

FITNOW!

NEWSLETTER

INSIDE
THIS
ISSUE

PG. 2

Fitness Focus

PG. 3

Monthly Recipe

PG. 4

Equipment Emphasis

PG. 5

Member of the Month



SEPTEMBER 2019

Hello there. Thanks once again for having a read.

It has been another busy month for Fitnow! we've welcomed a lot of new faces into the gym in August. It's great to see the gym continue to grow.

Just in case you're not on Facebook or if you had forgotten, as an existing member you get a 10% discount on all 12-month membership renewals, whether that be paid in full memberships or debited fortnightly. Even if your memberships expire later and you know you're committed to your health and fitness renew this month!

If you're someone who has been thinking about signing up but hasn't been in for whatever reason yet, get in here during September! NO joining fee, FREE access key, FREE gym towel, FREE consolation and gym programs.

THE BEST TIME TO DO CARDIO

Should you do your cardio work before or after lifting? Many say to do it before because it acts as a warm-up. Others say it interferes with the "money" part of your training: lifting weights.

Who's right? Turns out, the experienced lifters who said to do it AFTER weight training were correct. Completing aerobic endurance exercise before resistance training will negatively impact your ability to perform at your highest potential during the lifting part of your session.

A recent study published in the Journal of Strength and Conditioning Research found that when healthy, resistance-trained men performed aerobic endurance exercise before a resistance training session...

Fewer reps were completed

Average power and velocity of lifts were significantly reduced

Ratings of perceived exertion were greater

Heart rates were higher when compared to the control group

HIIT First Drops Lifting Performance

One of four different treadmill running protocols were used as part of the aerobic endurance exercise portion:

60% of the participant's VO2 reserve for 45 minutes

75% of the participant's VO2 reserve for 20 minutes

90-100% of the participant's VO2 reserve for intervals of 3 minutes (a 1:1 work to rest ratio) for 5 sets

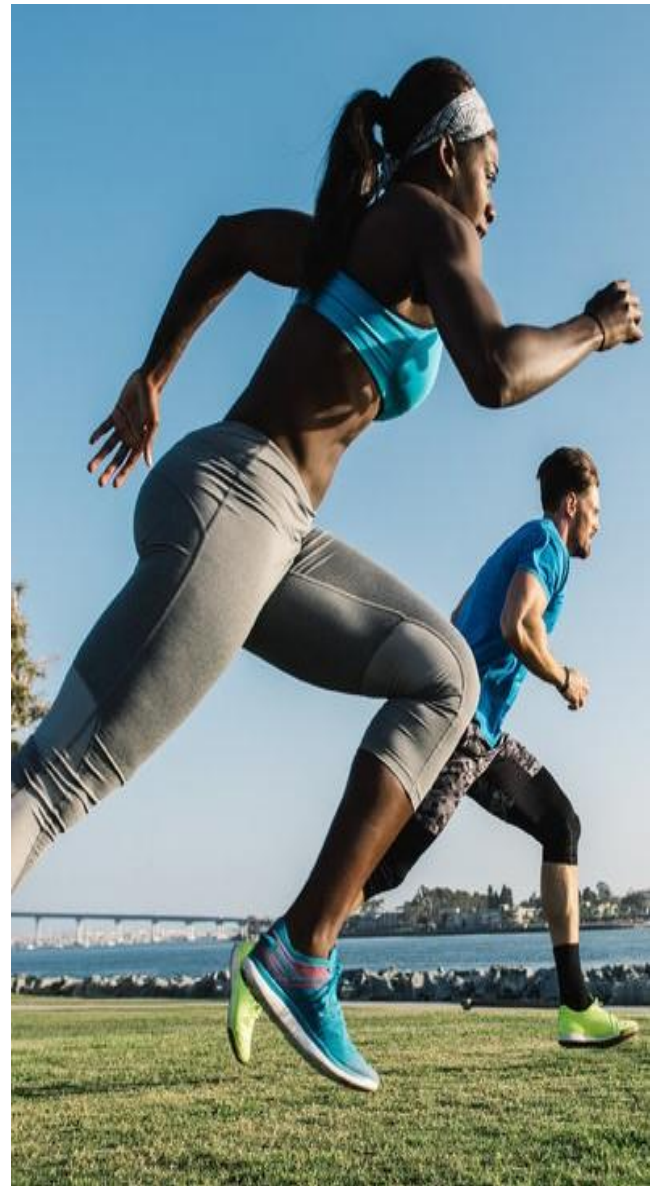
75% of the participant's VO2 reserve at a 6-9% uphill incline for 20 minutes

