

body + soul

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Sunday Telegraph

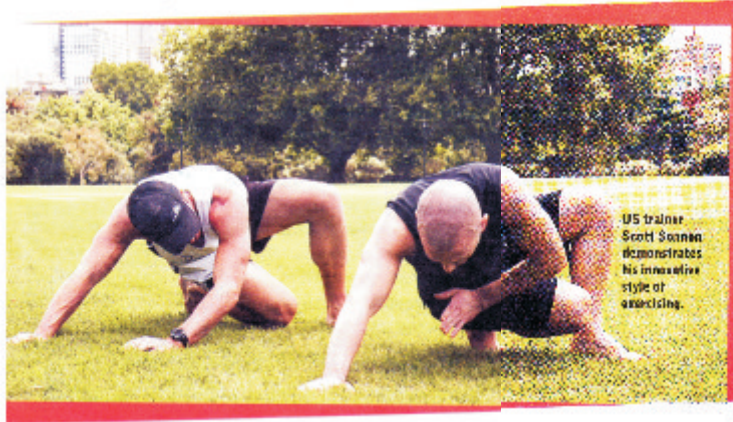
eating out
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a new workout
from the US of A

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Do trainers need training? **Damien Kelly** is put through his paces by an American fitness expert to find out.



US trainer Scott Sonnon demonstrates his innovative style of stretching.



Flat foot squat

1 Leg sit-through

The low and flat footed exercise is performed by lying on your side with one leg raised and bent at the knee. The other leg is bent at the knee and raised to the same level as the first leg. The feet are placed on the ground and the hands are placed on the ground. The feet are raised and bent at the knee. The hands are placed on the ground. The feet are raised and bent at the knee. The hands are placed on the ground.

5 Swinging plank

The ancient Chinese martial art exercise begins in a wide stance. The feet are placed on the ground and the hands are placed on the ground. The feet are raised and bent at the knee. The hands are placed on the ground. The feet are raised and bent at the knee. The hands are placed on the ground.

4 Elevated scorpion

Another ancient Chinese martial art exercise used in a wide stance. The feet are placed on the ground and the hands are placed on the ground. The feet are raised and bent at the knee. The hands are placed on the ground. The feet are raised and bent at the knee. The hands are placed on the ground.

FLOWFIT PROTOCOL

Practise the above exercises in the following order:
 1. Begin standing.
 2. Squat down to flat-foot squat.
 3. Drop forward and perform a 90° sit.
 4. Return to flat-foot squat, stand, and return to flat-foot squat.
 5. Drop forward into elevated scorpion and leg sit-through (left side).
 6. Return to flat-foot squat, stand, and return to flat-foot squat.
 7. Drop forward into elevated scorpion and leg sit-through (right side).
 8. Return to flat-foot squat, stand, and return to flat-foot squat.
 9. Drop forward into elevated scorpion and leg sit-through (left side).
 10. Return to flat-foot squat, stand, and return to flat-foot squat.

I had a media release land in my email inbox a few weeks back that heralded "The most challenging workout of 2007", according to the New York Post. The creator of this innovative brand of training, an American guy called Scott Sonnon, was visiting Australia. My lovely editor wanted me to meet him.

Of course I googled Scott and discovered he's a multiple martial arts world champion, US wrestling team member for the upcoming Beijing Olympics, and a multiple martial arts and fitness Hall of Fame inductee and nominee. My heart rate goes up a touch.

I get in touch with Sonnon's team, and they inform me that he'd love to take me through a two-hour one-on-one training session. I turn up early hoping to cram in some training to ensure I don't embarrass myself. I could see tomorrow's headline, "Aussie fitness columnist dies of heart attack doing crazy American 'most challenging workout of the year'".

Well, I survived to tell the story and I must say his program rocks. It's termed Circular Strength Training (CST) and is designed to prevent physiological damage, reduce future joint pain and improve overall health and fitness. Its basic form is yoga-like but it has other interesting forms once you get into it. Many of the exercises have a circular movement to them, which is a more healthy movement for our joints.

