

# THE ELEMENTS OF FITNESS

THE NEWSLETTER OF ELEMENTAL TRAINING CENTER

## But Won't I Bulk Up?



"But Won't I Bulk Up?"

"No, you won't."

"But I did last time I lifted weights."

I doubt it, but if you did, it's probably because you were not trying hard enough, were doing bodybuilding-style workouts (split routines, muscle isolation), and you were eating too much.

If you train on our fat-loss weight plans you will never bulk up.

Here's why:

Your body doesn't want to add bulk. Muscle mass is expensive to maintain, it takes a lot of calories to keep it warm and strong and pumping with blood. So your body will do

### THE STAT:

# 10%

Portion of the average American's income spent on food. This number is down 2% from 10 years ago, and 8% from 1966.

everything it can to avoid it. Take it from the bodybuilders - it's real work. In order to bulk up you need to:

1. Do a high volume of medium-intensity resistance training. Think 4 sets of 12, concentration curls, crunches, those innie-

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## MELTDOWN.

If you've ever tried to lose fat, you'll know it's a challenge.

Over the past few years, we've had good success in getting people skinny. Starting September 14, we're going to strip the pounds off you, and we

**guarantee it.** That's right, if you don't lose the weight, we give you your money back.

Our Meltdown class will meet 3 times a week for 4 weeks. We'll give you a training and nutrition plan to follow, and the

support to make sure it happens.

To sign up, contact [sophie@elementalgym.com](mailto:sophie@elementalgym.com) or talk to one of our trainers.

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## MATT SISSMAN'S Leadville Trail 100 Run

At 6:39 am on August 23rd, Elemental athlete Matt Sissman ran east up 6th street in Leadville Colorado. It's the same street he ran west down at 4am the day before. In the 26 hours and 39 minutes between, he and a few other souls covered a hundred miles of high altitude trails and roads in the Leadville Trail 100 run.

Matt had done several marathons and endurance races up to about 50 miles when he first launched the idea of racing Leadville two years ago. We built his training plan around racing an event 24 months away, and it featured an entire year of training in Antarctica, where he

spent the winter of 2007– summer 2008. Not exactly ideal conditions, but he did what he needed to do.

Most of his early training was building speed and work capacity in the gym at McMurdo Station. Once back in Lander he slowly built training volume to result in peak fitness for Leadville in late August.

His race preparation included destroying nearly a dozen pair of running shoes, getting used to surviving on tomato juice, Boost, and HEED sports drink, and getting used to running when he should've been sleeping.

Matt was one of the better-



NOTHING TASTES GOOD AT MILE 80

prepared runners on race day - fewer than half of the registrants finished the race. Matt did his share of shuffling, aching, puking, and doubting, but in the end he ran across the finish line. And he did it wearing a sombrero.

# September 2009

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 lab 11am the program 6pm	3 burly girls 1pm	4 core 830am	5
6	7 core 830am	8	2 lab 11am the program 6pm	10 burly girls 1pm	11 core 830am	12 Sinks Canyon Trail Race—4 Mile
13	14 core 830am	15	2 lab 11am	17 burly girls 1pm	18 core 830am	19
20	21 core 830am	22	2 lab 11am the program 6pm	24 burly girls 1pm	25 core 830am	26
27	28 core 830am	29	2 lab 11am the program 6pm			

## World's Hardest Workout

OK, So you're short on time. You can't spare the hour it takes to get a workout in, so you just blow it off and decide to go watch reruns of Project Runway. *That's* a really good idea.

How much time do you have? 40 minutes? 20 minutes? What if someone handed you a workout that took just eight minutes? And what if that person told you that you probably couldn't finish the thing?

When you can't come up with time for training, you can make up for it with intensity. This workout is so intense it might leave you hammered for two days afterward...plenty of time to catch up on some TV.

The key to this workout is limiting your rest periods. Become a slave to the clock. For eight minutes,

you'll do 20 seconds of exercise 1, 20 seconds of exercise 2, and then rest 20 seconds. For those of you that have a hard time with math, that makes 8 rounds.

Your first exercise is **Dumbbell Thrusters** (hint: use a heavy weight, but one with which you can maintain good form), your second exercise is **Burpees**. The real kind. Videos of both of these exercises can be found at our website here: [www.elementaltraining.com/exercises](http://www.elementaltraining.com/exercises)

Oh, sure, it's not too bad for the first couple of rounds, but you'll feel like you're wrestling a gorilla by round six. Hit this workout three times a week (yeah, right...) and you'll be lean, mean, and ready for anything in a month. And that's only 24 minutes out of your week.

