

the **5 BIGGEST FLAWS** **IN EXERCISE**

...AND WHAT TO DO ABOUT THEM



IT'S TIME TO ACTUALLY GET
RESULTS FROM YOUR WORKOUTS





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HEALTH ADVICE DISCLAIMER

We make every effort to ensure that we accurately represent the training advice shared throughout this guide. However, examples given are based on typical representations that we see in our facility. The information given is not intended as a representation of every individual's situation.

As with any intervention, the effect of exercise can vary widely for each person based on their background, genetics, previous medical history, application of exercises, posture, motivation, and various other physical factors.

Before attempting any of the suggestions made in this report, please consult with your medical provider to make sure that whatever you are doing is safe for you and your unique situation.



THE 5 BIGGEST FLAWS IN EXERCISE ...AND WHAT TO DO ABOUT THEM

WHEN YOU STARTED YOUR NEW EXERCISE PROGRAM, YOU WERE EXCITED.

You thought that this new excursion into “functional training” would finally be the answer to your body’s prayers. Your training would finally help you get out of pain enough to join your kids on the tennis court and baseball field.

But after each workout, your knees ache, your back is stiff, and you slip back to questioning whether your body can ever feel good again. ‘Why,’ you ask, ‘does this training keep breaking me down instead of building me up?’

Well, there’s good news and bad news. The bad news is that a lot of training approaches out there can actually make you worse. Chances are that you’ve found one of them.

The good news is that there are specific explanations as to why that happens, and ways to correct the problems. Here, I will share with you the 5 Biggest Flaws that we’ve observed in typical exercise plans, and explain why they stop your progress and keep you locked in a cycle of stalled progress or even physical pain.

Before we get to the first problem, let me first introduce to you a very important concept from neuroscience: ***The SAID Principle***. SAID stands for “**Specific Adaptation to Imposed Demand.**” It means that *you adapt to exactly what you’re doing*.

People who spend years hunching over at a desk... grow a hunch back.

People who use their hands for manual labor... develop calluses.

People who lift a lot of weights... tend to grow bigger muscles. (At least as long as they don’t get hurt along the way)

In other words: The body adapts to meet the demands placed upon it, and it gets better at doing what it most often does.

What does this mean for you and your training? Well, it brings us to the first reason why your training stalls your progress and keeps you in pain.



PROBLEM #1: **YOU TRAIN THROUGH THE PAIN**

Remember, you get better at what you practice. So if you are training through pain, then you are practicing the act of experiencing pain. Yes, you are actually learning to get better at having pain!

When we are working with patients looking to recover from pain or injury, they often ask me when they can go back to their sport or their training routine.

I answer that they should let pain be their guide. If they have pain during the activity, that is a sign that something in that activity is threatening their body's health.

SOLUTION:

We need to either reduce the level of challenge of the activity, or change the activity altogether and build up to the next level more systematically.

Ultimately, it is worth taking a little time away from your activity to properly rehab. If you're doing the right things, that shouldn't take too long. In fact, with the NeuFit System, we've been able to cut recovery times for most injuries by 30-70%.

And then, once you can perform the activity pain free, you can ease back into it and increase the level of challenge as your body is able to do more and more.

In other words, taking a little time away from your activity in order to do proper rehabilitation will actually save time in the long-run.



PROBLEM #2: YOUR TRAINING CAUSES YOU TO STRESS OUT, RATHER THAN RECOVER

Look at the faces of most people when they train. You can see the strain in their contorted expressions and open-mouth breathing.

If you train in this way, you are practicing the ability to put yourself in a stressed-out state. And you end up getting better at being in that exact state!

That becomes a problem when you look at the long-term results. For example, look at the effect on fat burning and muscle building.

Most people who train are after one or both of these goals. Yet so few people ever see meaningful improvements in their fat loss and muscle gain.

The key is ***hormones***. Let me explain.

Hormones are the biggest influence on the metabolism, and therefore affect whether we burn fat or use sugar. Hormones are also the biggest influence on muscle buildup and break down, and therefore determine whether we actually build muscle.

When we recover properly, the body releases hormones like thyroid hormone, growth hormone, and testosterone. These supercharge the metabolism, giving you more energy and helping you burn fat. And they help you grow lean muscle. These hormones are released when the body is in an appropriately relaxed state.

On the opposite end, they are blocked by the hormones that are released in a stressed-out, “fight-or-flight” state, like cortisol. Cortisol causes the body to store fat rather than burn it, and to break down muscle rather than build it. This is literally the exact opposite of what you want your training to accomplish.

