

Topic 1

What benefits does Kieser Training offer?

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Benefit No. 1:

Support your bodyweight more easily

The more we exercise our muscles the more useable strength we have per kilogram of bodyweight. Remember, it's muscle strength that keeps us upright, takes us upstairs and supports us. Why do we feel so good in the bath? It's because water displacement makes us feel lighter. If we train our body, we can enjoy this sensation all the time.

Benefit No. 2:

Remain strong and healthy

Health-oriented strength training prevents muscle waste and keeps the body strong and healthy. Muscle tissue is in a constant state of being built up and broken down. When we do Kieser Training, muscles are subject to a load which reinforces the permanent process of muscle transformation. As a result, the quality of regularly trained muscles is higher than that of untrained muscles and so they are less prone to injury. Similarly, the ability of a muscle to recover is increased. The benefits of Kieser Training can be enjoyed with just 2 sessions a week, each no more than 30 minutes.

Benefit No. 3:

Retain your strength at any age

There is a brief period in our lives when strength increases. This is followed by a long period of decline. Between the age of 25 and the end of life, the body loses some 30 % – 40 % of its muscle mass and connective and fatty tissue takes the place of muscle unless we do something about it. However, a healthy, strong body is not necessarily a question of age. What is often regarded as the ageing process is often the result of inactivity and lack of training. Getting

older does not automatically mean getting weaker, as muscles can be strengthened at any age. It is never too late to take up strength training.

Benefit No. 4:

Improve your posture

Defective or poor posture is not a bad habit; it's the result of a muscular imbalance. Properly controlled strength training done regularly eliminates muscular imbalances and is excellent for joint and spinal stability.

Benefit No. 5:

Prevent back problems or actively tackle existing problems

The main cause of back pain is weak back muscles, in particular a weakness of the deep back extensors. It is the origin of 80 % of back problems. Strength training or Medical Strengthening Therapy is an effective solution that you can actively pursue.

Benefit No. 6:

Increase your mobility

In our normal everyday movements, we do not use a muscles' full range of motion and so in time we lose mobility. Exercises on the Kieser Training machines train the muscle's entire range of motion and so we soon regain mobility.

Benefit No. 7:

Prevent osteoporosis (loss of bone mass)

Strength training has an effect not just on muscles but on bone tissue as well. Strength training subjects muscles to maximum contraction and so bones are subject to pressure as well as bending and tensile loads. As a result, osteoblasts (cells that make bones)

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deposit collagenous fibres and they then mineralise. This increases the mineral content of a bone and with it its stability.

Benefit No. 8:

Encourage fat consumption and increase metabolic rate

If we diet and take in fewer calories than we consume, our body is forced back on its resources. In this case, we mainly lose muscle mass. However, if we do strength training at the same time, we retain the muscle and lose fat instead. Our metabolic rate is increased with every additional gram of muscle mass and so more fat is consumed. At the same time, we have more strength in relation to bodyweight and so weight can be supported more easily. Muscles are an important metabolic organ and trained muscles provide a natural but effective protection against high blood pressure and blood fat levels, obesity and adult-onset diabetes.

Benefit No. 9:

Prepare your body for healthy sport

Strength training is excellent preparation for muscles and joints irrespective of what sport we play. It eliminates the one-sided loads inherent in the training techniques for certain sports or endurance. The risk of injury is reduced.

Benefit No. 10:

Improve your appearance and self-confidence

Our muscles influence our entire appearance, including the way we move. Strength training firms up the muscles and has a positive effect on the figure. Anyone comfortable with their appearance is simply more confident.