

FITNOW! NEWSLETTER

| NOVEMBER 2019 |



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Welcome back for another month and another newsletter.

Things have continued to be busy in the gym with our monthly visits continuing to rise. We joined an outstanding 40 new members in October and STILL have more time to go with our no joining fee promotion.

We will finish up our current promotion on the first of December. So if you're currently doing a trial or thinking about coming in do it before next week to save yourself a bit of money. If you are already a member don't forget that if you renew before next month you get 10% off your new membership. This will save you about \$60 so even if your membership expires in the not too distance future and you know you will be back come have a chat with us!

MONTHLY RECIPE : PRAWN & MANGO

SKEWERS WITH MANGO SALAD

Ingredients

- 12 bamboo skewers
- 1/2 bunch mint
- 1/3 cup lime juice
- 1 garlic clove, crushed
- 1 long red chilli, finely chopped (see tip)
- 2 tsp white sugar
- 3 tbs vegetable oil
- 3 ripe firm mangoes
- 24 green king prawns, peeled, tails left intact, deveined
- 2 cucumbers, cut in half lengthwise and thinly sliced on a diagonal
- 1 butter lettuce, washed and leaves separated and torn
- 2 tbs spring onion, sliced

Method

1. Soak the skewers in cold water for 30 minutes.
2. Chop 2 tbs of the mint and pick the remaining leaves. Combine lime juice in a bowl with garlic, chilli, sugar, 2 tbs water and 2 tbs vegetable oil.
3. Cut cheeks from the mangoes. Trim remaining flesh around the stone. Using a large spoon, scoop flesh from skins. Cut half the mango into cubes. Thread a mango cube onto a skewer, followed by two prawns. Repeat with remaining skewers.
4. Place skewers in a shallow dish and pour over half the dressing. season to taste
5. Cut remaining mango into thin slices and place in a serving bowl with cucumber, mint leaves, lettuce and spring onion. Drizzle with remaining dressing and toss to combine. Refrigerate salad until ready to serve.
6. Heat a chargrill to medium-high heat, cook skewers for 3 minutes on each side or until lightly charred. Serve skewers with mango salad.



FITNESS FOCUS : CORE STRENGTHENING

I think it's fair to say that everyone wants a six pack. This leads to people doing a lot of things like sit-ups and crunches. Whilst these exercises are great for building up the abdominal muscles, they don't actually do much for your core strength.

Building a strong core is great for your posture and can help avoid back pain and potential injuries. There are specific exercises which you can do to achieve this such as planking or using the ab roller. The one thing that you can do that will be the most beneficial long term is to learn how to properly brace your core whilst doing any compound movements. A compound movement is an exercise that stimulates two or more joints at once during the movement. Exercises such as deadlifts, squats, pull-ups, and shoulder presses are good examples of these. Here are three great core strengthening exercises that I haven't already mentioned.

Dead Bug: Lie face up with your back on the ground with your arms and legs in the air in front of you. Your knees can be bent but your arms should be straight. Whilst keeping your right arm straight bring it slowly downwards so that it ends up straight next to your head. Whilst doing this straighten out your left leg by pushing your toes away from yourself. Focus on tensing your abs whilst doing this. Repeat with your opposite limbs. Do 30 alternating reps.



V - Sit: Lift your legs up to an extended position at a 45-degree angle with your torso. Reach up toward your shins. Don't hold your breath. Hold this V-shaped position.

Return to your starting position slowly while continuing to keep your abs engaged and tight.

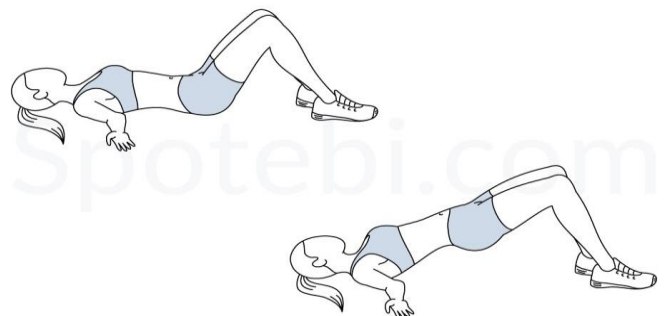
Just before you reach the floor, stop and hold the position for a few seconds.

