full movement. When you reach the top of the movement go back to repeat your desired rep range. You don't need a lot of weight to stimulate the muscles when you have great form and technique — you just need the right amount.

## Don't Hold on to Cardio Machines and Sidestep Ellipticals

It makes me cringe to see people holding onto cardio machines for dear life and deluding themselves that they're burning all the calories the machine suggests. **If you're one of these people: Let Go.** When walking we don't do it like Frankenstein with both arms out grasping for something!!! When you grasp your treadmill, stairmaster etc. while exercising you do it because it feels easier. It's easier because you don't exert as much energy because your pulling on your shoulder joints, back and lower back to make yourself feel like you're stable. All this does is put undue stress on those parts of your body and decreases the actual amount of calories you are trying to burn. I'm a big believer in balance and letting go in this regard — it's a great way to help keep your body balanced. As to elliptical, they can be very misleading as to the calories you burn. The machine itself has a hard time telling you the **TRUE CALORIES** you have burned. Also, the machine is highly-leveraged and makes you feel like you are working you're ass off — literally — when in reality the design of the machine is helping you. You aren't doing all the work. If you want an easy warm-up or cardio-day or have special needs then ellipticize. Otherwise go to a treadmill and do the same speed (without holding on) and you will feel the difference immediately.



## Detox: Imperative for Ideal Health

Do your body a favor and do a **Colon Cleanse**. Not colonic — it's invasive and washes the good and bad out. Visit my site to see what colon cleanses I recommend, ideally it is an activated charcoal which is very healing and gentle. A colon cleanse eliminates things that have been lingering in you since childhood AND things you don't need or want in your colon. This will enhance your fitness goals and reenergize you. Then, the next step is a liver and gallbladder cleanse. You likely have all the ingredients you need at home. This is a shorter but more intense detox; however you can lose 1-2 pounds of fat over a 24 hour period from this holistic cleanse. How to do this is also on my site as well. This one is a great way to get rid of obnoxious including b6, cholesterol and fat.

## Guaranteed Workout Tips



## It Takes 6 Months for New Fitness Homeostasis

If you set a new fitness goal, worked hard to stick to it — and now have finally achieved your goals or at least are on your way to your desired body image... **CONGRATS!** It's important to keep in mind that it will take about **26 weeks** for your body to acclimate to this new state as your new baseline. Once you are there it will be harder to go up or down from there. This also applies to people who are just starting to workout; and especially if you have a lot of ground to cover to reach your desired results. Stick with it and stay disciplined — except for a weekly indulgence of **HIGH QUALITY FOOD!**

## Nose-Breathing: The Way To A More Fulfilling Life

Breathing in, and ideally out your nose is ideal not only for your every day life but also during exercise — even High Intensity Training. The **Tarahumara Indian Tribe of Mexico** was known for running up to 62 miles a day on rocky terrain, into their 60s. They were solely nose-breathers.

### Breathing From Your Nose Enables 4 Important Processes:

1. Nose breathing warms and humidifies the air you breathe before it hits your lungs.
2. Your nose hairs trap pathogens, etc.
3. Nose breathing acts as an efficient "pre-filter" for your lungs.
4. Your nasal passages regulate your breathing. Nitric Oxide is made by your nose and goes into your lungs thus increasing your oxygen absorbing capacity.

Breathing through your mouth unfortunately skips these vital elements for improved health. Mouth breathing can develop numerous problems including asthma; especially in children. Nose breathing may take a little getting used to, but I promise it's worth the effort. People typically feel out of breath because they aren't eliminating enough Carbon Dioxide from their bodies — not because they are not getting enough oxygen. This is automatically alleviated with nose breathing. **BHT**