



Tristan Loo, Editor
tloo@chekinstitute.com

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Around the Institute

PAUL'S BIRTHDAY CELEBRATION. Friday, August 24th was Paul's birthday. Sean Greeley, Ryan Hughes, Robbie Maddison, Suzi Nevell, Holli Clepper and her son Jake all stopped by Paul's place to help him celebrate. Paul took the day off work and enjoyed a relaxing massage and steam - and of course opening his presents afterwards. He thanks everyone who sent him gifts and cards.

SPEAKING OF BIRTHDAYS... It seems that August was a popular birthday month around the office. In addition to Paul's birthday, we also threw an office party for Ruth, Nick, Joling and Daryl. We enjoyed some mouth-watering baked salmon among other delectable treats.

109 DAYS LEFT TO RENEW. The end of August marked the close of our free gift package for renewing your CHEK-ITP status early. You still have till December 15th, 2012 to get your necessary PDC requirements and renew.

OOOPS. In the August 15th issue of CHEK the Pulse, we got the illustration wrong for the Supine Lateral Ball Roll. Thanks to Michael Buron for catching that one. Also, the correct price on the DVD *Walking Tall* is \$44.95. These errors has been corrected in the version hosted on our newsletter archive.

Big Bench – Bad Shoulders!

Paul Chek, HHP, NMT

Why all the fuss over a big bench-press? What does the sheer amount of weight that someone can push whilst lying flat on their back have to do with anything? If you're sitting with a bunch of guys and someone strong walks in, it's common to hear "I wonder what he can bench?" Or when discussing sport, the same question comes up, "How much can so-and-so bench?"

The bench press exercise was never intended to be a benchmark of man (or woman!) hood. It is an exercise for improving the size and/or strength of the chest, anterior deltoids and triceps, nothing else. In fact, the star player on any team is rarely the one with the biggest bench

Featured Stretch



Neck Side Flexor Stretch

Equipment Needed

1. A Chair

How to Perform the Stretch

- Sit with good upright posture. Grab chair with anchor hand to create gentle tension in shoulder and neck.
- Place opposite hand over head and onto ear.
- Gently move head away from anchored hand until a slight stretch is felt in neck.
- Breathe in. Gently press head into hand and at same time press hand gently against head; head will not actually move.
- Hold gentle pressure for 5 seconds. Exhale and immediately gently pull head further away from anchored hand.
- Repeat three to five times then switch sides, or as indicated by assessment.

Remember

- The neck has small, sensitive muscles, so use gentle, deliberate movements during this stretch.



Taken from the Golf
Fitness Card Set

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2012 is Renewal Year!

How many PDCs do you need this year?

3^{1/2} Months LEFT to RENEW

20-15 PDCs	15-7 PDCs	5 PDCs
Scientific Core Conditioning  20 PDCs	Equal But Not the Same  15 PDCs	Adv Swiss Ball Training for Rehabilitation  5 PDCs
Advanced Program Design  20 PDCs	Dynamic Med. Ball Training  8 PDCs	Assessing Core Function  5 PDCs
Scientific Back Training 2nd Ed.  18 PDCs	Program Design  7 PDCs	Functional Anatomy of the Core  5 PDCs
Scientific Shoulder Training  15 PDCs	Swiss Ball Training  7 PDCs	Core Conditioning Exercises  5 PDCs

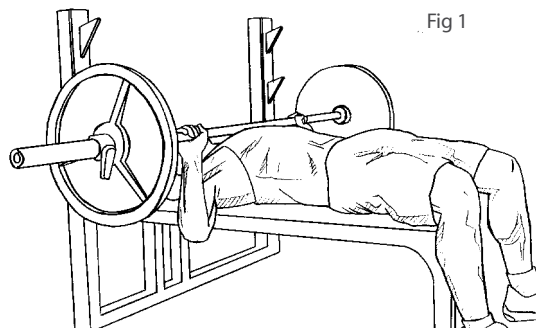
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press! Unfortunately, over-emphasis on the bench press often coupled with poor technique has led to a high incidence of shoulder injuries in both athletes and non-athletes. Additionally many people are not anatomically designed to perform the exercise as it is generally taught in most strength training texts, Personal Trainer certification courses and by many strength coaches.

