Healys Health Training Codes UNLOCKED

"REAL CROSS-TRAINING with a PURPOSE & GOAL
That actually matches REAL PHYSOLOGICAL OUTCOMES and PROTOCOLS"

INTRODUCTION

Today we see the TERM cross-training? Cross training for what Outcome?
Most cannot tell you, now do they understand what they are actually doing from a physiological point of view or is it simply "Monkey see, Monkey do Analogy" as is the fitness Industry trend, or "Dumb & Dumber" view on Life and methodologies.
Back in the 1970's "the fat Burner' Aerobic classes (that didn't burn Fat) and the Rugby League encouraged to "do Aerobics" as part of their "conditioning programme" or the Circuit Classes the purported to "build strength and aerobic conditioning at the same time" all of this took the Fitness Industry by Storm , however ,NONE OF IT had any sound physiological base , or the interpretations were incorrect , like the benefits of the "Swiss ball" all now disproved, useless and a complete waste of time and money ,achieving absolutely nothing of substance.
But Swiss-ball classes plagued fitness centres and all sorts of 'insanely stupid' so called 'stabilizing circus tricks' were developed ' and resultant injuries from 'falling off Swiss balls' abound.(excuse the pun)
Welcome to the fitness Industry , where , doing stupid things that injure people and do more harm then good is the "norm' however, there are a few of us who have "been there done that and got the t-shirt" and survived and I consider myself one of the Survivors and I thank the Good Lord that I was mentored and training by Sports Scientists like Leo Young, Tony Shields, Olympic weightlifter Nev. Perry, Martial Arts Grandmaster Yun Ku Young 9th Dan, Master Boxer and Trainers Bert Healy (Jnr and Snr) my father and Grandfather.
Myself having been a competitive swimmer, boxer, Olympic weightlifter, Rugby League player, water polo player, and 8th Dan martial arts master myself over the last 40 years , I just might understand a thing or two.

WHAT HAVE I LEARNED ?

The "KEY" is START WITH THE END GOAL IN MIND and work backwards from there! and Cycling or Periodizing your training in alignment with **"THE END GOAL"** and the **ENERGY SYSTEMS** of the Body (Muscular/Chemical = Lactic and Alactic) or Cardiovascular = Aerobic Energy systems ,while there are "cross over factors" primarily both area's physiologically speaking should be trained separately or periodized and cycled .

BOTTOM LINE IS :

With the "**END GOAL"** in mind its simply **"HORSES for COURSES"** at the end of the day .
if you are training for a marathon its pointless doing Olympic weightlifting as it will be counter-productive to your END GOAL and Visa a versa.
I remember after I competed in the Queensland Weightlifting titles 1976 as a middle heavyweight, I thought I was strong (and so I was) so I want down to my local Boxing Gym to punch the bag (I had been a competitive boxer prior to the weightlifting phase) and I tried punching the bag and to my HORROR I found my arms could not

continue punching the bag more then 1 minute! The FACT was that I had trained my body to doing EXPLOSIVE weightlifting power ie in Olympic style weightlifting but in this process my body had almost ZERO boxing endurance.
I learned a invaluable lesson that day and it was the cardinal rule of any form or training programme , and that is :
1)HORSES FOR COURSES
2)KEEP THE END GOAL IN MIND

In this Article I will EXPOSE THE STUPIDY and WHY it is Absolute B.S. and then I will Explain to you the **Healys Health Training Codes UNLOCKED** the secret of successful training for "Relative REAL OUTCOMES" and how they interrelate or DO NOT interrelate.

Now this is based on my personal experience as a **DRUG FREE ATHLETE ALL MY LIFE for over 40 years now** , not some "STERIOD HEAD" who is 'shooting up on the Gear/Steroids and then "LIVING A LIE" when they try to say to people that they are a "Health Fanatics" the ULTIMATE HYPOCRETES really representing a 'Drug Cult.' (Steroids is big business by criminal Bike gangs , get big and "die young" as 50% of the Body-builders I know have died of Liver cancer from Steroid Abuse, so DON'T FALL INTO THE STERIOD TRAP …Its not HEALTHY, its Dangerous and NOT GOOD FOR YOU , do you think the average 'steroid head' could work out how to medically administer Drugs to themselves ? and play around with the bodies chemistry and hormones successfully ? if you do then you haven't been around Gym's very long…**WARNING DON'T DO IT !. YOUR LIVER & HORMONES WILL LOVE YOU FOR IT !**

There are "Death Cults" well in sport there is the "Drug Cults" that can become "Death Cults" and I have seen Steroid Deaths over the years for What end? Looking Big? VANITY? GIVE ME A BREAK…..GET A REAL LIFE!

Lets work on the BALANCE of MIND,BODY & SPIRIT the WHOLE PERSON
And Lets start WITH THE "END GOAL IN MIND" and work back from there!

That's it so no more talk on Steroids I imagine by now you get the picture:

STAY LEAN & CLEAN .

Graham Healy
8th dan Master Martial Arts
Diploma in Sports Coaching & Fitness
Former Middle Heavyweight Olympic weightlifter Qld Titles 1976
(Coached by 2 times Olympian Nevil Perry Mexico and Rome Olympics)

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