

# THE ELEMENTS OF FITNESS

THE NEWSLETTER OF ELEMENTAL TRAINING CENTER

## Resolution Time



I hate New Year's resolutions. I hate them in the same way I hate people going to Vegas to make some money. I hate resolutions because they don't work.

What makes you think that this year you'll behave any different than last year? Why waste your time (and mine) talking about a fitness

goal that you really won't pursue? You might think I'm being a little negative for a guy that's supposed to help people reach goals...but you'd be wrong. I'm just saying that resolutions are just the names of very difficult and extensive projects that most of us can't complete. Are

you more fit this year than last? If not, you should scrap your plan from last year and build something all new. Are you smarter? Richer? Younger?

See what I'm getting at? OK, so we know that saying you want to lose 50 pounds by June sounds great, but the chances of you really getting there are, well...better just book those tickets to Vegas instead. So how DO you succeed? It's pretty simple, but it's a mile from easy.

First, you've got to have a clear and measurable goal. It's got to be achievable, and it's got to have a time

### THE STAT:

# 36%

Percent more fat gained by rats who were fed yogurt made with artificial sweeteners instead of sugar during a 5 week study. This might be the only case where sugar would be a better choice...

line...remember, someday never comes. Losing 50 pounds by June meets all of those criteria, assuming you can physically afford to lose that weight.

Next, you have got to have a plan. Goals without plans are wishes.

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### How Often Should I Exercise?

Every January, we see people make the brave step of trying to improve their fitness. Unfortunately, some get so wrapped up in the excitement of their new Shape Magazine workout, that they fail to allow their

body to adapt. In this excitement, it's easy to train every day with the mistaken impression that more is better.

Soon, the athlete burns out, decreases their workload, and eventually quits.

You can avoid this by starting easy, working out 2-3 days the first week, gradually increasing volume throughout the month, until you find a schedule that you can manage. Increase your intensity slowly, too. Take your time, and you'll see results.

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# Get Something Out of Cardio Training

I tend to bash on "cardio" about as often as I eat, but I don't bash just because I hate doing it. It's much more than that. I rail on it because for most of my athletes, it's a waste of time. Most of us are lucky if we get three hours a week to train. If you are trying to lose fat, the popular conception put forth by Self Magazine, Curves, and the like is that easy "fat burning" cardio and light weights is the way to go. Well... have you ever noticed that everything popular is wrong? Hard work is the only way you'll get skinny in just 3 hours a week.

What's more, plodding along on a cardio machine is BORING. So do this instead: Warm-up for 3-5 minutes, increasing your speed slightly but not the resistance on the unit. Get off, take a drink, grab a towel. Now, hop on the treadmill.

Start running at an easy pace, at about a 3% grade. After .12 miles (200M or half a lap), turn up the speed by .2 miles per hour. After another half lap, raise the ramp by 2%. Continue in this fashion until :

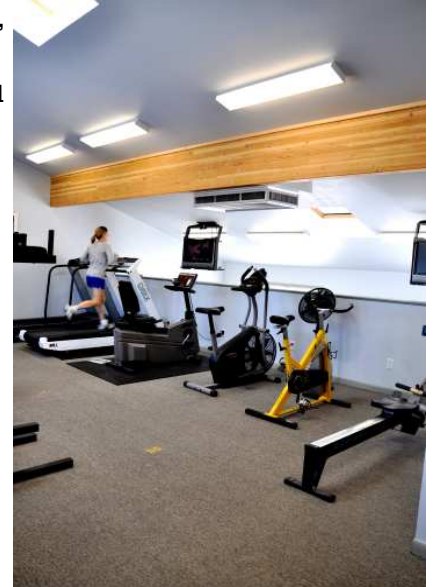
1. You fall off the back.
2. Everything kinda goes black. Or,
3. You feel like there's a plas-

tic bag on your head.

Turn the treadmill off, go get a drink, towel off, rest 2-3 more minutes, and do it again.

You want to really feel like you're working hard. That way your body continues to burn calories long after you're done running. Studies show that doing this type of workout only twice a week can cause you to burn an additional 7% more calories after you're done exercising. For most of this, that could mean 20 pounds a year of

additional fat loss. That's worth working hard for, don't you think?



# January 2010

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 core 830a	5 climb strong 12p / climb strong 6p	6 program 6a / lab 11a / program 12p / program 6p	7 climb strong 12p / burly girls 1p / climb strong 6p	8 core 12p	9 kids' climbing 10a / 11a
10	11 core 830a	12 climb strong 12p / climb strong 6p	13 program 6a / lab 11a / program 12p / program 6p	14 climb strong 12p / burly girls 1p / climb strong 6p	15 core 12p	16 kids' climbing 10a / 11a
17	18 core 830a	19 climb strong 12p / climb strong 6p	20 program 6a / lab 11a / program 12p / program 6p	21 climb strong 12p / burly girls 1p / climb strong 6p	22 core 12p	23 kids' climbing 10a / 11a
24	25 core 830a / core 1pm	26 climb strong 12p / climb strong 6p	27 program 6a / lab 11a / program 12p / program 6p	28 climb strong 12p / burly girls 1p / climb strong 6p	29	30 kids' climbing 10a / 11a
31						

# 101

Training can be as simple or complex as you'd like. We do hundreds of different workouts with our athletes each week, but almost all of our workouts are designed within certain parameters.

Most athletes have different goals. Conversely, most athletes are all the same in most respects. We generally have four limbs that are operated by the same types of muscle groups. We all have hearts and lungs and blood vessels that operate in generally the same fashion. And every single athlete can benefit from being stronger.

To assure a good based of fitness and consistent improvement in our athletes, we assign a fair amount of regular "foundation" training.

