

## STRAIGHT TO THE CORE NEWS

8/1/2010



**"We all need lots of powerful long range goals to help us past the short-term obstacles." -Jim Rohn**

### CHECK OUT OUR NEW ONLINE MAGAZINE

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## GET READY FOR THE "FRESH" EVENT

CORE DYNAMICS IS HOSTING  
THE "FRESH" EVENT

ON AUGUST 13th from 3:00pm to 8:30pm

EXERCISE Demonstrations, EAT Locally produced food with Local Wine and WATCH the screening of "FRESH"

Presented by: [TURTLE SHELL HEALTH](#)

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CORE DYNAMICS

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### CLASS SCHEDULE CHANGES

PILATES LEVEL I @ 5:30pm on  
Thursday has been Canceled

BOOT CAMP on Tuesday and  
Thursday @ 10:00am has been  
canceled

### MAGAZINE HEADLINES

- [Lies You Believe about Exercise](#)
- [The 300 Workout](#)
- [Yoga on the Quick](#)
- [Losing your Love Handles](#)
- [Foundations of Your Fatigue](#)
- [Eating with Cancer](#)
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- [The Facts on C-Sections](#)
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- [The Danger of Fast Food](#)

# GET TUFF BOOT CAMP

**SATURDAY AND SUNDAYS @ 10:00AM**

**SUNDAYS are BRING A BUDDY DAY for FREE**

**Run, Jump, Push, Pull and Swing your way  
to a better body!!**

Takes place Outside in our Beautiful Outdoor Area.

For information on Pricing stop by the front desk or call  
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CHECK OUT OUR WEBSITE [coredynamicsgym.com](http://coredynamicsgym.com) AND  
CLICK ON THE\_ BOOTCAMP LINK TO SEE ONE OF OUR  
INTENSE BOOT CAMP WORKOUTS!

## 4 Tactics for Faster Results

Have you ever been frustrated over a lack of results from your workout routine?

If so, you are in good company. Even the most seasoned athletes experience times when their results plateau.

When you continue to put in the same effort day after day with little or no results it is safe to say that you've hit your own fitness plateau.

Your body adapts quickly to any repetitive routine. The definition of 'insanity' is to do the same thing over and over while expecting different results. This holds true for your workouts. When your results stop then it's time to do something new.

We have good news - the following 4 tactics are guaranteed to crank your workouts up to the next level and to deliver the fast results you want.

### Tactic #1: Focus on Negatives

Each time that you do a weight lifting repetition you are utilizing three types of strength. These are:

1. Positive strength: the motion of lifting the weight.
2. Static strength: holding weight in a contracted position.

## EXERCISE OF THE WEEK



### CHEST FLY - CABLE 1 ARM ROTATION

Preparation :

- \* Maintain tall posture throughout the exercise and good stability through the abdominal complex.

- \* Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

Movement :

- \* This exercise involves a side step with a 1 arm chest rotational fly

- \* In a standing position with the cable set at shoulder height, grab the handle in one hand

- \* Walk away from the machine so that the weight is lifted from the stack

- \* In a simultaneous and fluid motion, perform a side step and chest fly (with only a slight bend in the elbow) - as shown

- \* Allow the pelvis and shoulders to rotate towards the step leg

- \* Step back as you bring the hand to starting position (as shown)

- \* Ensure that you toe out slightly with the step leg as this will facilitate rotation about the pelvis

- \* TRAINERS: watch for: hiking

### 3. Negative strength: the motion of lowering the weight.

Most people completely miss the benefit of the negative in each repetition by allowing the weight to drop quickly with little control. It is understood that the negative portion of a repetition is just as important as the positive portion, and possibly more important.

Focus on the negative portion of each repetition by lowering the weight very slowly. Concentrate on the negative contraction, and make each repetition count.

If you are advanced, then use a training partner to assist you in moving heavier-than-normal weight into a contracted position, then lower it very slowly.

Another way to utilize negative repetitions on a machine is to lift the weight using two limbs but then lower it with just one. For example, use both legs to lift the weight on a leg extension machine, but then lower it back down slowly using only one leg.

#### **Tactic #2: Do a Drop Set**

Drop sets have long been used to fight off exercise plateaus. This technique is great for adding muscle strength, endurance and for increasing the cardiovascular benefit of your workout – resulting in more fat burn.