The Problem with Traditional Technique

The bar is lowered until it touches the chest (Figure 1) and then pressed back up to the start position. Everyone is expected to lower the bar to the chest; anything less is considered poor form, sub-standard, and even wimpy by fellow lifters. However, to perform the exercise under such guidelines requires a

greater range of motion (ROM) than is found in the shoulder joint of most people – particularly male athletes. Why is it so important to work within the ROM of your shoulder joint? Some simple anatomy will help to explain this.



The movement-restricting factor during a bench press is not the muscles of the shoulder; it is the joint capsule of the shoulder. This highly specialized structure is anatomically designed to not only allow just the right amount of motion to prevent joint damage, but also contains thousands of proprioceptors. Proprioceptors are special nerve endings that communicate with the brain, passing on information about joint position and speed of movement, as well as pressure, tension and pain in and around the joint. Loading the shoulder and forcing it beyond the functional ROM limit will stretch the shoulder joint capsule. In most people the functional ROM is exceeded when the bench-press bar travels until it touches the chest.

Additionally, because the bench press is performed on a flat weight lifting bench, normal movement of the shoulder blades (scapulae) is disrupted. This demands that more movement must occur in the gleno-humeral joint rather than being shared between the scapula-thoracic & gleno-humeral joints. As the bar is loaded with heavier and heavier weights, the shoulder blades are pressed even harder into the bench, further disrupting the normal mechanics of the shoulder girdle joints and overloading the shoulder.

How far should you let the bar travel when performing a bench press?

To protect the shoulder joint capsule from being stretched out or injured, the exerciser must determine how far to safely lower the bar. It is essential that the optimal bench press ROM is determined for the shoulders of each person, since everyone is different. This should be a standard test performed on each client during assessments.

Webinars & Coaching Calls



UPCOMING!

MONTHLY WEBINARS:

Is Stress Making Your Pants Tight?

Thursday, September 13, 2012

Essentials of Respiration & Movement

Wednesday, October 17, 2012

CHEK Webinars are free for C.H.E.K Institute-trained professionals and are open to everyone else for just \$24.95 each or an annual subscription of \$19.95 per month. To register, please visit: www.chekinstitute.com/webinar. C.H.E.K Institute Trained Professionals will receive email instructions on how to register for each webinar.

CHEK ITP COACHING CALLS

For Ex. Coaches, C.H.E.K Pracs & Golf Perf.

Sept 5th

w/ CHEK Faculty Matt Walden

For Holistic Lifestyle Coaches

Oct 10th

w/ CHEK Faculty JP Sears

These special Q&A Coaching calls with CHEK Faculty are only for C.H.E.K Institute-Trained Professionals with current status. CHEK ITPs will receive email instructions on how to register for each coaching call. If you have a particular question to be addressed by a faculty member, please send them to questions@chekinstitute.com.



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Holistic Living



Tips on Healthy Egg Consumption

- Pasture-raised eggs are a nutrient dense food, especially with vitamins A and D, sulfur-containing proteins, long-chain fatty acids EPA and DHA and choline.
- When broken into a bowl, a healthy egg should have a yolk that's dark yellow in color and should stand up in a round hemisphere. In comparison, an unhealthy egg will have a pale yellow yolk and a watery egg white. Compare them for yourself and see the difference.
- Never eat powdered eggs, which usually contain harmful oxidized cholesterol.
- Avoid egg substitute products. A research experiment was conducted at the University of Illinois in which a control group of laboratory rats were fed a diet of fresh eggs and a test group was fed a popular brand of egg substitute. The test group being fed the egg substitute did not grow normally and died prematurely.
- Cook your pasture-fed eggs as minimally as possible since cooking denatures the nutrient content of an egg by about half. Cooking eggs may also be a contributing factor to the high incidence of egg allergies prevalent in the United States.
- The color of an egg has no bearing on its nutritional content. The color of an egg is determined by the breed of chicken. However, color diversity in a batch of eggs, usually found at a farmer's market, means greater genetic diversity, versus commercially-raised eggs that rely on genetic consistency to create a uniform product.
- Try to obtain your eggs from a local farmer using pasture-fed farming methods whenever possible. You can find them at your local farmer's market. If you must go to a grocery store, look for eggs that are free range USDA organic.