At a minimum, an athlete should do this type of workout once a week. For high-performance, we'll see some athletes doing this work 3 times a week during the winter season.

Building your foundation workout is pretty straightforward. The first rule is

to work all of the major movement patterns in each workout. No split routines here...if you missed the memo, those went out of style with Miami Vice.

You will want to do one exercise from each of the following groups:

- UPPER BODY VERTICAL PULL
- UPPER BODY VERTICAL PUSH
- UPPER BODY HORIZONTAL PULL
- UPPER BODY HORIZONTAL PUSH
- HIP FLEXION
- CORE ROTATION
- CORE STABILITY (PLANKING)
- QUAD-DOMINANT LOWER BOSY
- HIP/HAMSTRING LOWER BODY

That's nine exercises. Now, you'll want to perform each of these for 2-3 sets each. Research has shown that optimum strength gains come by doing three

sets of an exercise. Doing two sets is about 90% as effective. Feel like doing four sets? It's going to get you only about another 2%.

Now, to get good and strong, you'll want to do somewhere between 4 and 10 reps of each. Here's the key to the whole thing, you want to just barely be able to do the reps. Go as heavy as possible with good form.

Rest as needed between sets. If you want to speed it up a bit, do the exercises in "supersets" groups of two exercises done back-to-back. This way, instead of just resting between sets of squats, you can be doing something like push-ups, exercising, yet resting the legs.

Keep track of the weights you use, and increase them as often as you can. Repeat the workout 6-10 times, and you'll be able to look back on big improvements. This is our "101" style workout. It's not called that because it's easy, it's called that because it's critical for every athlete's continued success.

## Sample 101 Workouts

### WORKOUT A

Warm-up 3-5 minutes on a treadmill or other machine, until you "feel" warmed up.

Do the following exercises in pairs (except for group "D"), doing all repetitions of one, then moving to the next, then resting about 60 seconds before doing the first exercise again. You'll do each group 3 times before moving to the next.

A1: push-ups x8

A2: dumbbell rows x8+8 (8+8 means 8 with each arm)

B1: squats x8 (work on full range first, then add weight)

B2: stability ball leg curl x8 (if this is easy do 1 leg at a time)

C1: dumbbell overhead press x8

C2: cable pull-downs x8

D1: elastic band rotation x12+12

D2: elbow plank hold 45 seconds

D3: hanging knee raises x8

### WORKOUT B

Warm-up 3-5 minutes on a treadmill or other machine, until you "feel" warmed up.

These exercises will be done in circuit fashion; you'll do one set of each exercise with minimal rest between. At the end of the circuit, rest 3-5 minutes, then start again. This provides a better "endurance" stimulus than a regular strength training session. Do three rounds.

A1: dumbbell chest press x10

A2: horizontal pull-up x10

A3: step -ups x10+10

A4: straight-leg deadlift x10

A5: barbell push-press x10

A6: band-assisted pull-ups x10

A7: Russian twists x10+10

A8: two-point elbow plank x 20sec+20sec

A9: weighted sit-up x10

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January Classes

This January, our class offerings are the most diverse we've ever offered.

**Climb Strong** will be held each Tuesday and Thursday at either 12pm or 6pm.

**The Program** will be offered on Wednesdays at 6am, 12pm, and 6pm. It will also be offered at 5am on Thursdays.

**Burly Girls** will be held at 1pm on Thursdays, with a limit of ten athletes per session.

**CORE** will be held at 8:30am on Mondays and 12pm on Fridays. Pre-registration is required as this class is very full.

**Kids' Climbing** starts the 9th, and will be offered each Saturday at either 10am or 11am. Pre-registration is required.

**Lab** will continue to be held at 11am on Wednesdays. If you want to know what's new in hard training, this is the class. Drop-ins only, \$5 per workout.

Resolution Time (continued from p.1)

Here's a hint: Don't try to lose all the weight in April and May. You have got 5 months, so you have absolutely got to lose at least 10 pounds per month, every month. Ten pounds in January is a lot easier to swallow than fifty by June.

How will you get there? What ways will you choose to increase caloric expenditure and decrease your intake? Another hint: Walking absolutely will not get you there, nor will "moderation" in your nutrition. Moderation is for congressmen. You are going to war, so you'd better prepare for it. Set a big goal like this and you're in for the fight of your life.

Third, build your army. Enlist friends to help keep you on track. Get the books and resources you need to help you get the work done. Learn some new recipes. Read the labels of your food. Meet with your doctor or nutri-

tionist or coach and ask for the help you'll need to get there. I think blogs are great training logs, and can be a great way to share your journey with friends. Write your weight on the wall at the gym, and use your real name.

Fourth, review. Get honest. Look where you're weak (and you are weak...), and find a way to strengthen those weaknesses. Ask yourself if you can really do it. Then go to work. If you hit some bumps in the road, don't quit. Get going again, fix the thing that caused you to fail, and don't let it stop you again.

A couple of final thoughts. First, training has got to take you out of your comfort zone. If your body isn't being stressed, it won't adapt. Second, understand that results

don't come overnight. Losing weight, our favorite resolution, is an Herculean task. It'd be easier to get most people fit enough to run a marathon than to get 20 pounds off. 1% bodyweight loss per week is screaming-fast, so keep the long-term in mind.

Do you know that if you'd put all the money you spent on cable TV in the past ten years in a savings account, you'd have close to \$20,000 in the bank? And just think if you'd spent all your TV time doing something constructive... Too bad you didn't look at the long term ten years ago.

You've got to make profound changes in your behavior if you're going to see big physical changes. I've said it before: you know what you need to do, now you've got to act.