Repeat this entire movement ten times.

Bridge: Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down.

Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze those glutes hard and keep your abs drawn in so you don't overextend your back during the exercise.

Hold your bridged position for a couple of seconds before easing back down.



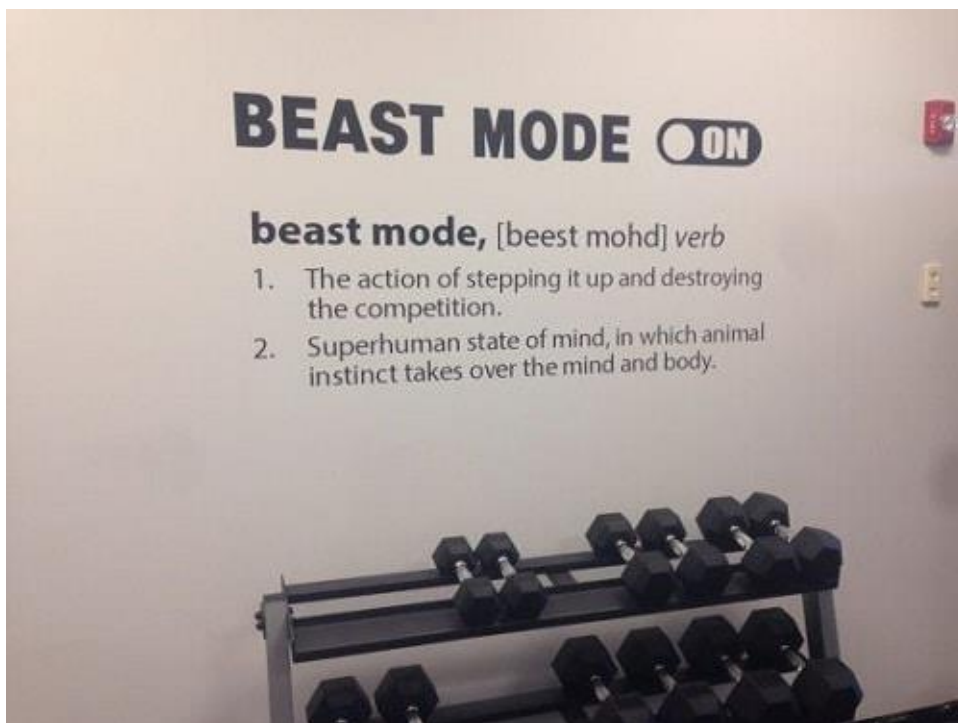
MEMBER OF THE MONTH

The member of the month goes to Shaun Burke.

Shaun is an all around great broke who is always up for a bit of banter.

Aside from being a good person Shaun is also dedicated to his training, keeping up a consistent split and even doing PT sessions with Daniel to get the most out of his efforts.

Top work Shaun!




EQUIPMENT EMPHASIS : GYMNASTIC RINGS

Contrary to what the name may lead you to believe; gymnastic rings aren't just for gymnasts.

I've written in the past about how beneficial body weight training can be and the rings are an awesome tool to build on this.

The rings are great for things like pull-ups and exercises where you are required to hold yourself as unlike bars you have to focus on keeping the rings stable as well as yourself.





We generate fears
while we sit.
We overcome
them by action.

DR. HENRY LINK

If there are any diet or fitness trends you would like to know more about come in and ask Daniel or myself about it and we can either tell you what we know or research it for you and we will write an article about it in the next newsletter.

If you have any feedback about the newsletter let us know. Is there anything you want to see? Do you like the format? Do you need advice on your training? General nutritional advice? Fortnite pro tips? Let us know!

Thanks for having a read once again and I shall see you all in the gym through December.

Best Regards,

Lawrance Warren
Instructor

Fitnow! Deniliquin



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