Researchers found that there were differing degrees of the drop-in performance measures across the groups, with the high intensity interval group experiencing the greatest reduction.

This is important because stress consolidation, or completing all of your higher intensity efforts in the same time period, is encouraged as it allows for greater recovery from session to session. But don't make the mistake of performing your high intensity conditioning before you lift.

Weights First

If you're going to complete aerobic endurance exercise in the same workout as a weight training, do the resistance training first.



MONTHLY RECIPE

CURRY CHICK PEA PROTEIN BOWL



1. In a skillet, add oil and chickpeas. Sauté and add Curry Row. Stir until well combined. Set aside
2. Set oven to 200 degrees. Line a baking sheet with parchment paper. Drizzle oil over sweet potatoes & sprinkle pepper & garlic on the baking sheet. Mix until well combined. Bake in the oven for 30 minutes, or until potatoes are soft. Set aside.
3. Put the hummus, yogurt and a few pinches of salt and pepper into a bowl. Vigorously stir the mixture until thoroughly blended. Serve immediately.
4. In a large bowl, add kale, curry chickpeas, pepper & garlic roasted sweet potatoes, carrots, cabbage, avocado & quinoa. Drizzle hummus dressing over the salad. Garnish with sesame seeds.

INGREDIENTS

- 1 tbsp Extra virgin olive oil
- 1 400 gm can chickpeas, drained & rinsed
- 1 tsp Curry Row
- 1 tbsp Extra virgin olive oil
- 2 sweet potatoes, peeled & cut into chunks
- 2 tsp Pepper & Garlic
- 1 bunch kale, ribs & stems removed, cut into 2
- 1/2 cup carrots,
- 1/2 cup chopped red cabbage
- 1 large avocado, peeled, pitted & sliced
- 2 cups quinoa, cooked
- 1 tbsp sesame seeds, for garnish
- 1/2 cup Hummus
- 3/4 cup Greek Plain Yogurt
- salt & pepper to taste



EQUIPMENT EMPHASIS

PEC FLY MACHINE

The Discovery Series Selectorized Line Rear Delt /Pec Fly features dual independent-movement arms with upper pivots to accommodate varying arm lengths. Each can be set to 13 starting positions over a 120-degree range. The weight is offset to the right for most convenient access.

Multi-purpose

This unit allows you to provide two traditional movements in one unit. Easy adjustment pins allow users to seamlessly move between pec fly and rear delt movements.



Pivoting Arms

The dual pivoting arms allow for users of different arm lengths to comfortably perform each exercise while maintaining proper form.

Independent Movement Arms

Independent movement arms provide a variety of movements on one unit, while increasing core activity.



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Why go to melroes place for a remedial treatment?

- *Resolve the underlying cause of pain and dysfunction*
- *Posture and alignment*
- *Long term benefits are felt*
- *Myofascial release techniques are utilized to release deep patterns of dysfunction*
- *Medicated herbal oils are used for your unique constitution and current imbalances*
- *Relaxation techniques are incorporated to ensure you leave feeling relaxed*
- *Over 18 years of experience in chronic pain management*
- *Passive but effective techniques*

MEMBER OF THE MONTH

ANGUS CATT

The member of the month for September goes to the superstar himself, Angus Catt.

