

5 Common Exercise Errors and Solutions

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- **Learning Objectives**

1. Identify Common Exercise Pitfalls
2. Evaluate Exercise Effectiveness
3. Integrate Assessments
4. Explore Alternative Exercises
5. Enhance Program Design

- **Biomechanics and load considerations**

1. The directional pull of gravity
2. The position of the body
3. The directional force of external resistance
4. The type of resistance
5. Fulcrum
6. Moment arm
7. Moment arm of applied resistance
8. Moment arm of the muscle force

Exercise List:

***Email me at johnpreston@gmail.com for a pdf of photos for the exercises from this session**

1. Triceps dumbbell kickbacks
2. Loaded stability ball squats
3. Shoulder external rotation
4. Torso rotation

5. Step up with internal hip rotation and overhead press

Take Away Points

1. Consider the biomechanical and load variables for every exercise
2. Select exercises for your clients that are safer and more effective
3. Improve program design
4. Provide better results and client outcomes

Please reach out to me for more information and CEC courses

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A veteran dedicated fitness professional since 1993, John has amassed over 30,000 hours of direct, 1:1 personal training, as Director of Personal Training and throughout

his 31-year fitness career. John holds an MS in Exercise and Wellness from Arizona State University (2018) and an undergraduate degree in Kinesiology with a specialization in Athletic Training from California State University, Long Beach (1998).

John is passionate about mentoring the next generation of fitness professionals, supporting them to thrive in their fitness careers, and achieve their fullest potential, and elevating the status of our profession.

Certifications:

Strength and Conditioning Specialist (**CSCS**) National Strength and Conditioning Association (**NSCA**), 2019; Exercise Physiologist (**EP-C**) American College of Sports Medicine (**ACSM**), 1995; Personal Trainer (**CPT**) American Council on Exercise (**ACE**), 1993; Functional Movement Screen (**FMS**) certified; Titleist Performance Institute (**TPI**) certified golf fitness instructor.