

FITNOW!

Newsletter

March 2020



Wow what a busy start to the year we've had. Welcome to all the new faces and a big thank you to everyone for your on-going support of our gym.

If you've been in either early or in the afternoons this probably won't come as much of a surprise, the last couple of months have been our busiest so far. The gym has been pumping! It's great to see so many of you starting the year off so strong. Keep up the hard work!

If perhaps your year hasn't started off as productive as you would have liked, don't forget that either Dan or myself are happy to help with personalised programs, or fitness advice. If you're not sure about an exercise you're doing, let us know. We're always happy to watch you do a few sets and give pointers as needed.

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Monthly Recipe

BLAT Bowl

DRESSING

- 50g smooth feta
- 1/2 cup fresh basil leaves
- 2 tablespoons chopped fresh chives
- 1 teaspoon finely grated lemon rind
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon white Italian dressing

INGREDIENTS

- 2 eggs
- 200g mixed baby tomatoes, halved
- 1 teaspoon white Italian dressing
- 2 teaspoons extra virgin olive oil
- 1 tablespoon finely chopped fresh chives
- 1 teaspoon black chia seeds
- 1 avocado, quartered
- 4 (about 120g) rashers streaky bacon
- 3 baby gem lettuces, leaves separated
- 6 baby qukes, halved
- 60g (1/3 cup) sauerkraut
- Add rice/ pasta if desired



If you're not a big eater feel free to half the amount, share or save the leftovers for lunch.

METHOD

- 1) Place eggs in a small saucepan and cover with cold water. Bring to a rolling boil over high heat. Remove from heat. Stand, covered, for 4 minutes. Cool in iced water for 5 minutes. Peel eggs. Halve.
- 2) Meanwhile, for the dressing, blend all the ingredients in a blender until smooth and well combined. Season.
- 3) Combine tomato, white Italian dressing and 1 tsp oil in a bowl. Season. Set aside to develop the flavours.
- 4) Combine chives and chia seeds on a plate. Press cut side of avocado into chive mixture. Set aside.
- 5) Heat the remaining oil in a small frying pan over medium-high heat. Cook bacon, turning, for 4 minutes or until golden and crisp. Transfer to a plate lined with paper towel to drain
- 6) Arrange lettuce, qukes, sauerkraut, tomato mixture, egg, avocado quarters and bacon in a large bowl. Drizzle with dressing.

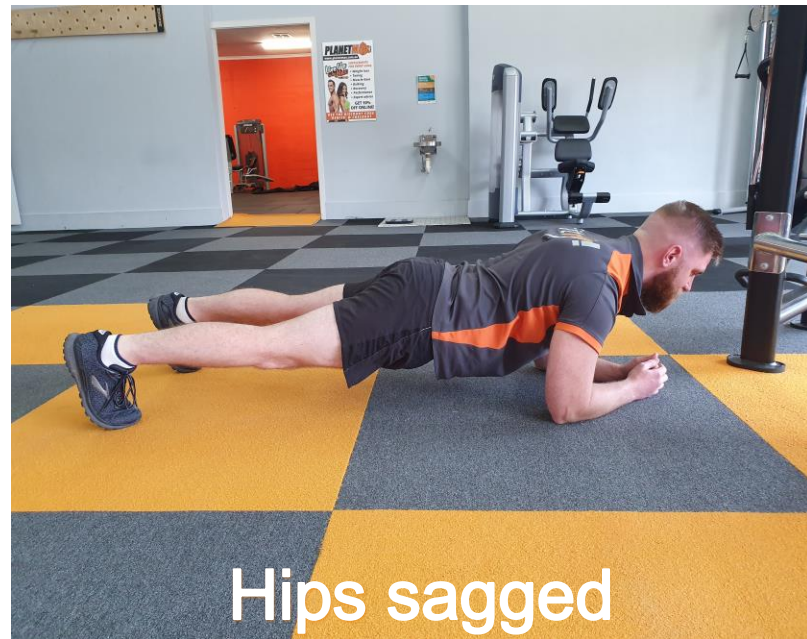
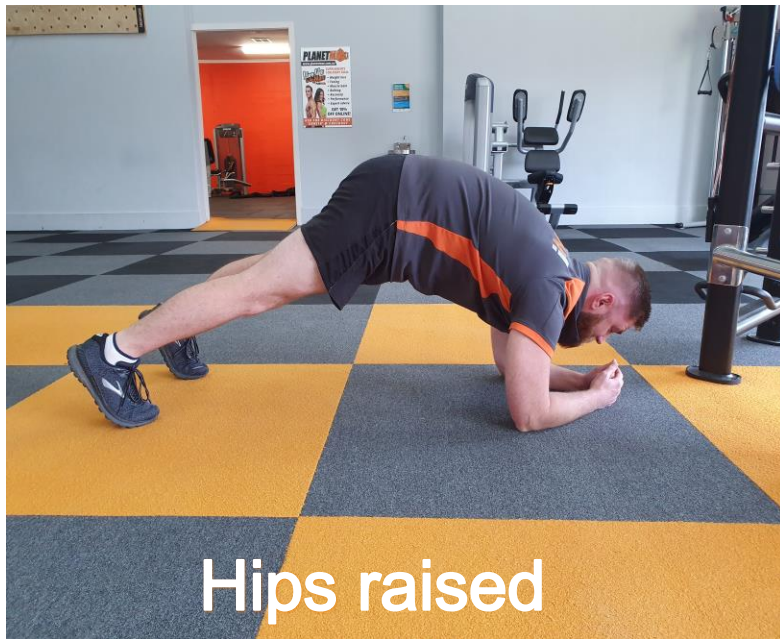
Fitness Focus