Taken from **You Are What You Eat**

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The Bench Press Range of Motion Test

• Step One - Passive Shoulder Range of Motion

Place the arm in the bench press position and allow it to lower to its passive end range of motion (Figure 2). This is the position where the arm naturally stops without being forced. At this point you have determined the exact point at which the shoulder joint capsule becomes the primary restraint to shoulder ROM.



Fig 2

• Step Two - Optimal Bottom Position

Once you have identified the end position of passive shoulder range of motion with the Bench Press Range of Motion Test, lift the arm 2-3cm to find the optimal bottom position for the bench press exercise (Figure 3). This creates a small buffer zone (10° - 15°) which will protect the joint capsule from overload when the weights get heavy or when fatigued.

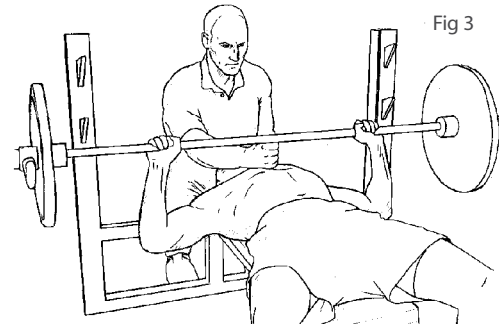


Fig 3

Although many will argue that you must train through the “full range of motion” to be strong for sport, this concept is unfounded. It is well known among physiotherapists and exercise scientists that there is approximately a 15° +/- carry-over of strength developed at any specific joint angle with strength training. i.e. if you train the shoulder from 15° to 75°, the strength gained will carryover from 0° to 90°. This is how sports medicine doctors improve strength in an injured shoulder or knee without actually ever moving the joint through the painful ROM.

What's so important about training within your given ROM?

What most trainers, athletes and coaches don't seem to respect is the fact that training beyond the shoulder's passive barrier with heavy loads will stretch the shoulder joint capsule. Once stretched, the joint capsule can no longer stabilize the shoulder joint during common arm movements such as swimming, hitting a volley ball or netball, holding power tools over head or even swinging a hammer. If these arm movements are repeated without the stability provided by a functional shoulder joint capsule, an impingement syndrome develops, resulting in inflammation and pain in the shoulder joint. Bursitis and rotator cuff tendonitis commonly develop secondarily. Because the shoulder joint capsule provides critical information about arm position, those with a loose joint capsule often lose their ability to accurately sense joint position. This will result in a loss of accuracy in sports requiring precision placement of the arm.

In any sport, your arm rarely ever reaches a loaded end point in the same position twice in the same game or event. Because the loads in sport are both brief in duration and seldom as high as those encountered during a bench press



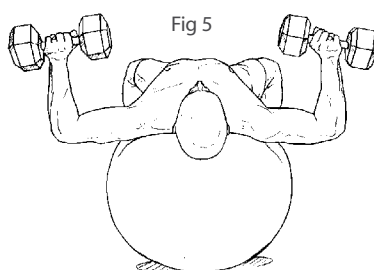
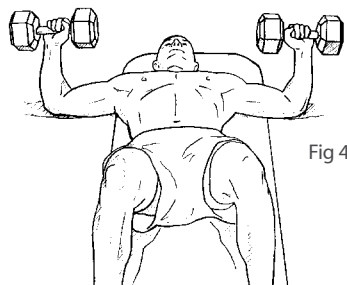
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session, the shoulder joint capsule can recover from intermittent exposure to end range loading. For those with insufficient range of motion to perform the Bench Press as it is traditionally taught, going to the gym and lowering heavy loads to their chest with slow speeds of movement, 30-100 repetitions or more per week is like repeatedly crashing a car into a brick wall at slow speeds just to prepare for the one day they may actually have an accident!

What do I do if my client's shoulders are trashed and they still want to bench press?

