

HOW TO OPTIMIZE FOR PHYSICAL PERFORMANCE

WITH BEN PAKULSKI

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PHYSICAL CAPACITY: THE DECLINE + THE SOLUTION

- In the culture we live in, we spend a lot of time trying to accumulate wealth.
- We spend a lot of time sitting at a desk & a lot of time in meetings.
- The reality is we're losing our physical capability; stress and the diet are adding to it.
- So the worse your diet and the higher your stress, the more your tissues start to feel like they're getting old, they're getting creaky, they're starting to tighten up.
- What do we have to do to unwind this?
 - It's not just what you do in the gym.
 - The biggest mistake you can make is doing the same type of training day in, day out and thinking you're gonna get a different result.
 - You instead have to learn how to vary the stimulus to your body.
 - Your body needs to be subjected to a diverse number of things if you want to be able to do a diverse number of things.
 - It's important that you're very strong relative to your body weight.
 - There's a lot of movements in your body that are not squats, deadlifts, and bench presses.
 - There's a lot of different things that you need to be physically capable of to maintain joint health.
- We need to make sure we're building strength.
- We need to make sure we're building muscle in the right places to maintain structural balance.
- We need to make sure we're improving stability.
- We need to make sure we're improving cardiovascular health.

HOW TO DESIGN THE PERFECT WORKOUT

- Assess your current level of physical capability first.
 - What is each and every joint capable of doing?
 - ...relative to your 21 year old self?
 - And what's getting in the way?
 - Do an inventory assessment at the beginning of each and every workout.
 - This will make you MUCH more in tune with your body, so that you can increase effectiveness in your workouts.
- The first step is to do SOMETHING.
 - Next level: what am I doing and HOW am I doing it?

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ASSESSING EFFECTIVE EXERCISE FOR YOUR BODY

- 1. What is this joint's range of motion?
- 2. What is this muscle's range of motion?
- 3. Can I stack weight on top of this movement?
- [Francis Holway podcast](#)
- When it comes to programming...
 - Hypertrophy and strength programming are very different.
 - For 99% of people, exercise selection is not thought about, but it is the MOST important thing.
- How to select the right exercises:
 - Consider what muscles do from a mechanical perspective.
 - Every muscle has two ends:
 - One end is stationary, the second end moves closer to that stationary end.
 - Then create as much tension in this range as you possibly can.
 - [Body Part Guides](#)
- Challenging muscles through the full excursion:
 - Exercise is simply pushing back against a force.
 - Challenge the shortened position, the mid range, and the lengthened position.
- Assessing movement:
 - Start with the spine and move outward.
 - Then pelvic girdle and hips; shoulder girdle.
 - Then elbows, wrists, hands; knees, ankles, feet.
- Look for your weaknesses and work on them!
 - Start with the minimum effective dose.

GETTING THE MOST OUT OF YOUR WORKOUT

- If your desired end state is to get as much out of the muscle as you possibly can...
 - Make sure the muscle can move through its full range of motion.
 - Make sure you can stabilize the joint.
 - Stability governs contraction.
 - Add amplitude and duration to stability - contracting in an isometric contraction.
 - Remember that stability is positionally dependent.
 - The ability to not move opens up your ability to move.
- Start with a small number of high impact exercises and get really good at them. Learn positional stability in every exercise and in every part of your reps.
- Train both rigidity and fluidity.
- Physical capability =
 - The ability to create rigidity.
 - The ability to create fluidity.
 - The ability to access ALL muscles and joints with control.

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