Here, in a nutshell, is how to do a drop set: When you perform an exercise to exhaustion, don't stop there. Drop the weight by 80% and do another set.

You could take it a step further by dropping the weight twice, making it a double drop. Or drop the weight three times for a descending drop set.

Use this technique only once or twice per workout, on the final set of the exercise.

#### **Tactic #3: Modify the Exercise**

There are certain exercises that are considered 'staples' in the gym.

The squat. The lunge. The chest press. The shoulder press. The bicep curl. You get the idea...

While you shouldn't throw these exercises out the window, find creative ways to modify the familiar motion in order to challenge your muscles. Try these exercise modifications:

- Squat on a Bosu ball or balance board.
- Place a weighted bar across your shoulders and do walking lunges.
- Use an exercise ball for chest presses instead of the

of the shoulders, excessive lordosis in the lumbar curve, and excessive bending or straightening of the elbow complex ... these are good indications that the weight is too heavy

#### **Trainer Tip**

By Jim MacWhinnie

Nutrition for Endurance Athletes

It's racing and competition season. A strong training program and a solid nutrition plan are key factors for performance, recovery and overall health if you're an endurance athlete. From a nutrition standpoint, success lies in using high quality 'ingredients' at the correct times. Here's a quick summary of what you need, why you need it, and when it's most effective.

#### **Carbohydrate (Carbs)**

**Why:** Carbs are the primary fuel source for muscles during exercise. It is important to keep muscle glycogen levels high in order to perform optimally and avoid "hitting the wall", or "bonking."

**When:** Contrary to popular belief 'carb loading' and glycogen replenishment isn't a day long project. The body and muscles are most receptive to a carbohydrate load immediately post-workout. Additionally, some fast-digesting carbs before and during workouts may be necessary to maintain glycogen stores during long workouts and races.

**What:** The best carb choices aren't the first that come to most people's minds. While they may taste good; pasta, bread, bagels, cereal, and other grain products are not the most optimal fuel sources. When placed against fruits and vegetables such as yams, sweet potatoes, and bananas they are comparably low in vitamins,

bench.

- Do a full squat between each repetition of shoulder presses.
- Do a shoulder press between each repetition of bicep curls.

#### **Tactic #4: Use Active Rest to turn each workout into High Intensity Interval Training**

Every minute of your workout is an opportunity to increase intensity and to burn more fat. Don't waste precious minutes with long rest periods between exercises.

While it is important to catch your breath if you feel winded, most of the time you would benefit more from an active rest than a passive one. Perform one of the following activities for 30 seconds between exercises and turn your regular workout into High Intensity Interval Training.

- **High Knees with Alternating Punches:** Alternately bring each knee high to your chest in a quick jumping movement while alternating forward punches at shoulder level.
- **Burpees:** Start in a sanding position and bend at the waist. Once your hands hit the floor, push your entire body back, extending your legs until they're straight and you're in the push-up position. Go down for a push-up, and when you push yourself up, jump slightly to bring your feet back near your hands. Finally, jump in the air with your arms fully extended over your head.
- **Side-to-Side Jumps on Bench:** Stand on one side of an exercise bench. Place the foot closest up onto the bench, jump up and switch feet, then land on the opposite side of the bench.
- **Mountain Climbers:** Place your hands wider than shoulder-width apart on the ground in a push-up position. Bring one knee to your chest and then back to the starting position, alternate each leg quickly.
- **Side-to-Side Ab Twists:** With feet close together, jump and twist your legs left to right – holding your abs tight. Keep a bend in your knees and swing your upper arms with each twist.
- **Jump Lunges with Pop Squat:** Start in a lunge position, lunge down then quickly jump up, switching your leg position in midair, land in an opposite leg lunge. Once you've done both legs, jump straight into a squat.
- **Medicine Ball Squat Jumps:** With feet wider than shoulder-width apart hold a medicine ball at chest level. Squat down until your knees are at a 90 degree angle. Explosively jump up, raising the medicine ball straight over your head.

If you'd like a sure-fire way to break through your fitness plateau and to melt away unwanted fat, then contact us for a fitness consultation.

minerals and fiber.

