



# “MOVE THAT” “BOOTY”

**THE SCIENCE BEHIND MOVING**

**DAVID SHADLOCK – PERSONAL TRAINER**

Chippy  
Well  
fest

FITNESS  
NUTRITION  
LIFESTYLE



SALVEO COACHING

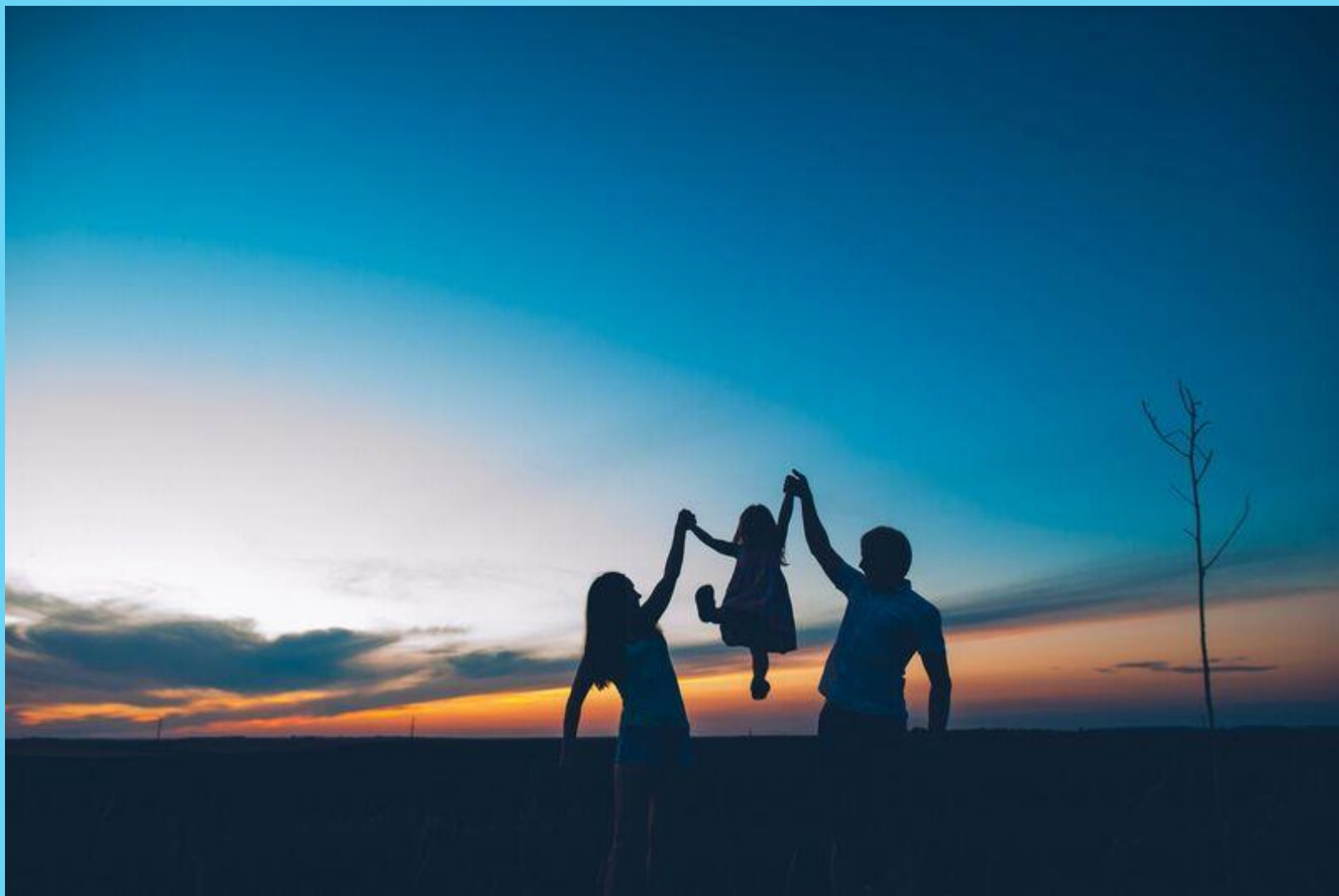


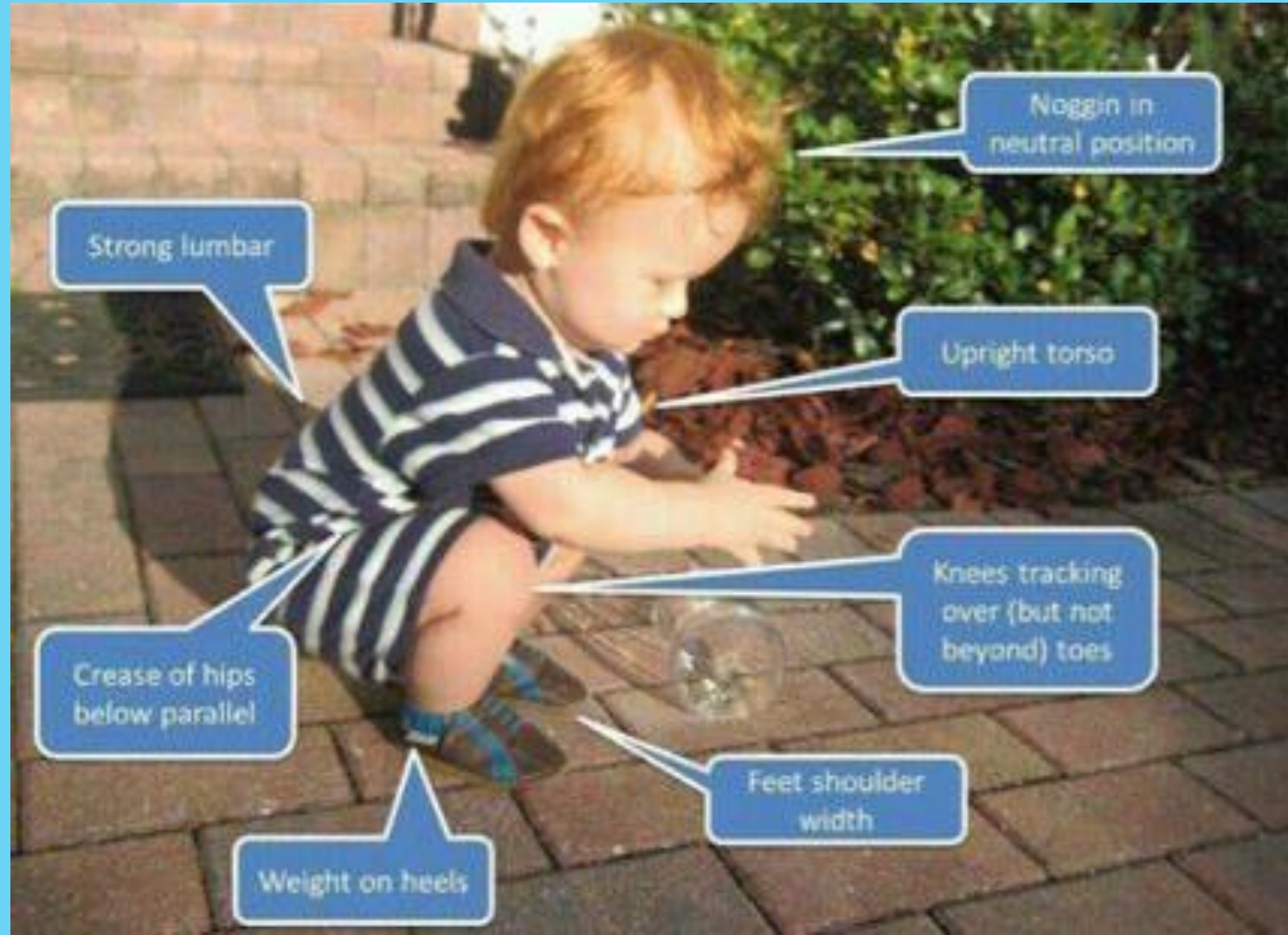






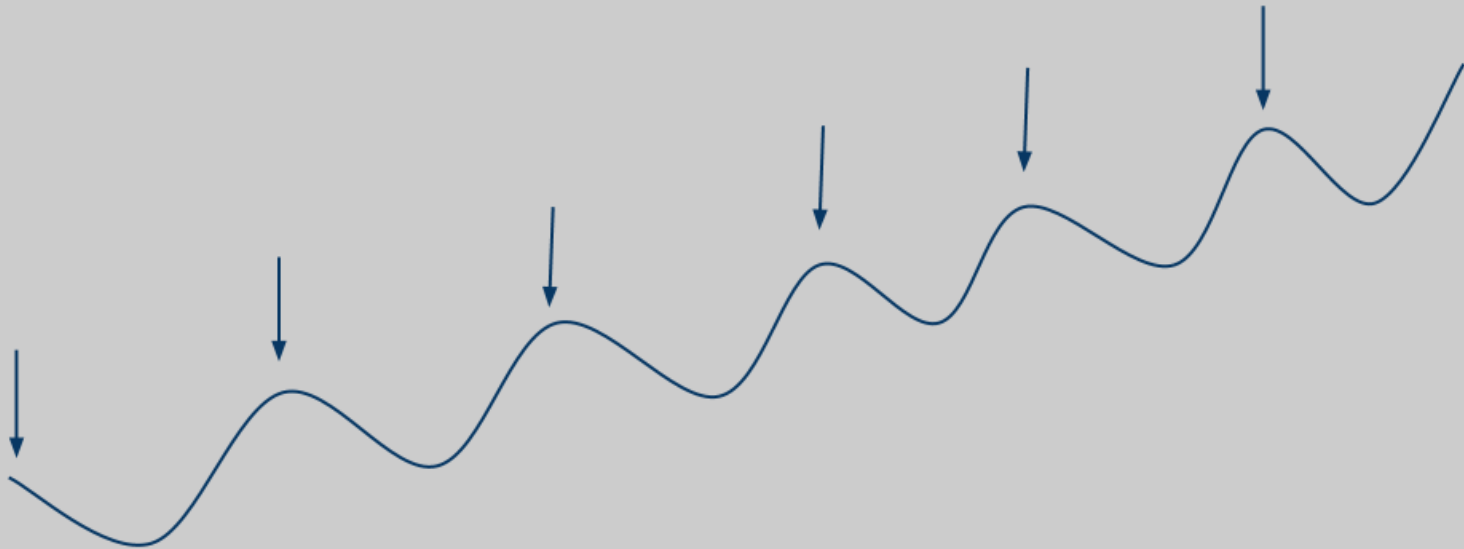






# Progressive Overload

P  
e  
r  
f  
o  
r  
m  
a  
n  
c  
e





When overload is timed correctly and progressive overload is applied, it will lead to an increase in performance



Increased Performance



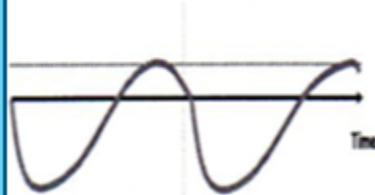
Appropriate Overload



If overload is inappropriate and poorly timed, it may lead to a leveling off in performance



Maintenance in Performance



Inadequate Overload



When overload is implemented poorly and timing is wrong it will result in a decrease in performance



Decrease in Performance



Inappropriate Overload



# Consistency

## 3 Main Rules To Improve Your Physical Activity

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- Full Range of Movement
- Overload – slight discomfort or fatigue
- Consistency

Your pledge





“ I want to lose  
weight so I’m going  
to run everyday  
until I lose 1 stone”

**WHY?!**

To Feel Better

To Look Better

To have more confidence

To have more energy



should

could

need

I choose to

want

have

Measure your  
behaviour



# THANKS FOR LISTENING

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