## **"Training" Vs "Exercise"**

### **Know the difference.**

The first thing you need to know when approaching a weight lifting program is the differences between **"Training"** and **"Exercise"**. Most people that are new to"Training"have some background in "exercise". When you see those two words, I encourage you to view them as two **distinct** and **separate** mindsets. The terms "training" and "exercise" in the context of weight lifting both involve physical activity and use of weights (or resistance), but they differ significantly in purpose, structure, and outcome.

Here are some key differences:

### **Training:**

1. **Purpose**: Training is typically goal-oriented. It is designed to achieve specific outcomes, such as building muscle mass, increasing strength, improving performance in a particular sport, or enhancing overall fitness.
2. **Structure**: Training programs are systematically planned and structured. They often include progressive overload (which we will talk about shortly), periodization, and specific phases (e.g., hypertrophy, strength, power).
3. **Consistency**: Training requires consistency and adherence to a schedule. It involves regular sessions over a period of time, often with a long-term plan in mind.
4. **Tracking and Adjustment**: Training involves tracking progress through various metrics such as weight lifted, number of sets and reps, and rest periods. Adjustments are made based on progress and goals.
5. **Professional Guidance**: Training programs are often designed or overseen by fitness professionals, such as personal trainers or coaches (e.g., yours truly), who tailor the plan to the individual's needs and goals.

### **Exercise:**

1. **Purpose**: Exercise is generally aimed at immediate or short-term benefits, such as improving mood, relieving stress, or maintaining general health. It may not be focused on specific long-term goals.
2. **Structure**: Exercise routines can be more flexible and less structured. They may not follow a specific plan or progression.
3. **Consistency**: While exercise can be consistent, it doesn’t necessarily require the same level of regularity or long-term commitment as training. It can be sporadic or vary in intensity and type.
4. **Tracking and Adjustment**: Exercise does not always involve detailed tracking or systematic adjustments. Individuals may choose activities based on how they feel that day or what is convenient.
5. **Self-Guidance**: Exercise routines can be self-directed without the need for professional guidance. People often choose exercises they enjoy or are familiar with.

Now, before I go any further with this train of thought, I want to be very clear about something. "Exercise", in this context, is **not** a bad thing. In fact, there have been periods of my life where I have had to put "training" on the back burner, and had to shift my mindset to "exercise" to help maintain a healthy lifestyle. **They are both beneficial**. So, if you only have a background in "exercise" you are a major step ahead of the vast majority of people. Good on you! Keep it up. I just feel that, when you enter the mindset of "training" there is an added emphasis on *making progress*, that I feel is left out in typical "exercise". I just want you to be aware of the differences, and I want you to think that "exercise" and "training" are two sides of the same coin. One cannot exist without the other. This 6-week program is designed through the lens of "Training" or working towards the specific goal of gaining strength, and lean body mass through the means of resistance training.

People most often come from a history of **"Group Exercise"** classes that often focus on bouts of extreme intensity with very short rest intervals and most often **do not take into account** things like, **proper form and mechanics**, **tracking your progress**, and **ensuring adequate rest**.

Now I am not going to harp *too much* on the disadvantages of group exercise classes, because, at the end of the day **more movement is better than less movement**, and I would never want to discourage someone from working out. Group Exercise classes can foster a strong sense of community, encouragement, and there is something to be said about the effects of "group think" that can help you push harder than you might on your own. They can serve as a great gateway to exercise and eventually to a more structured approach.

However, many group exercise studios are built around a business model that aims to get you in class as many times during the week as possible for their high-cost ticket offerings, with the mentality that "More sessions" and "More intensity" is better. They often do not take into consideration the individual customer, their needs, and their current fitness levels.

When it comes to **high intensity interval training** (which is what most of these studios are built around) you have to understand that these workouts are not concerned with you getting stronger, moving better, or building more muscle. They are built for **conditioning,** and getting your heart rate up. Most of these classes attain that goal by having you lift weights with high repetitions with little oversight on exercise form (which I have a real problem with), have you do complex high-impact bodyweight movements (#teamnoburpees), and then give you little to no rest before they make you do it all over again (a recipe for mistakes, accidents, and injuries).