Planks

Planks can be used to strengthen your core and create whole body tension if the duration is kept short and the movement is intentional. But they can get ugly pretty quickly.

Bad Planks

Letting your hips sag or rise in an attempt to hold a longer plank defeats the purpose.



If you're trying to hold a five-minute plank, you're wasting your time... and probably not even working the correct muscles. Holding a plank for a long duration doesn't mean you have a strong core. It means you're most likely hanging out on the ligaments in your lower back and pelvis and will have back problems later on.



GOOD PLANKS

Aim for about 10-30 seconds of contracting your abdomen and squeezing your glutes as hard as you possibly can. This will help with core stiffness and bracing for all your other lifts.

If you're a powerlifter, you should think of pushing your core out and bearing down like you're about to get punched in the stomach.

If you're into calisthenics and gymnastic movements, think of pulling your belly button toward your spine so that you achieve a "hollow body" position.

Expressions of Interest

Deniliquin Stadium

As some of you may know the Deniliquin stadium has undergone renovations and has recently re-opened. The facility looks great and is due to begin various sports competitions starting March 2nd. The schedule is as follows:

- Mixed Netball. Monday Evenings. 7 players per team (3 males/4 females). \$8 per player per game.
- Mixed Basketball. Tuesday evenings. 5 on the court at a time with teams usually having 8 players total. Social. Must have 2 girls on the court at all times. \$6 per player.
- Men's Basketball. Wednesday evenings. It is a team fee but is approximately \$8-9 per week.
- Indoor Cricket. Men's will be on Wednesday's as well but taking names for a mixed comp as well.
- Futsal Indoor Soccer. Thursday nights. It is an open competition.

There is a sport for everyone so if any of these interests you either go to the Deniliquin Stadium Facebook page or let Daniel or myself know and I can forward your name along for you.

I am personally trying to get a Fitnow! men's and mixed basketball team together so if you've ever considered playing let me know and I'll add you to the list! I'm still looking for some more interest in the mixed team. We need more guys and girls. No previous basketball experience necessary. Should be a good laugh so join up.



Fitnow! Members Subway Special



20% OFF all Subs when you show your Fitnow! Tag

Equipment Emphasis

Battle Ropes

Not only do battle ropes look cool, but when used correctly they are a good tool to improve physique and athletic performance. Like any exercise, if you do it hard and fast enough, you're obviously going to sweat. But if sweating was your only goal, you'd go for a jog outside. So the next question is, how can we make this an effective part of our routine?

Most people will grab the ropes and walk backwards until the ropes are completely taut. This makes it easier to swing the ropes around but isn't all that effective and thus is unlikely to cause any sort of muscular adaptation. This is due to the fact that there isn't enough actual load placed on the muscles when the rope is tight.

Instead, try this:

Grab the ropes, walk back, then take two big steps forward so the ropes are not taut.

Take an athletic stance and an upright posture.

Set a Tabata timer on your phone for 10 rounds of 20 seconds of work with a 10 second break.

Alternate each round between strokes of your choosing. But once you pick a stroke, you must maintain it for the whole 20 seconds; you can't switch until the round is over. Once the 20 seconds is up, feel free to switch to another pattern.

Try for 8 rounds.

