

# FITNESSNRG<sup>®</sup>

18<sup>th</sup> NOVEMBER 2014

## FITNESS NRG CHRISTMAS PARTY

**WHEN** SAT 13<sup>TH</sup> DEC

**TIME** 7PM

**THEME** BUY YOUR PARTY CLOTHES FROM THE SALVO'S TO SUPPORT THOSE IN NEED. PLACE RECEIPTS ON GYM MIRROR. LET'S SEE HOW MUCH WE CAN RAISE. ☺

**BRING** A SMALL PLATE AND DRINKS

**\*WINNER OF 8 WEEK WEIGHT LOSS ANNOUNCED PLUS AWARDS PRESENTED ON THE NIGHT**



### DATES TO REMEMBER

**THERE WILL BE NO TRAINING SAT 29<sup>TH</sup> NOV – SAT 6<sup>TH</sup> DEC  
ALL PT SESSIONS AND GROUP CLASSES WILL RESUME MON 8<sup>TH</sup> DEC UNTIL  
THURS 18<sup>TH</sup> DEC**

Sat 22 <sup>nd</sup> November	Bootcamp Fitness Test ( Beep Test )
Fri 28 <sup>th</sup> November	Last Bootcamp session (Night Walk)
Fri 28 <sup>th</sup> November	Final weigh in for all 8 Week Weight Loss Participants. 4-6 pm
Sat 29 <sup>th</sup> Nov–Sat 6 <sup>th</sup> Dec	“No Classes”
<b>Sat 13<sup>th</sup> December</b>	<b><i>FitnessNRG Xmas Party</i></b> Awards presented on the night
Thurs 18 <sup>th</sup> December	Last term 4 group class
Mon 22 <sup>nd</sup> Dec – Mon 5 <sup>th</sup> Jan	Personal Training and PT Group sessions available. Bookings are essential
Mon 5 <sup>th</sup> Jan- Wed 28 <sup>th</sup> Jan	“SUMMER BOOTCAMP”
Tues 3 <sup>rd</sup> Feb	2015 Term 1 Group Classes commence
Wed 4 <sup>th</sup> Feb	Feb Bootcamp starts



**FITNESS NRG GIFT VOUCHERS  
ARE AVAILABLE NOW !!  
GREAT IDEA AS A XMAS GIFT**

## **8 WEEK WEIGHT LOSS CHALLENGE**

Keep up the work everyone. Your dedication is admiral and the results coming through each week are fantastic. There are now people losing between 8-9 kg of weight within the group. The final weigh in will be on Friday 28<sup>th</sup> November between 4pm-6pm. If you cannot make it please arrange another time. Everyone gets weighed before the evening meal and after a lunch meal. I will continue to weigh those who started the challenge late The winner is determined by percentage of body weight lost. The winner will receive \$300. Second place will receive \$200.

**\*SPECIAL\* A GREAT XMAS GIFT FOR SOMEONE**

### **JANUARY SUMMER BOOTCAMP 2015**

Kick start your exercise in 2015 by jumping in this 4 week Bootcamp. Two sessions a week. The sessions are on a Monday and a Wednesday at 7pm. It starts Mon Jan 5<sup>TH</sup> – Wed 28<sup>th</sup> Jan. Cost is a reduced \$100. I need at "least" five people to join to run the sessions.

**DON'T FOGET TO REGISTER ON THE TOUGH MUDDER  
WEBSITE AND JOIN THE FITNESSNRG TEAM**



WHEN	SAT MARCH 21 <sup>ST</sup> 2015
WHERE	PHILLIP ISLAND
COST	EARLYBIRD RATE \$139
TIME	1PM (Will be confirmed 1 week prior)
WHO?	YOU
WHY?	BECAUSE YOU CAN.

