



HOW TO GET STARTED IN CST AND CLUBBELLS

Q. I am interested in getting into some Circular Strength Training (CST) but I don't know how to go about it. It seems there are many different sub-systems in CST and there is a massive amount of instructional materials. How do I go about it? Are Clubbells and CST the same thing?

A. This an excellent question and it is one that I am asked on weekly basis. Here's a guide I've put together for those wanting to dip their toe into the waters of CST.

CST is a total health system, which has several sub-systems; the sub-systems are as follows;

Warrior Wellness

WHAT IS IT?

The joint health and tension reducing sub-system of CST.

WHO IS IT SUITABLE AND BENEFICIAL FOR?

Warrior Wellness is suitable and beneficial for everyone from young to old, sedentary to active.



CAN IT BE USED AS A STAND ALONE SYSTEM EVEN IF I'M NOT DOING ANY OTHER CST?

Absolutely! Warrior Wellness is a joint health program which also serves to reduce muscular tension and stiffness. It is great for everybody and does not require any other CST knowledge to be performed effectively.

HOW CAN I LEARN WARRIOR WELLNESS?

Warrior Wellness can be learned from the Warrior Wellness instructional DVD. The DVD takes you through a full description of every movement, takes you through a Warrior Wellness session in real time and even provides excellent information into the breathing method of CST known as Be-Breathed. Warrior Wellness can also be learned in person from a certified CST instructor.



BE-BREATHED

WHAT IS IT?

The breathing philosophy of CST. Be-Breathed is covered to some degree in every CST instructional material but also has it's own Be-Breathed workout made up of a range of abdominal and core strength exercises.



WHO IS IT SUITABLE AND BENEFICIAL FOR?

The Be-Breathed concept is suitable and beneficial for almost everyone from young to old, sedentary to active. The Be-Breathed workout on the other hand is fairly demanding and people will need a reasonable level of general fitness before being able to tackle the Be-Breathed workout (whereas Warrior Wellness can be performed by even the very unfit).

CAN IT BE USED AS A STAND ALONE SYSTEM EVEN IF I'M NOT DOING ANY OTHER CST?

Yes, although I strongly recommend every person to practice Warrior Wellness prior engaging in any other forms of CST. Warrior Wellness provides the overall foundation of breathing, joint health, movement and alignment that all other CST work is built upon.

HOW CAN I LEARN BE-BREATHED?

Be-Breathed can be learned from the Be-Breathed instructional DVD. The DVD takes you through a full description of the breathing philosophy and every movement of the workout. It also takes you through a Be-Breathed workout session in real time. Be-Breathed can also be learned in person from a certified CST instructor.



BODY-FLOW

WHAT IS IT?

The agility and key body awareness sub-system of CST. Body-Flow is a floor based system. There are very few Body-Flow exercises that are performed standing up so if you hate the idea of getting down on the floor then Body-Flow is not for you. It consists of all sorts of agility exercises ranging from those that are quite easy to other which are extremely challenging. Body-Flow has even been found to help address injuries which are a result of emotional stress and fear but this topic is way beyond the scope of this newsletter article.



WHO IS IT SUITABLE AND BENEFICIAL FOR?

Body-Flow can be beneficial for every person who can perform it but it is certainly not something that an unfit or person should dive right into. The exercises can be performed at a leisurely pace or at a very challenging and exhausting pace. As such, Body-Flow can provide an education in Body-Awareness where you barely break a sweat or it can provide an extremely challenging endurance workout. Don't get me wrong, Body-Flow is not some super scary program that is only for elite athletes (far from it, it can be tailored to suit a wide range of levels) but I do strongly recommend that a person have a good grounding in Warrior Wellness prior to commencing Body-Flow. The joint health, breathing and body awareness gained from Warrior Wellness will provide a terrific foundation for getting started with Body-Flow.

CAN IT BE USED AS A STAND ALONE SYSTEM EVEN IF I'M NOT DOING ANY OTHER CST?

Yes, but as with Be-Breathed I strongly recommend every person practice Warrior Wellness prior to engaging in any other forms of CST. Warrior Wellness provides the overall foundation of breathing, joint health, movement and alignment that all other CST work is built upon.

HOW CAN I LEARN BE-BREATHED?

Body-Flow can be learned from the Body-Flow instructional book or DVD. The DVD takes you through a huge range of Body-Flow exercises and also provides great examples of how you can link a series of the Body-Flow movements together. The Body-Flow book covers the philosophy and theory behind Body-Flow, provides detailed instructions on how to perform the Body-Flow exercises and also provides instruction on how to put together your own Body-Flow training sessions. Body-Flow can also be learned in person from a certified CST instructor.

CLUBBELLS

WHAT ARE THEY?

Clubbells are the resistance/weight training arm of CST. Clubbells allow you to combine strength training with mobility training. Most of us have heard of someone who trains with weights and is quite strong in the gym yet seems weak as a kitten when they are faced with an everyday/real world task such as changing a tyre, digging a hole or playing a sport.



WHO IS IT SUITABLE AND BENEFICIAL FOR?

Clubbell training is suitable for anyone who can safely undertake any other forms of resistance training. Clubbells can even be great for those who have found other forms of weight training to be unsuitable for them due to injury history. Those with strict time constraints (and therefore don't have time to travel to the gym and wait to use the equipment) will find Clubbell terrific as they can be used at home. Even if you have space limitations at home your Clubbells you still easily be able to find room to store your Clubbells as they are no bigger than a baseball bat. Keep them behind the door or in a cupboard then take them outside into your yard (or down the park) to perform your workouts. Clubbells are available in sizes ranging from 5lbs to 45lbs and therefore can cater for everyone from the beginner to the strongest athlete.

CAN IT BE USED AS A STAND ALONE SYSTEM EVEN IF I'M NOT DOING ANY OTHER CST?

Yes, but as with Be-Breathed and Body-Flow I strongly recommend every person practice Warrior Wellness prior to engaging in any other forms of CST. Warrior Wellness provides the overall foundation of breathing, joint health, movement and alignment that all other CST work is built upon.



HOW CAN I LEARN TO USE CLUBBELLS?

Clubbell training can be learned from the range of Clubbell instructional books, manuals and DVD's.

Two different DVD's are available for those wishing to learn how to get started in using Clubbells, those DVD's are...

"Clubbell Training for Circular Strength" by Scott Sonnon

"Two Handed Clubbell Training" by Doug Szolek.

"Clubbell Training for Circular Strength" is designed to teach you how to use Clubbells for exercises where you hold the Clubbell/s in one hand.



Conversely, the “Two Handed Clubbell Training” by Doug Szolek is designed to teach you how perform a huge number of Clubbell exercises using two hands to hold onto the one Clubbell.

Both DVD’s take you through a huge range of Clubbell exercises and also provide great examples of how you can link a series of the Clubbell movements together. There are a number of books and manuals to assist in teaching you how to use your Clubbells (for more information go to <http://www.isohealth.com.au/products.html>).

These various books and manuals cover the philosophy and theory behind Clubbells, provide detailed instructions on how perform the Clubbell exercises and also provide instruction on how to put together your own Clubbell training sessions.

Clubbell training can also be learned in person from a certified CST instructor.