The US army endorses it as one of their official health and fitness conditioning programs, gridiron teams can't get enough of it, and the Chelsea Football Club has taken it to the UK.

Sonnon describes CST as, "Yoga without contortion; tai chi without complication; meditation without boredom; weights without pain; fitness without machines; health and longevity for life."

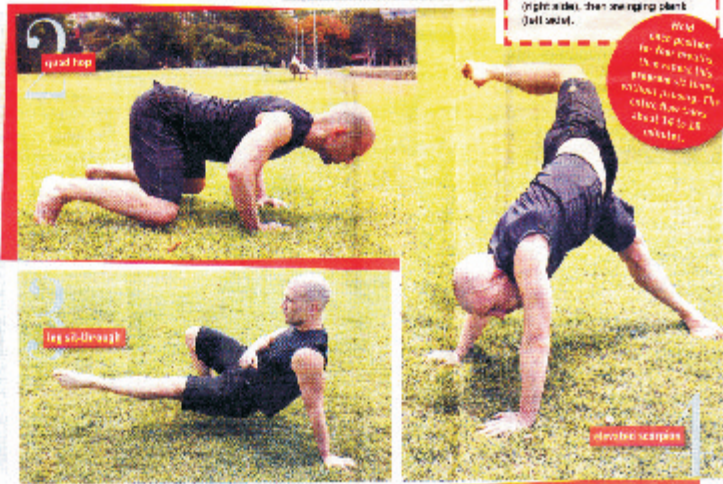
It may seem a bit foreign, but soon enough, this style of training could become a mainstay of our fitness regimes. Here are a few of the exercises to give you a taste of what it's all about. Scott's out here again in early 2008 to instruct Aussie trainers on this revolutionary fitness concept.

1 Flat foot squat

Performed by standing and sitting, the flat foot squat is done without any external load because the range goes beyond 90 degrees with the ground. This means that the lumbar spine is back when eventually posing on the ground. This is a range of motion most are diagnosed to improve function. Most people experience lower back pain because they do not move it through the entire full range. Knees, and go no lower than you can squatty feet flat. Knees and feet can turn out and the hips and lower back are open free, which allows you to bring them to their full range.

2 Quad hop

The feet and knees turn out at 45 degrees; fingers and heels turn in at 45 degrees. Balance comes from when feet rise, and from the line of force of the hip flex. Spine remains parallel to the ground. Feet rise and move forward between the hands. Feet rise with support, support, spine remains parallel to the ground. After two to three weeks, the connective tissue around the joints restore themselves to normal. When you hop, all four limbs leave the ground simultaneously. When you return to the earth, absorb with knees, hips and shoulders. Exhale when you land, and inhale from the base pressure of raising your ankle.

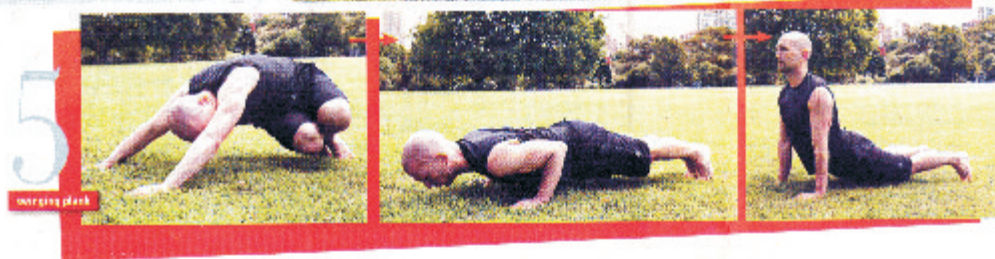


quad hop

leg sit-through

elevated scorpion

That one position is flat-footed, it's really the middle of the range of motion that's the key.



5

swinging plank

Photography: Jason Terrace

See Scott in action on www.cstworkouts.tv or purchase his training DVDs and exercise equipment from www.cstaus.com.au