If your clients have painful shoulders when bench pressing they may not need to stop forever. To safely return to bench pressing, follow these guidelines:

1. Spend 4-8 weeks performing a rotator cuff conditioning program. For more information on rotator cuff training I recommend the book "Seven Minute Rotator Cuff Solution" by Horrigan and Robinson.
2. Begin your return to the bench press from the floor, not a bench (Figure 4). The floor creates a range of motion barrier, protecting your shoulder joint capsules and tendons from excessive stretch.
3. Always start with dumbbells. Dumbbells allow your body the needed freedom of motion to find a new bench press pathway that does not stress the injured tissues.
4. Once you have performed 3-4 weeks of floor bench press, progress from the floor to a slightly deflated 55-65 cm. Swiss Ball (Figure 5). The Swiss Ball will allow a slightly greater range of motion than the floor and will increase stabilizer activation. There are many Swiss Ball bench press variations in my video series "Strong 'N' Stable: Swiss Ball Weight Training." Alternatively a C.H.E.K Practitioner can teach you how to perform these exercises.
5. After 3-4 weeks on a deflated Swiss ball, progressively inflate the Swiss ball. The firm ball will allow slightly more shoulder joint motion as well as increased shoulder blade motion.
6. Having performed the above steps, use the test described in Figure 2 to assure that you don't exceed your client's shoulders safe bench press ROM. Progress both volume and intensity slowly. If their shoulder(s) begin to show signs of discomfort with the traditional bench press, you will need to revert back to the previous steps in the progression and probably avoid the traditional bench press all together!



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CHEK Spotlight



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- Sports Performance - Rock Climbing
- Sports Performance - Snowboarding
- Sports Performance - Soccer/ Football
- Strength Coaching
- Stress Reduction
- Triathlon Training
- Weight Loss
- Women's Health

About

Keith holds a BSc in Applied Sports Science and has been involved in the application of scientific principles to the promotion, maintenance and enhancement of sport and exercise related behaviors since leaving the Army Air Corps twelve years ago. He uses Neuromuscular Therapy (NMT) to scientifically approach acute and chronic pain syndromes such as back and neck pain, whiplash, headaches and overuse injuries.

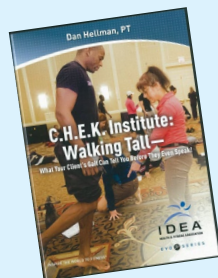
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Walking Tall What Your Client's Gait Can Tell You Before They Even Speak!

Presented by
Dan Hellman, CHEK Faculty

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AMONG THE TOPICS COVERED:

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- Other physiological issues

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Dan Hellman, MPT, is a C.H.E.K Faculty member and a licensed physical therapist, who owns his own practice in Fort Lauderdale, Florida. A frequent lecturer around the country, Dan coaches a variety of types of clients. His passion in life is golf and working with high-performance athletes.

Eating for Exercise, Eating for Life

By Paul Chek



As I tell my patients and athletes all the time, what you eat is far more influential on your body (and your body shape!) than exercise can ever be. Each meal you eat exerts its influence upon your physiology, your psyche and your being for the entire time it is within the confines of your body. In a healthy body, the mouth-to-anus transit time of a foodstuff is typically about 16 hours, while the last remains of a given meal should be accounted for in the stool in about 56 hours. Today, about 90% of the industrialized population is constipated so the influence of a foodstuff is prolonged. When most people exercise, the exercise isn't of sufficient intensity to result in elevated metabolic effects for very

long at all. For example, my experience is that, with the exception of the first time exerciser who gets rapid gains initially and then plateaus, those of you performing the same exercises over and over, such as typical cardio workouts, are getting metabolic benefits only until your heart rate drops off and your sweat dries. With intensive resistance training, you can get as much as 48 hours of elevated metabolism. That said, you are eating three times a day on average, and working out about three times a week as an average among the few who regularly exercise. How then can three workouts, or even seven if you throw some cardio training in there, even begin to compete with as many as 21 meals? The workouts don't have a fighting chance and a walk through the gym proves it in most instances!