**Protein**

**Why:** Muscle breakdown naturally occurs following exercise and protein is key in reversing this process. Protein is built from amino acids; the Branched Chain Amino Acids (BCAA's), valine, leucine, and isoleucine, are the 'Big Three' when it comes to muscle building and repair.

**When:** Like carbohydrate, the BCAA's are most effective in the immediate post-exercise period. Combining high quality animal protein with high quality carbohydrate helps the muscles both refuel and rebuild, resulting in improved recovery and a stronger next workout.

Additionally, it is important to consume adequate protein throughout the day in order to keep the muscles in an anabolic state.

**What:** Animal proteins from lean, grass-fed, omega-3 rich, organic meats and wild caught fish, are the best sources of BCAA's and the most effective for muscle recovery. Replacing grains and starches with high quality animal sourced protein both post-workout and throughout the day is a great way to reduce recovery time and enhance performance in your next workout.

**Fat**

**Why:** Fat is often treated as the "Bad Guy", but it is simply not true! The body needs fat for energy, absorption of fat soluble vitamins - A, D, E and K, cell formation, temperature regulation, healthy skin, and much more. Fat also promotes satiety and adds enjoyment and flavor to meals.

**When:** Fat should be incorporated in all meals and snacks with the exception of heavy loads immediately pre- and post-workout, as it slows nutrient absorption and digestion. Rapid delivery and absorption of carbohydrate and protein during these periods is necessary to promote optimal refueling and recovery for

Call or email today – We look forward to hearing from you.

### Easy Slim Down Tip

Do you want a smaller waist? Try this easy slim down tip: Don't eat carbohydrates after 4pm. Instead stick with lean protein and green veggies. This will prevent late afternoon and evening snacking and will quickly result in a slimmer waist.

### Mean & Clean Burrito

Here's a healthy burrito recipe to sink your teeth into. Whole grains, lean protein and crunchy veggies make this a recipe that you'll come back to time and again. Serve with a side of your favorite salsa.

**Servings: 1**



### Here's what you need...

- 1 sprouted grain, flourless tortilla
  - 1 Tablespoon hummus
  - 1/3 cup cooked brown rice
  - 1/4 cup cooked black beans
  - 1/2 cup cooked chicken, chopped (or baked tofu)
  - 2 Tablespoons fresh corn kernels
  - 2 Tablespoons chopped cucumber
  - 1/4 cup shredded arugula
  - 3 cherry tomatoes, chopped
1. Warm the tortilla in a dry skillet. Spread the hummus evenly over the tortilla.
  2. Top the tortilla with rice, beans, chicken and veggies.
  3. Fold the two sides of the tortilla in over the filling, then flip up the bottom edge and roll tightly.

**Nutritional Analysis:** One serving equals: 380 calories, 7.8g fat, 45g carbohydrate, 7g fiber, and 31g protein.

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performance focused athletes. What: Focus primarily on long chain mono- and polyunsaturated fat sources. Avocado, fatty fish, walnuts, and macadamia nuts make good choices. Although highly saturated, coconut is also an excellent choice. Coconut, coconut oil, coconut milk and other pure coconut products are rich in medium chain triglycerides which among other benefits help to support healthy immune function.

Now you've got the full recipe for training, racing and competition success. As with all recipes, quantity and quality of the ingredients can make or break the finished product. And a very wise person once said, "You can't out train a cruddy diet."

\*\*These guidelines are geared toward a performance focused athlete. If weight loss and leaning out are your goals the recipe looks a little different.\*\*

### Massage Therapy

NEXT TIME YOU FEEL PAIN AND NOTHING YOU DO FOR THE AREA HELPS ASK YOUR MASSAGE THERAPIST ABOUT TRIGGER POINTS!!

Dr. Janet Travell, author of Myofascial Pain and Dysfunction, identifies a trigger point (TP) as a hyperirritable neuromuscular point that is painful when compressed, and is associated with dysfunctional neurological reflex circuits. Put simply, this is an area that gets so irritated that the body misinterprets the signal, causing the person to feel as if the pain is coming from somewhere else.

Deactivating a trigger point can happen through injection, or more commonly, deep tissue and neuromuscular therapy style massage. By pressing on a trigger point area, pain-reducing chemicals are produced in the

spinal cord that both relax the muscle tissue and reduce the pain from the referral pattern.

By Antonia Mennis

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