

THE "FIT" REPORT



PREPARE...

"Prepare! The time will come when winter will ask you what you were doing all summer." Henry Clay

We have been fortunate to work with so many high school athletes throughout the years. We have watched them work hard and completely excel at their sport.

If you have a high school athlete or you know one—you are aware of the grueling schedules that they keep. Unlike when we were in school, many sports are year-round. The competition is fierce.

The athletes that we have worked with and that we are working with right now are still keeping up heavy workloads, but they wanted to give themselves an edge over their competition by adding personal training to their already ridiculous schedule. Many of them train with us twice weekly.

July is a great time for a hardcore conditioning/training program. A program is designed for each athlete and that program is specific to their sport. Each athlete begins with a full fitness assessment and body composition. Goals will be set. Training during the off-season helps to improve strength, agility, speed, power, balance, flexibility and endurance. This is crucial for the fall athlete. They are completely prepared for camp and will outshine their competition.

We have found that one of the most positive results of personal training during the off-season is that it gives the athlete confidence. Confidence is truly one of the key components to success.

As I say so frequently, 70% of everything that we do is mental. When an athlete goes into their sport with confidence, they will have the mental toughness needed to accomplish anything.

We are now offering a complimentary training session to anyone who may be interested in a summer training program. This will give them the opportunity to decide if this is what they want to do. They generally love it, because we work them hard but we also keep it fun. Please feel free to contact us if you have more questions. Prepare!

"When you're not practicing, remember that someone somewhere is practicing, and when you meet him he will win."

Ed Macauley

July 4th schedule

**Patriotic Spin with Bill—
Friday, 7/3 @ 9:00
(this will replace Sunday's spin)
The gym will be open until
5:00 on 7/3**
**Holiday Biathlon
Saturday, 7/4 @ 8:00
Spin & Swim
(this will replace Power Hour)
The gym will be open until
noon on 7/4**

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**"Committed to retaining good members,
Committed to retaining good employees,
&
100% committed to energizing all to remain fanatical about fitness."**





“SPRING INTO SHAPE” Finishers

There were several Fitness Fanatics who remained diligent and managed to complete our Spring into Shape Challenge—certainly not an easy feat. We commend all of you. Unlike our past few challenges, the spring challenge required you to be on your own, without team members to push you along. It takes a lot of discipline to manage time, despite hectic lives and crazy work schedules.

Great job to the following individuals:

Debbie Weber
Sue Bott
Joanie Lewis
Nancy Brown
Mary Pine
Victor Surma
Lisa Troyer
Brian Teyssier

Tricia Ford
Bob Barker
Jacquie Smith
Deb Gaab
Lauren Muraco
Roberta Snyder
Sharon Skittle

A special congratulations goes out to Bob Barker! Most of you know Bob, he can be found on the Elliptical and/or treadmill for hours at a time. We have been begging him to try spinning with us in an effort to mix-up his cardio a little bit. He kept telling us that he was going to try. It may have taken several months but not only did he try, he also signed up for this challenge—his first. And YEA he did! We are so proud of you Bob! We promised you that you would love spinning—now you are a regular.

All finishers' names will be put in a hat and our drawing for prizes, plus the grand prize of 6 weeks of training will be held the week of 7/6!

Congratulations to Nicole Gaab, who completed her very first triathlon with her Dad, Tim on Sunday, 6/28. “The Dam Triathlon” in Meadville. Quite a feat! We are so proud of you Nic—way to go!

*“Dedication to excellence on any level, in any area,
requires an intensity of emotional investment.*

*Unfortunately, there are scores of people who do not make
the investment—who do not feel strongly about anything.*

Theodore Isaac Rubin

Note: Those people are not Fitness Fanatics!

CONGRATULATIONS to another FITNESS FANATIC GRADUATE

In last month's issue, our FF graduates were highlighted and a week after the newsletter went out—one of my favorite summertime students returned to the gym and I'd like to acknowledge her fine accomplishments. Alyssa Brown graduated from Wake Forrest University this past May. She will spend a couple of months back home in Pittsburgh with her family (she is long-time PT client, Nancy Brown's daughter) before she heads out to D.C. to begin a new chapter in her life. I've been fortunate to work with her on the training floor during the interim and will miss her terribly. Best of luck Lyss—I see great things in your future.



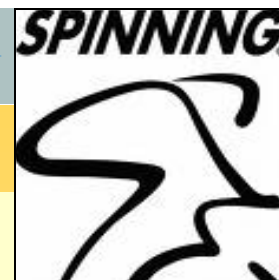
Congratulations to Stacey Brett as she wed John Conner on June 20th! We miss you Stace!

