

FITNOW!

NEWSLETTER

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JUNE 2021

Hello and thank you for picking up this latest edition of the Fitnow newsletter.

The gym has been nice and busy later with many familiar faces and plenty of new faces going about their training. With winter upon us it is an important time of year to be keeping active. So, make sure you get into the gym out of the cold, to start working on those summer bodies.

It has been great to see the participation and to hear the feedback about the weekly workouts. Make sure that if you give it a go to write your name on the board and put up your time! Enter every week to win the grand prize of bragging rights and the potential for a crisp high five along the way.



FITNESS FOCUS

PROS AND CONS OF RESISTANCE BANDS

The Pros

They're versatile. You can do plenty of exercises. (These first two benefits have little, if anything, to do with being effective. But they are benefits, nonetheless.)

Because of the strength curve (low resistance at the beginning, maximum at the end) bands do seem to give a better mind-muscle connection and peak contraction than free weights.

Bands don't cause as much muscle damage as free weights and most machines. That's because the resistance decreases when the muscle is stretched. And when the muscle is stretched the most (when you have the highest potential for muscle damage) there's essentially no resistance. No muscle damage means you can recover faster from this type of training and can thus have a higher training frequency.

The psychological stress is much lower. Stretching a resistance band is much less intimidating than putting a bar on your back (at least for beginners).

Bands can cause greater muscle activation. This goes along with point three. One study found that resistance training with a band led to a greater muscle activity than a similar movement done on a machine. Why? The constantly varying load during the rep.

The stress on the joints seems to be lower than with free weight or machines.

As you can see, bands can certainly work. However, there are some drawbacks.

The Cons

The progression is hard to quantify. With free weights or machines, you can add any amount of resistance you want and know exactly how much you added. This makes progression easier. With bands, to increase resistance you can either add bands or use a stronger band.

Both options represent a large increase in load and that means the new resistance might be too heavy, and the preceding one, too light. You can also stretch the band more by attaching it further away from you. But this makes it very hard to quantify how much resistance you're adding.

There's much less muscle damage. I listed this as a benefit too because it allows you to train a muscle more frequently. But the downside is that it could also make the exercise a bit less effective since muscle damage is a stimulus for growth.

Some movements just aren't a good fit. Doing squats with bands alone is impractical and uncomfortable.

The strength gained might be hard to transfer to barbell lifting. With bands you have no resistance at the beginning of the movement. With a barbell you'll have to overcome the full weight of the bar at the beginning. Resistance bands are cool. I like to use them when I want to add frequency to a lagging muscle group without impairing recovery too much.



EQUIPMENT EMPHASIS

ELLIPTICAL

Converging CrossRamp® technology

The elliptical path follows a natural running stride with movement that allows the user's feet to converge towards the midline of their body. Users can isolate or cross-train specific lower-body muscle groups simply by adjusting the angle of the ramp, making targeting different muscle groups easy, encouraging training variance and propelling results.



P82 Touch Screen Console

The P82 touch screen console not only offers a brilliant 15" screen that is ergonomically positioned to deliver crystal clear entertainment viewing for exercisers in motion.

Moving Handlebars

With moving handlebars, users can push and pull with their upper body to achieve a complete workout.



MONTHLY RECIPE

CURRIED CHICKEN & BAKED DHAL

Ingredients

2 garlic cloves
thumb-sized piece ginger
100g red split lentils
2 red onions, cut into small wedges
1 small cauliflower, cut into florets
½ tsp turmeric
2 tsp cumin seeds
4 boneless and skinless chicken thighs
1 tsp cold pressed rapeseed oil
2 tsp medium curry powder
100g baby leaf spinach
2 tomatoes, chopped
½ lemon, cut into wedges
2 tbsp natural yogurt



Method

STEP 1

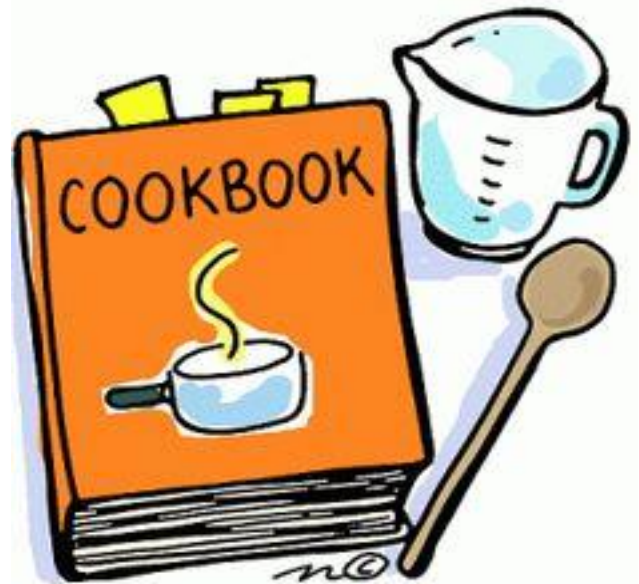
Heat oven to 200C/180C fan. Grate the garlic and ginger into a large roasting dish. Add the lentils, onions, cauliflower, turmeric and cumin seeds. Pour over 500ml boiling water and give everything a good mix. Rub the chicken thighs with the oil, curry powder and a pinch of salt and pepper. Nestle these into the lentils, then cook in the oven for 40 mins until the lentils and chicken are cooked through.

STEP 2

Add the spinach and tomatoes to the dish, remove the chicken and return to the oven briefly for a couple of mins until the spinach has wilted. Season to taste. Serve with the lemon wedges and yogurt.

What's your "go to" healthy meal?

If any of you are willing to open your cook book and suggest a recipe you win a free towel!





MEMBER OF THE MONTH

The member of the month for June 2021 is Cyrus Buckley.

Cyrus is a dedicated member of the gym and has been coming consistently, 2 – 3 times per week, for the 2 years.

He is always a cheerful presence and often has us laughing.

Well done Cyrus, keep up the hard work!

Best Regards,

Lawrance Warren

Instructor

Fitnow! Deniliquin

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