So when you train like most people train, huffing and puffing and breathing through the mouth, and straining and contorting the body to keep up with the workout, you are training yourself to get really good at releasing cortisol. And you are blocking your ability to burn fat and build muscle.

There is one most significant strategy to combat this.



PROBLEM #2: **YOUR TRAINING CAUSES YOU TO STRESS OUT,** **RATHER THAN RECOVER**

(C O N T I N U E D)

SOLUTION:

Breathe in and out through your nose as much as possible. Every mouth breath moves you more towards the “stressed” part of your nervous system, and every nose breath moves you more towards the “relaxed” part. If you can keep nose breathing even during your workouts, when it’s most challenging, you learn to stay more relaxed in the face of greater challenges.

It’s a recipe for success in fitness -- and in life! (How many of us wish we could stay more composed in stressful situations...? This is a great opportunity to practice that exact skill.)



PROBLEM #3:

YOUR WORKOUT TRAINS YOUR MUSCLES TO SHORTEN, BUT NEVER TRAINS THEM TO LENGTHEN

Your muscles are your shock absorbers. Think about a car driving over a bumpy road. If that car has good shock absorbers, the body of the car is protected. But if the shocks are bad, the force of those bumps will go right to the body of the car and eventually cause damage.

The same principle applies to your body.

When your muscles absorb force, they protect your joints during all of your movements. But when your muscles don't absorb force, that force goes into the tendons, ligaments, cartilage, etc. of your joints. And that's when you have pain and injury.

So, how do you get your muscles working as the shock absorbers they are meant to be? You have to train them to lengthen, but most workouts only teach muscles to shorten. Lengthened muscles can absorb 10X more force than shortened muscles. That reduces injury risk by 1,000%. Yes, you read that right! Remember the saying, "Bend but not break?" That's what we're after. We want our muscles to be supple and pliable, so they can bend, and not be too stiff, or we'll break.

Training muscles to lengthen doesn't mean stretching, either. Stretching involves pulling apart muscle and connective tissue. We want to teach muscles to work at length.

SOLUTION:

The best way to do this is to focus on actively moving in both directions when you perform an exercise. When most people do a push-up, for example, they don't focus on what they're doing on the way down. They just let themselves drop down to the bottom position and then focus on pushing themselves up. They never properly lengthen the muscles on the front of the chest and shoulder.

To do a push-up properly, try to actively pull yourself down to the bottom with the muscles of the upper back. Then you will actually lengthen the muscles on the front of



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the chest and shoulder, so that they will be prepared to push you back up properly. In other words, imagine you are doing a row, like physically pulling against resistance in a rowing movement, on the way down.

This same principle can be applied to any other movement. In a squat, try to pull yourself down with your hip flexors. In a bicep curl, try to push the weight down with your triceps.

This will teach your muscles to lengthen, and start to bring your shock absorbers back on-line.



PROBLEM #4: **NOBODY TOLD YOU ABOUT THE** **PREREQUISITES FOR YOUR WORKOUT**

You would never go to medical school without having taken Chemistry 101. Likewise, you shouldn't be doing movements with weight if you can't even get into the position without weight.

There are basic movement patterns that people need to master before adding weight, adding speed, or combining the movements for more sophisticated exercises.

I have seen a lot of gyms and trainers, particularly in large group “boot-camp” settings, that have all participants doing the same exercises. Yet *they never test* to make sure these people can get into the positions of those exercises -- let alone to see if they can do it in proper form with minimal risk of injury.

If you are doing an exercise that is outside of your body's “safety window” it will trigger you to have a stress response (the same bad things we talked about in **Problem #2**), and cause you to have excessive tension in your muscles (and reinforce the poor patterns from **Problem #3**). Plus, there's a good chance you'll get hurt.

SOLUTION:

Master the basics first.

At our facility, we start by mapping your body to find where you have any deficits and dysfunctions, and then with the NEUBIE® device we can usually repattern those muscles and help restore optimal function very quickly. We also spend time with basic movements like the wall squat and push-up, which are very safe, have a low risk of injury, and yet still allow us to create a significant training load.

Spending more time on the basics may seem like it will make everything take longer overall. But in reality, a little extra time in the beginning allows for much faster progress on the rest of the journey.



PROBLEM #5: **YOUR WORKOUT DOESN'T HAVE ENOUGH NEUROLOGICAL INPUT**

It is your brain that determines what hormones your body releases in response to training. Remember those hormones can help you build muscle and burn fat, or make your body do the opposite.