Also tying the knot in June was Ashly Albert and Brian Freed. They wed on the 27th in a beautiful ceremony at the Carnegie Art Museum. Sharon and I were fortunate to see so many of our Fitness Fanatics looking buff, including the beautiful bride. Marla Albert was a gorgeous mother of the bride, and Kelly Freed and Tylar *** were absolutely dashing!

Best wishes to our newlyweds!

**Another Fitness Fanatics Canoe trip
to Hazelbaker's is in the works in August. We
will post the date as soon as it is confirmed.**





SPINNING NEWS

We pride ourselves as having one of the most elite spinning programs in the area. Our bikes are top of the line and we love the fact that each bike is equipped with it's own computer. We also pride ourselves in the fact that when a piece of equipment stops functioning, it becomes our priority to get it up and running.

Our bike computers are only about 3 years old, but yet we have been having problems with several of them. The manufacturer admits that there have been issues. We have had to send them back for repair. We apologize for the inconvenience and hope to have them back soon.



The Benefits of Heart Rate Training

If one thing can be said about our spinners—they are consistent! If you've been spinning for a long time and you want to step it up even more, it may be time to invest in a heart rate monitor. This actually applies to any cardiovascular workout. Using a heart rate monitor is like having your own personal trainer. It tells you when you need to increase or decrease your intensity and helps you develop the right balance between all-out efforts and recovery. It is truly a window to what is going on inside your body. Benefits:

- ? Effectiveness and Accuracy: Heart rate monitors are an unmatched way to track your heart rate over the course of your workouts and from day to day or week to week.
- ? Monitor your progress: A lower resting heart rate indicates improved fitness level, while an elevated heart rate may signal that rest is needed.
- ? Prevent over- and under-training: If your heart rate is too low, you may not get the most effective workout or the results you want. However, if your heart rate is too high too often, you increase the risk of injury or burnout.
- ? Choose the right intensity: Knowing your target heart rate zones is the key to developing weekly and monthly plans that balance work with adequate recovery.

From spinning.com

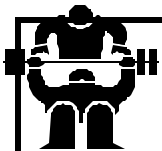
"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take it's place. If I quit, however, it lasts forever." Lance Armstrong

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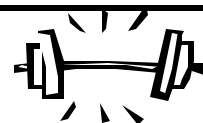


Are you in, or not?



TRAINING TIP OF THE MONTH

Lunch Hour Shoulder Blast!



A few workout partners and I had a phenomenal workout during the lunch hour last week and it was so good, I thought that I'd share it with you. I've tweaked it a little to make it easier to follow.

Set-up the following stations before you begin: A treadmill set at a 12% incline (this is a walk) and a medicine ball with handles close to the treadmill (you pick the weight), the recumbent bike up in the corner, the rowing machine, and a bench set up with 4 risers on each side near the rowing machine. You will also need a mat in front of cable /Cybex area where you can tuck your feet under for sit-ups.

Begin with an 8 minute warm-up on the treadmill that you already have set-up on incline. Just walk up the hill at about 3.5.

Now you are ready to begin.

? Go immediately to the rowing machine and row for 1 minute—go hard!

? Move to the step and do 10 step-ups right/left and then 10 step-ups left/right. Now perform 20 push-ups off the bench, turn around and do 20 seated dips.



? Lunge walk, leading with your right leg only back to where you have your mat for sit-ups.

? Tuck your feet and do 20 full sit-ups.

? Lunge walk back to the front of gym floor leading with your left leg this time.

? Overhead Press on Nautilus: 15 reps. moderate weight. This is a difficult exercise and if you pull the pin out, it is still

40lbs. If you can't get 15 reps that's o.k. If you find this machine too difficult, feel free to use dumbbells for the overhead press as shown here.



? Recumbent bike 1 minute. Do not use legs—arms only. Go hard!

? Treadmill 1 minute. Walk up the hill holding the medicine ball over your head (be careful getting on and off).

? Repeat the Rowing Machine for 1 minute, the Step Station (all exercises), the lunges, sit-ups, lunges and Overhead Press.

? You will repeat every station again twice beginning with Recumbent, but this time you will replace the Overhead Press with the Deltoid Machine. That is the 4th machine from the front of gym. Select a moderate weight.

? Begin from the top, repeating each station two times through again, but replace the Deltoid Machine with an upright row as shown here.



This is such a fun workout to do with a partner or two. If there is more than one of you, each person will have a different starting point. Another words, one of you may have the recumbent bike as the beginning of your circuit, one of you may start with the treadmill and one can start on the rowing machine, etc. If you want to have as much fun as we did..... Pop in a Michael Jackson CD (R.I.P.) and invite Steve B. to join you—he's got a great moonwalk.

If you have any questions about this workout, or any other fitness questions **PLEASE** feel free to email us at fitnessfanatics@verizon.net.