



GINAALIOTTI.COM'S TRAINING & CARDIO TIPS

-FORM is the most important aspect to your training routine!! Without proper form you may make some progress but not as much as you would if you focus on proper form and isolation. The key is to concentrate on the muscle being worked and really dig into the mind to feel the contraction. With improper form, it is easy to cause an injury and it is also very likely you could be taking away from the muscle group you're trying to work, working a non targeted muscle group. For example, if you are working your shoulders and not focusing on your shoulder isolation, it is very common and easy to engage your traps and possibly work them harder than your shoulders!! Focus on proper form, mind muscle connection, squeezing and isolating the muscle group you are working.

-No matter how advance you are or how long you have been training, your body needs rest. Rest is an essential part of our success! It is one huge factor of our program that we cannot over see. It is one of the easiest parts to overlook but this CAN NOT be done! Without proper rest, our bodies can't improve and recover.

-None of your training sessions should last more than one hour tops! This does not include any cardiovascular or flexibility training you may do. Continually pounding and pounding your muscles in two or three hour weight training sessions is not productive. Some people think more is better but actually it is quite the opposite, less is more!!

-Consistency is one of the major keys to building any well toned physique. Develop a plan of attack and stick to it; you will need to schedule and set aside time to weight train, stretch and perform your cardio vascular activity. Make training one of your priorities, it should become a regular part of your basic day, just like making your bed or brushing your teeth. If you're sick, then do not go to the gym; but only if you are truly sick. Know the difference between being mentally sick and physically sick. You can easily tell yourself you are not feeling 100% and avoid going to the gym. There is a difference between being physically sick and just not feeling like going to the gym. Be sure to understand the difference and be able to push through those days you just don't feel like going. On the days you are truly ill, listen to your body and do take the day off! It's very easy to find a million excuses every day not to train; you have to make it a priority if you are going to succeed.



-Something is always better than nothing! On the days you are really not really like going to the gym or working out in any way shape or form, just force yourself to do something! Make yourself get to the gym or pull out your home gym equipment and just do something! You will feel so much better once you get started. Most likely you will get yourself motivated, once your endorphins kick in, and end up having a really great workout. Worst case and you never get into your workout, you will feel so much better that you did something! Something is always better than nothing! Unless of course you are truly sick!

-When you hit the gym it is important to hit the gym with efficiency; don't waste your time while training, get in get out and get the work done. You will need to dig deep and push yourself. No, you will not need to be on the verge of passing out but you do need to keep the intensity high and keep talking to a minimum. Limit your rest between sets to 60-90 seconds and when you feel really good, don't be afraid to make the rest even shorter, at times. Longer rest periods can be acceptable, when you are training in an isolated manner but even still your rest periods should be no longer than 2 minutes.

-CHANGE is Key! Add in supersets, drop sets, giant sets, and other various intensity techniques you can come up with. It is also important to continually change up your training styles by adding in circuit workouts and plyometrics. Go with how you feel, in the moment! If you feel like training with drop sets or super sets, do so. If you feel like hitting it hard with more reps or less reps, go for it. This type of training keeps things fresh, fun, exciting and your body responding! Put a little twist into your workout program and style to keep things fun and to allow yourself to continue making changes in the right direction! It's important to mix things up to keep the body guessing, the body is a smart machine and will not make changes and improvements if you keep doing the same thing.

-Train your abs 3 days per week, any day you want. Be sure not to train your oblique abs with weight, to avoid adding thickness. I recommend picking 3-4 exercises, targeting all parts of your abdominals. (Example, hanging leg raises, regular abdominal floor crunches --optional: holding plate & oblique floor crunches with no weight)

-Abdominal training is important not only to build your abdominal density so you can have that dream six pack but also and more importantly to build your core for



stabilization during exercise but everyday life. Many people do one of two things, forget about abs or over do their abdominal training, thinking they will get a six pack quicker.