Don't forget to join the FitnessNRG team at the Tough Mudder event . The event will be held at Philip Island Saturday March 21<sup>st</sup> 2015. Start time is approx. 1pm TBC. Simply log onto <https://toughmudder.com.au/events/2015-melbourne>.. Click on Saturday registration. Find the team FitnessNRG and log in with password Saaarge. Come on give it a go. Or you can make a donation for The Soldier On Foundation ☺

# HOW TO PLANK PROPERLY

Planking, is a simple but effective total-body exercise. Holding the body (light as a feather) stiff as a board develops strength primarily in the core — the muscles that connect the upper and lower body — as well as the shoulders, arms, and glutes.

This static exercise — meaning the body stays in one position for the entirety of the move — is especially awesome because it requires no equipment and can be performed just about anywhere (well, use your judgment). Find out how to perfect your plank with this guide. **THE BASICS**

1. Plant the hands directly under the shoulders (slightly wider than shoulder width apart) like you're about to do a push-up.
2. Ground the toes into the floor and squeeze the glutes to stabilize the bottom half of the body. The legs should be working in the move too, careful not to lock the knees to hyperextension.
3. Neutralize the neck and spine by looking at the floor about a foot in front of the hands. The head should be in line with the back.
4. As you get more comfortable with the move, hold your plank for as long as possible without compromising form or breath.

## Variations

### Knee Plank

This variation, also one of the most common ways to plank, is slightly easier than holding the body up with just the hands. Place the forearms on the ground with the elbows aligned below the shoulders and arms parallel to the body at about shoulder-width distance. If flat palms bother the wrists, close the hands into fists or hold them in a prayer position. (Note: Any of the following plank variations can be performed with straight arms or in a forearm position.)

### Side Plank

This plank is noticeably easier to hold than the traditional straight-arm plank, but it's great for beginners to concentrate on form. By resting the knees on the ground, there's less stress on the lower back. If knees feel uncomfortable, roll up a sticky mat to rest them on.

### Single Leg Plank

By removing one point of contact from the ground (your foot), this variation increases the demand on the core. Position the body into a basic plank, then lift one leg toward the ceiling (as far as feels comfortable, without compromising the back). Keep the hips parallel to the floor, then alternate legs.

### Swiss Ball Plank

Up the intensity with a swiss ball! Stabilizing the body on an unstable ball adds a balancing component to the move, increasing the demand on the core. Follow the same steps for a normal plank but instead place the hands or the forearms on the ball, directly under the shoulders.

## **The Most Common Mistakes and How to Fix Them**

### **The Mistake: Collapsing the lower back.**

The Fix: Instead of compromising the lower back by dipping the bum, engage the core by imagining your belly button drawing in toward the spine. This will help keep the torso flat, and in turn, the spine safe. If you want to get super technical, have a friend gently place a broomstick or yardstick on your back — the top of the stick should make contact with the head, and the bottom of the stick should rest between the buttocks. The stick should also make contact right between the shoulder blades for proper alignment.

### **The Mistake: Reaching the butt to the sky.**

The Fix: Planks aren't supposed to look like a downward dog. To really get the core working the way it should in the plank position, keep the back flat enough so the abs feel engaged from top (right below the sternum) to bottom (directly below the belt). But of course, don't dip the tush too far toward the ground.

### **The Mistake: Letting the Head Drop**

The Fix: While the focus may be on keeping the hips, butt, and back in the proper position, form isn't all about the core and the lower body in this move. It's important to think of the head and neck as an extension of the back. Keep eyes on the floor about a foot in front of the hands to neutralize the neck.

### **The Mistake: Forgetting to breathe.**

The Fix: It's human nature to hold your breath when in a strenuous position for a period of time. But breathing is especially important because holding it for too long can bring on dizziness or nausea, which is especially dangerous for those with blood pressure issues.

### **The Mistake: Focusing too much on the stopwatch.**

The Fix: Quality trumps a ticking stopwatch when it comes to the plank. When your form begins to suffer, it's time to call it quits. If the back begins to bow or the shoulders start to sink in, take a break.