Strokes:

Small waves (alternating arms)

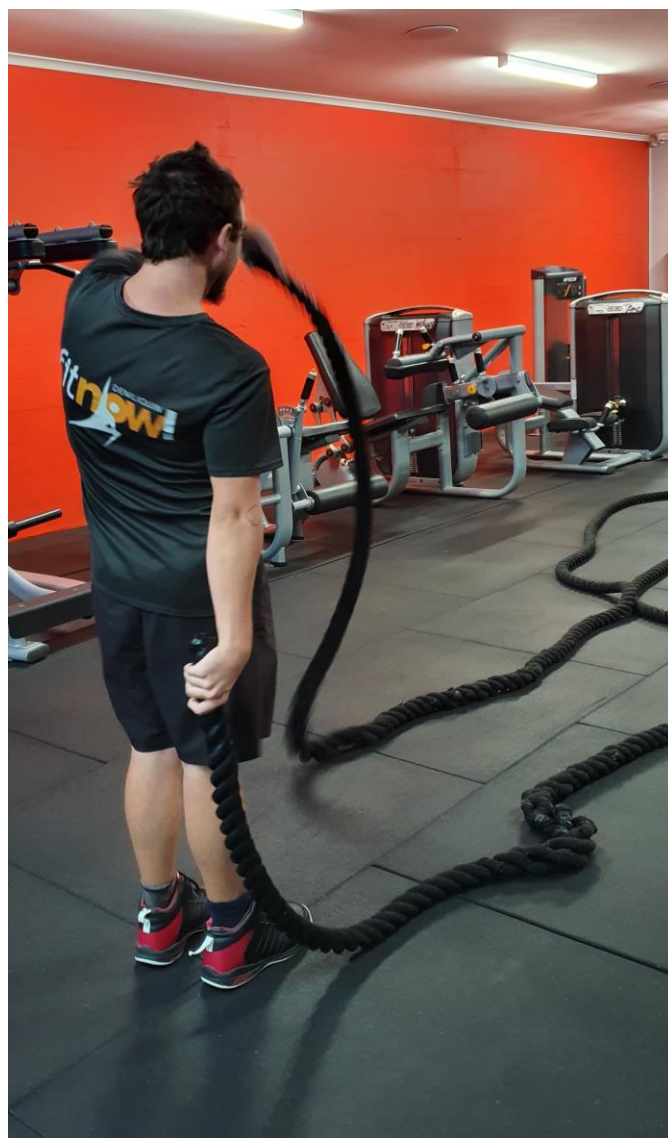
Big waves (alternating arms)

Double arm slams

Outside circles

Inside circles

Snakes



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Member of the Month



February's member of the month goes to Ethan Leslie. Ethan has long been one of our most consistent members. Recently he's been training just about every day and most days more than once! Ethan has seen some great progress in strength and physique and should be very proud of his commitment.

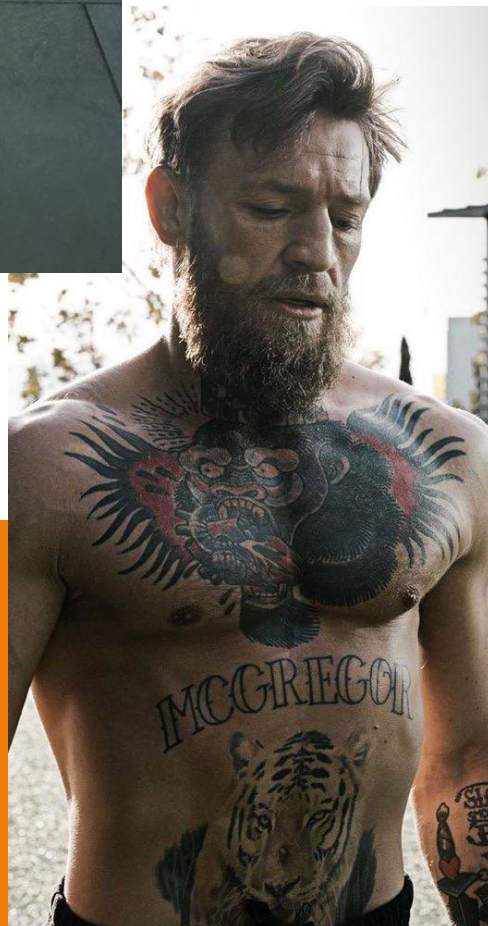
Great work Ethan!

Best Regards,

Lawrance Warren
Instructor
Fitnow! Deniliquin



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



**"WE CAN
EITHER
RUN FROM
ADVERSITY,
OR WE
CAN FACE
ADVERSITY
HEAD ON AND
CONQUER IT."**

- CONOR MCGREGOR

#MONDAYMOTIVATION