*Now, is this true of every single studio and group ex class*? **No.** *Are Group Ex Studios and Instructors evil, and actively trying to hurt you?* **No, absolutely not**, but it is important to note that, the more people there are in a class, the less oversight there will be from fitness professionals, and less specification to the needs of the individuals attending the class. I just want you to be aware of the disadvantages that come with these environments and be informed to make decisions for yourself.

Now, I truly believe everyone can benefit from participating in a **H.I.I.T** (High Intensity Interval Training) class 1-2x a week **max.** Anymore than that, and you will begin to dip your toes into the pool of "Over-reaching" or "Over-training". After you've done 1-2 classes for the week, I believe that your time would be better utilized by doing a structured and balanced training plan. Think of it this way, if you get stronger on your lifting days, you'll be able to work harder in your H.I.T.T classes, which will improve your conditioning. If you make improvements to your conditioning, you'll be able to preform better during your lifting days. They feed each other, so you want to have a balanced approach to reap the benefits of both.

Your body NEEDS rest to preform optimally both in and out of the gym, and if you are killing yourself in these H.I.I.T classes 5x a week, you will quickly "H.I.I.T" a wall and your chances of burn-out or injury become much higher than they would if you were following a more structured program.

If I had to recommend one type of H.I.I.T class that is safest way to train at a high intensity regularly it would be Spin/Cycle classes. These are low-impact on your joints, offer stable training environments (stationary bikes), with a low risk/reward ratio (Lower chances of getting hurt), and often times those studios program and offer lower intensity classes as filler workouts to your higher intensity.

As for group classes that focus on strength and mobility? I would recommend Pilates and/or Yoga, as these classes are low impact on your joints, often follow a systematic approach to their classes, and the instructors (most often) go through rigorous training and certifications before ever stepping foot in front of a class of people.

"Are you exercising, or are you training? What's the difference? Should you be doing both? Let's talk about it.-- The thing you both them is, they are same-same, but different. And as a personal trainer i feel it's important for people to be aware of the differences."

###### **ChatGPT said:**

Here’s a polished version of your script with a clearer flow and structure:

**"Are you exercising, or are you training? What's the difference? Should you be doing both? Let's break it down.**

Exercise and training—on the surface, they seem the same, but there’s a subtle difference that’s worth understanding. As a personal trainer, I believe it’s important to know how these two concepts work together for your health and fitness goals.

Exercise is what you do to move your body and stay active. It’s great for your overall well-being and can be anything from walking to group fitness classes. It’s flexible, can be done at your own pace, and is more about moving for the sake of movement.

Training, on the other hand, is more intentional. It involves a structured plan designed to achieve specific goals, whether that’s building strength, improving endurance, or reaching a new fitness milestone. Training requires progression, tracking, and consistency.

Both have their place in a healthy lifestyle. Exercise is great for maintaining balance, while training helps you push toward a goal. So, should you be doing both? Absolutely! Finding a mix that works for you is key to staying motivated and reaching your goals."

How does that sound?

##### **You said:**

Would you say exercise and training are 2 sides of the same coin?

###### **ChatGPT said:**

Yes, I think that’s a great way to put it—exercise and training are like two sides of the same coin. Both involve physical activity and contribute to your health, but they serve slightly different purposes. Exercise is more about general movement and enjoyment, while training is goal-oriented and structured to achieve specific results. Together, they create a well-rounded approach to fitness.

Would you like to include that analogy in your script? It could help emphasize how both are connected but distinct.

##### **You said:**

Yes.

###### **ChatGPT said:**

Here’s your updated script incorporating the analogy:

**"Are you exercising, or are you training? What's the difference? Should you be doing both? Let's break it down.**

Exercise and training—on the surface, they seem the same, but there’s an important distinction. As a personal trainer, I believe understanding the difference is key to reaching your fitness goals.

Think of it this way: exercise and training are two sides of the same coin. Both involve movement and improve your health, but they serve different purposes.

Exercise is more about general movement—whether it’s walking, a casual workout, or a fun activity that gets you moving. It’s flexible and great for staying active and healthy.

Training, on the other hand, is goal-oriented. It’s a structured plan designed to get you specific results, like building muscle, increasing endurance, or improving strength. Training requires consistency, progression, and tracking to reach those goals.

So, should you be doing both? Absolutely! Exercise helps you stay balanced and active, while training pushes you toward achieving long-term progress. Together, they form a complete approach to fitness that keeps you healthy and motivated."