-As a female, I don't recommended doing too many pectoral exercises. I do recommend some upper chest work to round out your front deltoids and to keep your muscle tone, from front to back, in balance. For example, if your back is muscular you don't want your upper chest to start rolling forward to compensate for the muscle. You need to keep your body in balance and keep your posture erect. Strengthening your upper chest will help you stay in balance and standing up straight. A few upper chest exercises I recommend are Incline Dumbbell Fly's, Incline Barbell or Dumbbell Press and Various types of Pushups.

-I highly recommend you avoid any type of Free Squats, with heavy weight, unless you have a spotter making sure you are in perfect form throughout the entire exercise. Free Squats can be dangerous but also if not done properly, can be done wrong. If your form is not perfect or you are going too heavy, you can easily use your core for stability which can, overtime, thicken your mid section! The only type of squats I recommend are assisted squats using the Smith Machine, deep squats using a plate or even just your body weight, or Ball Squats.

-For all front and side deltoid exercises, I always recommend using a leaning position to deactivate your traps. For example, if you are working front deltoids, be sure to lean forward during the entire exercise, never allowing your arms to come up above your shoulders. If you are doing a side lateral exercise, I recommend you do these individually holding on to a pole or something for support and leaning outwards during the entire exercise, again not allowing your arm to come above your shoulder. You can do exercises off of an incline bench as well, using the incline for your angle to deactivate your traps. You may need to not even go up as high as your shoulder, if you are using heavier weight. The second you feel your traps engage, that is the place you need to stop the motion.

-I NEVER recommend any type of Shrug Exercises for Females! We do not need to build our traps.

-It is important to keep in mind that you need to build a physique that is proportional and well balanced. You need to consider what areas you need to work on to better YOUR



physique and make you more balanced. If one body part is under or over powdering you need to adjust your training accordingly. For example, if your legs are too developed or too big, in relation to your upper body, you need to shift your training to allow your legs to come down and increase the size of your upper body to make your physique in better balance. You may need to lay off certain exercises and or change the type and reps you do for that body part. For example if your legs are over powering your upper body, you may need to shift your training to a more circuit style lower body workout to bring down your legs. You will also need to increase the overall size of your upper body by lifting heavier and possibly working certain body parts twice a week.

-Keep in mind, there is no such thing as spot reduction. When you train a certain body part, that does not mean you are burning fat from the area being worked. Many people believe that if they do sit-ups or crunches all day long, that they will get a six pack, this is NOT true. There is no such thing as spot reduction. When you exercise, the energy pulled from fat burns stored body fat from the entire body; it starts from the last place the fat was stored. When you work a certain body part, you do in fact improve the shape and strength of that body part, but you do not specifically remove fat from that area. Your goal is to shrink fat cells throughout the entire body, which is exactly what you're doing when you exercise and eat right.

- Keep in mind that you are genetically born with certain shaped muscles and with a certain body type. You can do what you can with what you were given but remember you are what you are! Unfortunately you cannot reshape your muscles or change your genetic structure. Your goal is to sculpt your body and change the look of your shape but you will never be able to have something that you just don't genetically have the make up for. By improving your overall balance, you can create an illusion of certain body parts but you will never be able to create what you genetically just done have. You are what you are!

-Remember, soreness does not equate to great workouts. So many people think if they do not get sore that they are not training hard enough. Everyone is different. You may be sore when you first begin your training program but as you continue, typically you will not be too sore unless you perform a workout or exercise your body was not use to. Don't think that just because you are not getting sore after every workout you are not training hard enough. Soreness is partially caused by lactic acid build up and some people get more build up than others, i.e. why some people get sorer than others. With proper diet,



stretching, and rest, you can alleviate most of your soreness. So in actuality, if you are not getting sore after every workout, it actually means you are doing things right!

-Stretching and warming up are an essential part of your everyday training. Before you hit the weights it is best to start with a 5-10 minute session of light cardio to get your blood flowing and get in to the right state of mind. When it comes to stretching, light stretching before your workout is important but more important is post workout stretching. It will help flush lactic acid away from the muscles so you don't get as sore and to prevent injuries.