Because the food you eat can exert such a powerful influence on your body, it is important to eat the right sorts of foods. The question is, how do I know what to eat? The answer isn't as simple as the fad diets on the market lead you to believe. The real answer is that you need to determine your metabolic type to discover what you should be eating. In my book *How to Eat, Move and Be Healthy!* I share my personal approach to how to find your metabolic type and eat accordingly. I also recommend that people read Bill Wolcott's book *The Metabolic Typing Diet* for additional study, particularly if your health is challenged. I know that Dr. Mercola himself subscribes to Bill Wolcott's methods of metabolic typing. It is only when you eat the right amount of plant and animal foods for your individual needs that you can produce adequate stress hormones and growth and repair hormones to effectively run and repair your body. Today, more than ever, we have people jumping from one diet to another diet, chasing almost every movie star (i.e., plastic surgeon) and pipe dream around the book store.



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To begin with, we've got to get away from all the corporate driven fads that prescribe against red meat and fat. These foods constitute the most bioavailable sources of the building blocks of anabolic steroid hormones. This is incredibly important since those hormones are tissue building substances. No amount of resistance training will be successful if your body lacks the appropriate materials to build its tissues. One need only realize that most of humanity survived millennia in the wild eating mostly the very red meats and fats you are warned against and we never suffered from heart disease until after we began hydrogenating vegetable oils! We were much more vital people when we ate animals and vegetables alone, not all this processed garbage that impersonates food. How many of you could survive a trip west through the rocky mountains in a wagon train on your spots bars?

We must stop consuming commercial foods. Commercial farming of animals is the real source of whatever legitimate concern there is over red meat and animal fats. If you knew that the USDA had approved such things as cement dust, sewage, plastic chips, saw dust and dead animal remains as food additives for commercially raised animals, you'd probably think twice about saving money on food! You must also remember that animals bio-accumulate environmental toxins in their bodies so eating commercially raised animals that are fed on commercially raised (pesticide laden) plants only serves to poison your body, reducing your ability to favorably respond to exercise. The solution is simple:

- Respect the animals enough to raise them correctly and respectfully so that they have enjoyed a life of their own before being sacrificed to support humanity

- Respect yourself enough to only eat organic and free range meats and organic produce
- Respect the planet enough to not support destructive commercialization of the food chain because every aspect of that process is devastating to the planet!

When you see what people are really consuming today – not genuine food, but rather a concoction of harmful chemicals – it isn't hard to understand that no amount of exercising will make a difference to your body when laid on a foundation of commercial foods. In short, commercial foods can alter your body chemistry in ways that can inhibit the beneficial effects of your workout or even transform your workout from beneficial to detrimental.

Skipping meals is also devastating to the exercising body, since it alters your hormonal response to match that of someone under significant stress. When your body releases stress hormones, they antagonize your anabolic, tissue building hormones and the very act of exercising serves only as a destructive force on the body. This very link between eating right for your metabolic type, eating only high quality food and eating regularly is broken so frequently among even the most elite athletes. The result is the highest levels of drug use in the sports and in the gym that I've ever witnessed in my entire athletic and professional career!

So before you even think of hitting the gym, take the time to sit down and evaluate what you're eating. I think you'll find that making some simple changes to how and when you eat make a huge difference to how you look and feel.





Recent CHEK Graduates

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Thomas Orboe

CP1

Zbigniew Mucha

HLC1

Ben Maddern
Natalie Stiles
Daniel Bartlett
Gricha Venkov
Cecilia Garde

Golf Performance Specialist

Regina Smohai

**These are the names of recently-graduated CITPs who have successfully completed their Advanced Training Program and passed their examination. Due to the constraints of newsletter publishing deadlines, we cannot guarantee that everyone will be included in the most recent issue, but don't worry; we'll get you in the next one.*

Download Your September Desktop Wallpaper

Here's a **FREE** downloadable gift for you this month. I've put together a desktop wallpaper calendar for you that's themed with one of Paul Chek's foundation principles.

Enjoy, Tristan

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Upcoming Birthdays!

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Phil Pennell 9/22

Tom Smith 9/23

Matthew Sorensen 9/29

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CHEK Photo Album



HOLLI'S SON JAKE GIVING PAUL HIS B-DAY GIFT



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