**Remember, it goes like this:**

**20 seconds of Thrusters**

**20 seconds of Burpees**

**20 seconds of rest**

**repeat 7 more times**



## Bring Your "A" Game

When's the last time you almost made yourself puke? And I mean through hard work, not from drinking too much. I'm willing to bet it's been a long, long time. The cool thing about training hard is that the more you put into it, the more will come of it.

If you've ever attended our Hour of Power or Burly Girls classes, you probably are familiar with the depth of feeling that comes from hard labor. The feeling that might just send you to your knees. A big group of athletes training hard can help you bring your "A" game to a training session, but how about when you're all alone in the gym on a Friday night?

I am going to tell you about two of our athletes that give everything to each of their

workouts.

First, let me introduce TB. TB is a climber, alpinist, firefighter, and super-athlete. He started training at our gym in 2007 and I had the great pleasure of watching him train through that whole winter.

A typical workout looked like this: Deadlift 8 reps at 350#, Pull-ups (usually somewhere in the teens for reps), then Ring Dips for 10 or more reps. Towel off, mark it in the mysterious green training logbook, and repeat like 8 more times. Just watching him workout made me tired. On the days he didn't lift weights, he'd load up a pack and hike up the Stepmill for a few thousand feet. This is a guy you want on your team!

Every single workout took

everything he had - you could see it in his eyes. After an hour on the training floor he looked like he'd done 12 rounds with Clubber Lang. And every time he'd come back in, it was game on all over again. Was he just lucky to be so strong, blessed with genetic gifts? Not unless the art of suffering is a gift.

DE has been training at Elemental since May. She works a lot, doesn't get paid what she's worth, and budgets both her time and money very carefully. She has a great appreciation for the value of each and every workout. Our training is just one facet of her plan; a plan that is dedicated to building her overall quality of life each day. Passionately focused on the present, DE realizes that each thing in

her life leads to the next, and the better she does these things, the better tomorrow will be.

Every day she comes to workout, she is here right on time. She is motivated to get every bit out of the workout she can. When the plan says 12-15 reps, she does 15. When there's time left at the end of the workout, she asks, "What's next?" She carefully plans and logs all of her nutrition and training data. She is getting every little thing she can out of each minute we train. This way, she knows the results will be exactly as we'd planned.

You are no different than these athletes. You have a little talent (which you can't change) and a helping of desire (which you can).

**Elemental. We get results.**

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**Got An Injury? Of course you do.**

We are proud to announce that **Aileen Brew**, a local physical therapist and athlete, will be available to provide **FREE** short consultations to the members of Elemental Training. If you have an injury, or questions regarding your training and previous injuries, please schedule a 15 to 20 minute session. Two sessions will be offered one evening a week, which will vary, depending on Aileen's schedule. The schedule will be posted on the upstairs bulletin board. The purpose is not to provide treatment, but to steer athletes towards appropriate next steps for care.

Please feel free to call the gym with questions or to schedule your time.

**But Won't I Bulk Up? (continued from p.1)**

outie thigh machines, and other silly moves that you'd never do in real life.

2. Avoid exercise that can cause muscle break-down. If you want to get big, you'll want avoid going hard on your intervals. So maybe you should go hard on those intervals if you want to get small...

3. Eat a calorie-positive diet. That's right, reward yourself for all your hard work. Don't forget that glass of red wine!

In training hundreds of athletes over the years, we've only had a few that actually got big, and those are the ones that were training for it. We hear over and over that "I bulk up" when weight training from some of our clients. That may be, but only because you're not following the rules laid out above. Including eating too much. Again, no one that follows a weight loss resistance training

plan will bulk up. Ever.

Here's why:

1. We don't do enough volume to cause a hypertrophy response. Ask anybody that's actually trained to bulk up. It's hard damn work. I make fun of bodybuilders all the time, but I have to admit they work

really hard.

2. We train the hell out of your energy systems (all 3), stimulating strength, endurance, and fat-loss, but not "bulk".

3. You're not allowed to eat that much. If you are putting on weight, we know who's been naughty or nice...



**Concentration curls are a great way to build nonfunctional mass in the upper arm. And a terrible way to try to lose weight.**