-If you are following a regimented training program for a competition or special event, after several weeks of consistent training, it is strongly recommended that you take some time off from your weight training. Allow your body some much needed rest to let your muscles heal and prepare you even that much more for the next chapter of your training. Taking a break and allowing your body to rest is an essential part of your success! You still want to exercise and remain active but you need to take a break from the regimented day in and day out scheduled training. Get outside and go for a run or take a class you have always wanted to take! Stay active but change things up and add more variety and spice to your daily routine!

-Cardio is an absolute essential for anyone looking to build a great physique. It is beneficial for your cardiovascular system, it keeps your metabolism revved up, it helps regulate many of the hormones in your body that are essential for a proper functioning body to build an awesome physique. Of course Cardio is picked up pre contest, if you are preparing for an event, but after a show or when you are just living the balanced lifestyle, you should continue doing moderate amounts such as 30-45 minutes 4-5 times a week. Not only to keep your heart healthy but your metabolism revved up and your body in a good place mentally and physically!

-The type of cardio or how hard you do your cardio is important. You should keep your heart rate in the fat burning zone. There is no need to sprint or get your heart rate flying during every cardio session. Keeping your heart in the "fat burning zone" of 120-140 beats per minute will protect your muscle tissue you have worked so hard to obtain. My recommendation is to do fat burning cardio for 60-80% of your workouts and randomly incorporate interval training such as bike or treadmill sprints or distance runs to get your heart rate up and to incorporate change!



-The two best times and recommended times to do your cardio are post weight training and first thing upon waking, on an empty stomach. Post workout not only are you flushing out the lactic acid that built up around your muscles during weight training and causes soreness but your glycogen levels are depleted therefore you get into burning fat quicker. Just like post workout, after a night's sleep your glycogen stores are depleted so doing cardio first thing is beneficial! Not to mention, it is such a great way to start your day!! Trust me, even if you are not a morning person, morning cardio will soon become a MUST! ☺

-Change up your cardio routine by take a fun class such as spin, hip hop, aerobics, body pump or even Zumba! It is also key to utilize yoga or Pilates to enhance flexibility and keep you limber while building your physique and strength.

-Suggested cardio is to be done on as much step-mill and incline treadmill as possible. On the treadmill, keep the grade on its highest incline as possible. Of course, you will need to work up to higher inclines but start somewhere and work your way up to an incline of 12-15%. Depending on your height, your pace will Range from about 4.0-4.8 but you should be walking at a very high pace. With the incline and fast pace, you will need to hold on! Focus on your mind muscle connection, while doing cardio as well. When stepping, on the treadmill or step-mill, focus on squeezing your glutes and driving with your heels.

-If you are preparing for a show or an event and doing double sessions of cardio, it is suggested that you hit both of those peak cardio times and do your first session first thing in the morning, on an empty stomach, and second session post workout. When doing double sessions of cardio, be sure each session is at least 20 minutes and no more than 60 minutes at each session. Recommended is between 40-50 minutes for each session.

-It is recommended that you avoid running on a regular basis, as much as possible, except during your Higher Interval Training or unless you are preparing for an event that incorporates distance running. Running should be kept to a minimum as you run the risk of burning muscle, especially if you are in preparation for a physique event and your prep calories and carbohydrates are lower.

--KEEP IN MIND YOUR ULTIMATE GOAL-- Fat Loss while preserving muscle tissue and gaining lean muscle tissue! The goal is to build a beautifully sculpted balanced



physique, increasing your metabolism and cardiovascular conditioning, strength and flexibility! Here at ginaaliotti.com our goal is to be in the best shape of our lives, mentally physically and emotionally while enjoying all life has to offer!!

~ Physical fitness is not only one of the most important keys to a healthy body, but it is the foundation to unlocking our true potential in all areas of our lives!

~Gina Aliotti