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And be sure to click on "More On Us" at the left for the ASEP-Newsletter's parent web site.  Yours in health,  -Lonnie Lowery and Jonathan Mike, ASEP-Newsletter Editors |      |  |  | | --- | --- | | **Editor's Corner** |  | | editorial    **ASEP Newsletter- Letter from the President**      MNAEP Spring Meeting    After a relatively mild winter in the upper Midwest, we are ready for spring. Spring is a good time to get out of the house and go for a drive. If you are in the area or can make it on such short notice, I'd like to invite you to spend a Saturday with your peers at the Minnesota Association of Exercise Physiologists' Spring Meeting on April 14th held this year at Winona State University in Winona, Minnesota.    The MNAEP Spring Meeting is offered as a chance for area Exercise Physiologists to come together in a friendly atmosphere for discussion, networking, continuing education, and support for Exercise Physiology students. This years' agenda includes presentations of research by student and PhD level Exercise Physiologists. We will also hear from Exercise Physiologists who are practicing in the field within some rather unique situations. A panel discussion will allow attendees to voice questions and ideas about the direction of MNAEP and what the organization can do for practicing Exercise Physiologists in the state of Minnesota. Students should find this particularly interesting as they prepare to move into the job market. Seating for the MNAEP Spring meeting is limited and registration for the meeting is required. More details about the MNAEP and the Spring Meeting can be found at www.mnaep.org.    As the ASEP President, I view the MNAEP and its Spring Meeting as a model that can help us streamline the establishment of other affiliated state organizations and allow us to adopt a standardized state meeting process on a national level. The ASEP would like to assist in developing state organizations in the remaining 49 states. Much of the work has been done so implementation can be done with a few committed individuals from each state. I hope that you will take this as a "call-to-action" and inquire about how you might lead or serve this process in your state.    To support the ASEP in this goal, MNAEP officers have volunteered to assist individuals in other states to establish their own state organization. If you are interested in the development of an ASEP affiliated organization in your state, you can learn more by emailing info@mnaep.org with "New State Organization" in the subject line. I'd like to thank MNAEP President, Desiree Ahrens and MNAEP Secretary Patrick Ayres for their work on behalf of Exercise Physiologists in Minnesota and nationally!    Enjoy your Spring season!    In Health,  Shane Paulson  President, ASEP.    P.S. Check out the ASEP and MNAEP groups on Facebook and the ASEP group on Linkedin...join up! | | |  |  |      |  |  | | --- | --- | | **Ask the EP** |  | | **This month, we change pace again, and offer another editorial from our ASEP Co-Editor.**    For this editorial, we will take a closer look into **CrossFit**. By now, almost everyone has heard of CrossFit, and may even think of it as a type of phenomenon. CrossFit is a relatively new fitness fad that has gained popularity in recent years, and has had a slur of many enthusiastic trainees. To fully comprehend CrossFit as an exercise program, you must take a closer look of what it has to offer, and even recognize the disadvantages, risks and potential dangers of this training.    The fundamental nature of CrossFit is based off traditional circuit training. Some have even described CrossFit as a glorified well -marketed version of circuit training, or simply a higher level of general physical preparedness, or GPP. Circuit training was developed in the early 1950's and refers to a number of carefully selected exercises arranged consecutively. Originally, 10 to 12 stations comprised the circuit. Each person moves from one station to the next with little (i.e. 15 to 30 seconds) or no rest, performing 15- to 45-second work-bouts of high repetitions at each station. The stations can be either be a strength exercise or cardiovascular exercise. The method attempts to improve cardiorespiratory endurance as well. Completing one station and moving to the next station is accomplished by completing a certain number of repetitions, or even rep ranges in a given amount of time. Comparably, this type of training uses a lower load, and decreased rest interval than traditional resistance training that is uses higher loads and a higher %1RM and longer rest periods. This particular circuit based-training is nothing new, as many other fitness concepts over the years have adapted the same thing such as Curves, Gladiator/Celebrity style training (i.e. 300-workout), and many more.    Circuit Training in and of itself does have many benefits, as briefly stated above. In addition, it also trains specific energy systems such as the phosphagen and glycolytic energy systems. Furthermore, this type of training also yields greater energy expenditure than traditional types of strength training, which is why it's so appealing for fat loss. Although different methods are used, the more current and mainstream, and effective integrated fat loss systems are referred to as 'metabolic training', or 'metabolic acceleration training'.    However, Circuit training does have its downfalls. It does not provide good specificity of training. For example, if you want to squat more weight, then you must train that specific mode of exercise. You should not expect your squat strength or technique to increase by doing body weight squats, or wall sits. Essentially, you must train for those specific movement patterns. Therefore, it has a non-specific approach, as it will not give you the same return on investment as traditional resistance training simply because of the low loads used and reduced volume.    