

Potentially Dangerous & Ineffective Exercises Explained



Presented by
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PAUL WRIGHT DVD

This educational DVD is presented by *Network* contributor Paul Wright. It includes the questions that allow you to identify a potentially dangerous exercise, plus the 13 most dangerous exercises, six ineffective exercises and eight common exercises that are very effective – but also very risky. Paul also provides a selection of safer and more effective exercise options.

The DVD was reviewed by **Craig O'Toole**. He said: "Paul has the unique perspective of being a leading physio combined with a background in competitive bodybuilding, giving him both a clinical and practical view of training.

"During his presentation he generally promotes compound and functional exercises over isolation and although this is not a new idea, it's always worth hearing again. It becomes very interesting when he talks about tragedies – effective exercises that are somehow flawed.

"In general, Paul's presentation style is relaxed and easy going and his demonstrations are excellent. A useful and enjoyable watch that makes you evaluate your own training programmes."

The DVD is priced at £45 for FitPro members, and is available from FitPro Shop. www.fitproshop.com

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CRAIG O'TOOLE



Craig runs a successful PT company in North West London, training everyone from boxers to endurance athletes. His areas of expertise are core stability, posture, sports-specific training and kettlebells.

ROB WOOLLEN



Rob was one of the first civilian instructors in the UK to be registered at Level 4 by REPs. He wrote, and delivers, the first Skillsactive approved training course in corporate wellness and is a member of the Royal Society for Public Health.

PAUL MUMFORD



Paul is a personal trainer and sports coach based in Essex. He looks after 45 clients a week and is currently working on new projects that combine his love of fitness with his former career as a TV and radio presenter.

JAMES GILBERTSON



James, a former Royal Marine, is a freelance personal trainer. He has played rugby league and cricket at a high level and believes in traditional and calisthenic ways of training.

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