It is your brain that allows you to get better at lengthening your muscles to keep your joints safe and stable as you progress to higher fitness levels

And, ultimately, it is your brain that creates pain signals in the first place.

So, if you want to reduce pain and improve fitness, you have to be very aware of how your exercise is affecting your brain. Yet, most trainers know very little about neurology.

To affect the brain properly, your workout needs one major thing: ***enough of the right type of stimulation.***

That means you need enough stimulation so that your brain is forced to pay attention to what you're doing. You can see the exact opposite of this in the way most people do their cardio workouts. If you are watching TV or reading a magazine while pedaling a stationary bike, your brain barely pays any attention at all to the activity. That's why it is able to focus on the show or article.

If you challenge yourself with enough speed, load, novel positions, etc., your brain will pay attention to the workout and you have a better chance of success. The trick is to add all of this while still staying within the range of what you can do safely. (And then methodically expand that range over time).

SOLUTION:

For now, the first step is to bring awareness to your movements. Pay attention to which muscles are contracting and which muscles are relaxing. Pay attention to what your jaw is doing, and the position of your spine. Sometimes it helps to slow down movements, so that reps can be as long as 30-60 seconds, to really pay attention to each phase of the movement.



PROBLEM #5: **YOUR WORKOUT DOESN'T HAVE** **ENOUGH NEUROLOGICAL INPUT**

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Awareness increases brain activity, and that extra brain activity increases your chance of success in training.

The ultimate way to increase neurological stimulation is to use a device like the NEUBIE, which communicates directly with the nervous system. It sends the same signals that happen naturally with high-level movement, so you end up getting all of the benefits with a fraction of the risk.

In our practice we use the NEUBIE during exercise, to get the muscle benefits of lifting heavy weights, but with only a fraction of the load you'd normally have to use. You can amplify the effect of your training while staying very safe -- the most bang for your buck.



CONCLUSION

There you have it. The top 5 reasons that your training is not helping you get out of pain and achieve the results you want.

If that report brought up any more questions, please send us a note at frontdesk@neu.fit. Our team is here to help you, and we are happy to talk through any specific concerns that you may have.

If this report resonates with you and you are looking to apply the information you've learned, then please also take us up on the offer for a Trial Session at NeuFit. Mention the "5 Flaws" report, and your first session is on me.

Yours in health and sustainable performance,

Garrett Salpeter, M.S.E.

Founder and Chief Neurological Officer

NeuFit - Austin, TX



ABOUT THE AUTHOR: **GARRETT SALPETER**

Known as "The Health Engineer," Garrett has taken his education in Physics and Engineering and applied it into a system for making the human body better. He first learned about the paramount importance of the nervous system when dealing with an injury of his own. As an ice hockey player, he tore some ligaments and was supposed to have surgery and be out for 3+ months. He figured this would be the case, as it seemed in-line with his previous experiences in the traditional P.T. and Orthopedic realms.

Serendipitously, he met a Chiropractic Neurologist who introduced him to the field of "Functional Neurology" and earlier forms of Direct Current technology. By taking a functional approach to a problem that was typically thought of as being purely structural, he was able to heal the ligaments in 3 weeks and avoid surgery altogether. The neurological approach worked so well that he never looked back.

He became determined to learn as much as possible about how to work with the nervous system. To that end, he spent hundreds of hours in self-study, mentored under several leading-edge practitioners, tested many of his theories on himself and others, and even went back to school for a Ph.D. program in Neuroscience (a program he eventually left in order to launch the NEUBIE device).

In 2009, he opened his first facility in Austin, TX to start sharing these methods with his community. This has grown into what we now know as NeuFit, which combines an advanced understanding of physiology with the best practices from diverse training and therapeutic practices, and constantly pushes these processes by using technology to accelerate them further. Since that first day, he has worked with people of all ages and in almost all situations, including athletes from MLB, NFL, NHL, NBA, UFC, Olympics, NCAA, people recovering from stroke, spinal cord injury, and M.S., and more. He has now certified hundreds of practitioners in The NeuFit System, and feels so grateful, honored, and humbled seeing those practitioners "pay it forward" by helping tens of thousands (even hundreds of thousands) of people get out of pain, improve performance, sometimes avoid surgeries, and live life at a higher level.

He lives in Austin, Texas and is ecstatically in love with his wife, Briana, and their two daughters, Gwenny and Gemma.