



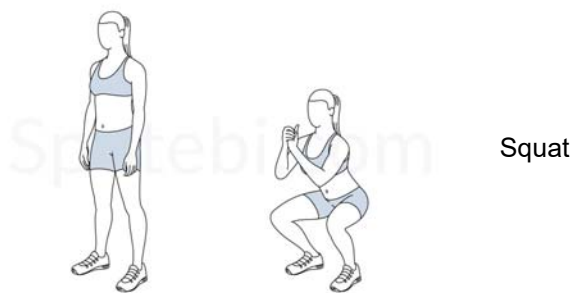
Summer Fitness Flash

By Robin Resnick, Elite Personal Fitness

Unilateral training

Exercises that are single-leg or single-arm movements are considered unilateral training. The primary benefit of including unilateral exercises in your training programs is your stronger side will not do more of the work than your weaker side since each side is working by itself. For a person who favors their dominant side, it allows their non-dominant side to get stronger.

Examples –a dumbbell curl one arm at a time, versus a curl holding a barbell with both arms. Lunges stepping to one side, forward or back are unilateral exercises, while a squat is considered bilateral. In general, if both sides of your body is doing the same thing & is a mirror of the other side, then it is a bilateral exercise.



Pros of including unilateral exercises in your fitness routine include more core activation since your core is helping to stabilize your body while performing the exercise.

Cons of including unilateral exercises in your fitness routine.: A downside to unilateral exercises is the additional time required to complete both sides.

If you have any questions about bilateral, unilateral exercises or how many of each your routine should include, ask Robin at your next session.

***** Cancellation Policy Reminder *****

Please give 24 hours' notice if you need to cancel your appointment or you will be charged for the session. The best ways to contact me is to text or call me at 617-794-0127.

Referrals

Please don't keep me a secret. If you know anyone who is looking for a trainer to give them undivided attention and motivate them while keeping them challenged, please pass along my name.



Your wellness partner,
Robin

References:
acefitness.org
t-nation.com/training
illustrated exercise guide on google.com