

Improve Your Results with Correct Exercise Choice

When it comes down to body composition goals (building muscle, losing fat or both) it is important that you don't exhaust all of your energy in futile exercise choices. If either of these goals are something you are interested in then it is important that your workout stimulates certain hormonal production. If you want to lose fat then the more human growth hormone (HGH) you can produce the better. There are many ways to optimise this but one of the most important ones is appropriate exercise choice. You would produce more of this in your workout if you choose multi-joint exercises. Examples of multi joint or compound movements are listed below;

- **Squatting**
- **Lunging**
- **Stepping**
- **Pressing**
- **Pulling**

Choosing exercises that fit these movement patterns will give you more bang for your buck when it comes to fat loss. This list excludes flexion and extension exercises such as;

- **Bicep Curls**
- **Tricep extensions**
- **Leg Extensions**
- **Leg Curls**
- **Shoulder raises (in any direction)**
- **Calf Raises**

This is a simplistic view of a very complex subject but the general direction of it will always hold true. Look through your workout schedule and ideally a majority of your lifts will fall in the first category. It is worth noting that workouts compiled with movements that are in list one are likely to be harder as they involve more muscle groups and burn more calories. A pull up will exert more energy than a bicep curl and a front squat will produce more of a hormonal response than the leg extension.

When the goal is muscle building there is usually a greater focus on isolation exercises (list two) which can serve a strong purpose. It is worth thinking about where you are in relation to your goals when it comes to exercise choice though. Have you ever seen someone with huge muscular arms and a tiny torso? What about well developed calves on the lower half of a skinny thigh? If you are trying to slab muscle on as fast as you can, make sure you have a frame that will allow it. In a majority of cases you will need to build your body as a whole before you can appreciate any real size increases in your extremities. So, if you are very thin and wondering why your arms aren't getting any bigger with all of the bicep and tricep work you are doing, it would be worth making sure you are emphasising growth on the larger muscles first by preferentially selecting exercises from list one over list two- after all you won't get big branches on a tree with a thin trunk.