The Attraction of CrossFit    Crossfit typically attracts those who are annoyed, disappointed or unhappy with the current exercise program. Those that begin CrossFit may require more high intensity efforts with their lifestyle or job, or those who are looking to get "fit" who have engaged in little exercise training throughout their life, or even just expend more calories in short amount of time, or perhaps a bit of all of them. Individuals who are not training for specific strength, a specific sport or competition, and desire just broad general fitness may benefit from Crossfit. The CrossFit enthusiasts will often claim that other programs don't hold a candle and don't even come close to match the intensity of their workouts. However, it is likely this is correct, as circuit training does provide high intensity effort bouts that most traditional weight training and cardio programs just don't match. Therefore, it is apparent that CrossFit attracts a variety of groups of individuals including tactical groups (i.e. law enforcement, and military) and emergency services (i.e. firefighters) that require this type of fitness needed for their specific job.    The Downside    The major pitfalls of CrossFit are the workouts of the day, the training intensity, and safety with respect to form and technique of exercises, including fatigue. Crossfit workouts are designed using the Workout of the Day, or WoD. These workouts are simply a random list of a variety of exercises, which is completed for time, or by executing a certain numbers of repetitions. A prime example of this random programing is the "Murph", which consists of a 1-mile run in a weighted vest, followed by 100 pull-ups, 200 push-ups, 300 body-weight squats. This is then followed up by another 1-mile run. To make matters worse, this is done as fast as possible. The major problem with this type of method is that it is not specific to an individuals needs, and there is little analysis. In addition, these programs are usually done with excessive volume, and is created and developed as a "one-size fits all" approach. The Crossfit "trainers" argue that the workouts can be accommodating" for those who are deconditioned. However, it must be emphasized that for any type of group exercise, there will always be those who find it easy, and others who find it difficult. These non-specific and random acts of programming increase the risk of overtraining and blatantly dismiss the core values of program design. The use of poor programming will almost always produce incomplete results, and intensity will never full replace a planned, systematic, and strategic program. Simply, the WoD's (workout of the day) and lack of systematic programming infringe upon the essential elements program design.    Another pitfall of Crossfit is the intensity. Although intensity is important, applauding novice trainees to train at intensities beyond their ability can have serious implications, and creates cause for concern. Repetitive stress, and injuries can and DO occur. For example, Exercise Rhabdomyolysis can occur in these situations, as there have been lawsuits involving CrossFit and the methods of exercise. Interestingly, Crossfit actually has an unofficial mascot (displayed on T-shirts) of a dying clown known as "Uncle Rhabdo". This is indicative of Exercise Rhabdomyolysis, as this calls into serious question the lack of concern and disregard for providing quality programming and ensuring a safe training environment. If this type of belief and demeanor is used (as seen with the T-shirts), theses actions are deplorable. One area in particular with regard to CrossFit is their incorporation of Olympic-style weightlifting (clean/ jerk, and snatch) including overhead pressing. Those that have lots of experience and knowledge with doing and teaching Olympic lifting know how technical they are. Utilizing these lifts in the CrossFit program where different individuals use the same weight across the board and are executed while fatigued is simply unacceptable, not to mention the extreme risk of injury. This is not the correct way to coach, and does not utilize the correct movement patterns and placement of these lifts. Furthermore, using the Olympic lifts in this manner is a true violation of the recommendations for teaching Olympic lifts published by USA Weightlifting (USAW) and the National Strength and Conditioning Association (NSCA).    After reviewing and taking a closer look into CrossFit, there are simply too many impediments to this type of training. Unfortunately I cannot recommend Crossfit in general. However, those that choose to engage in these methods, I recommend that you learn and recognize the limitations of it.    Jonathan Mike PhD (Candidate), CSCS, USAW, NSCA-CPT  Co-Editor, ASEP Newsletter  jonathannoahmike@hotmail.com | |      |  |  | | --- | --- | | **Advertisements & Announcements** |  | | **Opportunities Related to Exercise Physiology**      **Community Announcement: Iron Radio.org** has issued a call for brief submissions from EP students or professionals interested in getting their first involvement in legitimate Internet / pod casting settings. Opinions on professional issues or micro reviews and recent research are welcomed. Students' audio submissions (see National Public Radio (NPR]) and / or the [Iron Radio.org](http://r20.rs6.net/tn.jsp?e=001PuDc5oeHrrJPlNFboMBKL6tJ1sGKSsz37ZbCBljq8OlkNc-YBh2Y_MO6q4fmN2F_bTg-u7gs6agqvl3AO2DPgE7sm0n2tkZpi4b8l8wVtK2pf1hmWpilDQ==)  web site for examples) will be editor-reviewed by ASEP-Newsletter Editors Dr. Lonnie Lowery and Jonathan Mike. The submissions should be 300-500 word essays read aloud and recorded with Windows Sound Recorder or similar software and sent via email to [Lonman7@hotmail.com](mailto:Lonman7@hotmail.com). Iron Radio.org is not ASEP-affiliated.    \*\*\* Please check out this research study that is being conducted that focuses on the general interests and preferences that physicians, nurses, and allied health professionals hold along with the perceptions they have regarding both their work and continuing education for their respective professions.    Thanks!  https://www.surveymonkey.com/s/N9JXV8Y    **----------------------------------------------------  NOTE:** [**ASEP Board of Directors with approval of The Center for Exercise Physiology-online**](http://r20.rs6.net/tn.jsp?e=001PuDc5oeHrrL8fNPyciDN7gv2r1dr47mvwjb2sfnS_iJWYyEfR4p1uY40ssY9Waa7Hp1Xwar2q9uqijWJt_3KQhZ-n2L9kN6974rXvb2F0pmi4lgW8dpmpbJgAsQozmtL9sZ7pb4tcVCJ1y7AbQFNzA==)  **developed the "EPC Petition Guidelines" for doctorate exercise physiologists to become Board Certified.** | | |  |  | | | |  | | --- | |  |  |  | | --- | | Thank you for perusing our opinions, facts and opportunities in this edition of the ASEP-Newsletter.  **Sincerely,**  Lonnie Lowery American Society of Exercise Physiologists | | | |
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