Angus has shown commitment matched by few others in the gym over the last few months. Angus comes in just about every morning and even some nights. Dan and I are convinced that he must set up camp some nights!

Angus is always up for either a bit of banter or to pick anyone's brain who he could potentially learn from. This is a terrific attitude to have and it is a pleasure having Angus train with us.

Keep up the good work superstar!



Best Regards,

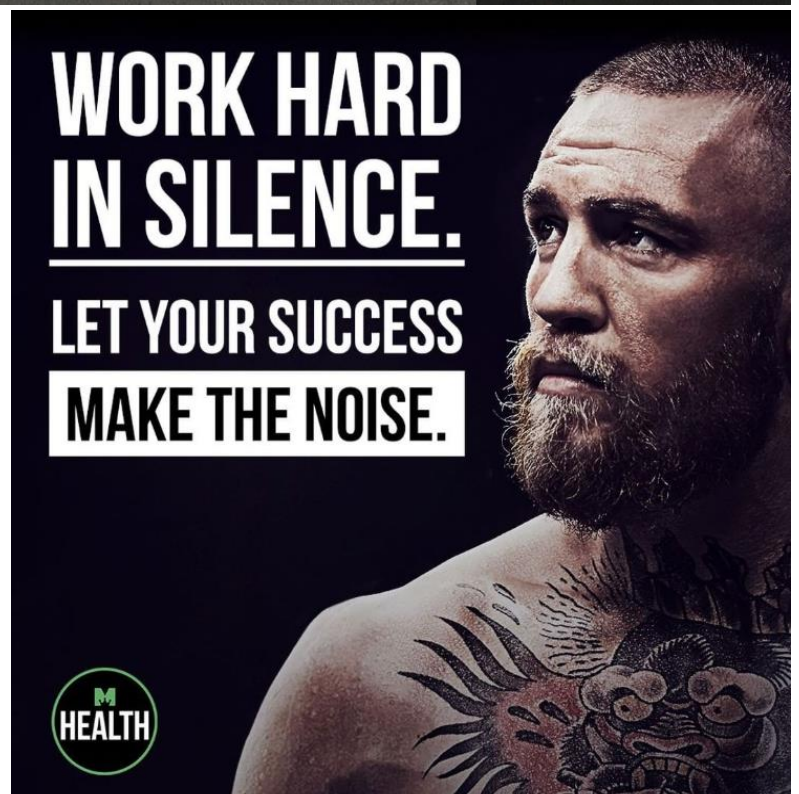
Lawrance Warren

Instructor

Fitnow! Deniliquin



"Leading the way in fitness now!... and into the future"



Gymnastics

Yoga

Monday 30th September and Wednesday 2nd October 8:30am - 3:30pm

Friends

Self-Defence

Disco

Dance

SUPER SPRING FUN!

SCHOOL HOLIDAY PROGRAM

For Kids: aged 5 years +

Ninja Movement

Karate

KidsFit

Wellness

2 DAY PROGRAM | QUALIFIED EDUCATORS & INSTRUCTORS

Spots are limited

Guest Speakers

Daniel Zrajko, Jenna Kaine (Purtill) and Rachel Bucholtz

DENILQUIN RSL SPORTS COMPLEX

DISCO!

Day 1: Monday 30th September | Day 2: Wednesday 2nd October

Drop Off: from 8:30am with Session 1 beginning at 9am **Pick Up:** 3:30pm

What to wear: Clothing and Footwear suitable for movement and fun!

What to bring: Water bottle, any necessary medications
(please provide copies of relevant medical plans - asthma & anaphylaxis)

Pricing: \$140 per child for the two days, Morning Tea and Lunch provided
Creative Kids Vouchers can be redeemed

How to book: Inbox or text message Evolve Fitness + Wellbeing or call 0447 214 433 for more information bookings are confirmed once enrolment forms and payment have been received



Denilquin Mental Health Awareness Group

