

BOOTCAMP IN PINK FOR BREAST CANCER AWARENESS



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|---|---|
| WHEN | SAT 13TH MAY 2017 |
| WHERE WE MEET | TENNIS COURTS. COLBY DRIVE |
| TIME | 8.30 AM |
| WHAT'S INVOLVED? | 18KM WALK (OPTION TO MAKE IT 10KM) |
| *BRING A FRIEND OR FAMILY MEMBER | |

EACH YEAR FITNESSNRG RECOGNISES BREAST CANCER AWARENESS ON THE MOTHERS DAY WEEKEND. WE HOPE YOU CAN JOIN US.

LET'S BRING SOME ATTENTION TO BREAST CANCER AWARENESS SATURDAY 13TH MAY BY WEARING PINK (COMPULSORY).

FITNESSNRG CAN SUPPLY T SHIRTS TO WEAR ON THE DAY. THEY ARE UNISEX SO BOYS CAN WEAR ONE AS WELL

PLEASE READ THE FOLLOWING:

MEET AT TENNIS COURTS COLBY DRIVE WEARING A PINK SHIRT OR SOMETHING CREATIVE IN PINK.

PLEASE BE AWARE IF BRINGING ANYONE THAT THERE ARE SOME VERY STEEP HILLS. IT IS NOT SUITABLE FOR YOUNG CHILDREN AND ANYONE WITH AN EXISTING INJURY.

IF YOU WANT TO MAKE IT A 10KM WALK INSTEAD OF 18KM, YOU CAN PARK YOUR CAR AT BIRDSLAND BEFORE THE EVENT AND FINISH AT THAT POINT, WHERE YOU WILL LEAVE THE GROUP.

YOU WILL STILL NEED TO MEET AT TENNIS COURTS COLBY DRIVE SO PLEASE ARRANGE TO GET A LIFT FROM BIRDSLAND TO OUR MEETING SPOT AT THE TENNIS COURTS.

THE WALK HAS EVERYTHING !!!

YOU WILL HAVE AN OPPORTUNITY FOR A COFFEE ON THE GO. WE WILL AT SOME STAGE WALK THROUGH THE MAIN STREET OF BELGRAVE.

THERE ARE SOME WONDERFUL BUSH TRACKS WITH A LITTLE HILL OR TWO ☺

REMEMBER.... THE CHALLENGE OF OUR WALK IS TO REMIND US OF THE EMOTIONAL AND CHALLENGING JOURNEY WOMEN, MEN AND THEIR FAMILY'S FACE IF DIAGNOSED WITH CANCER.

WE HOPE YOU CAN JOIN US.

MOTHERS DAY GIFT IDEA

Allanna Dove is a FitnessNRG Bootcamp member. She makes the most beautiful bouquets using chocolates instead of flowers. A great gift idea for Mother's Day.

Allanna will bring a few of her collection to Bootcamp Wednesday 10TH May 8pm

They will be available to purchase that night if anyone is interested to buy any.

Alternatively you can call Allanna on 0405 141 337.



My
BOUQUET
Lady



We're a small family run business that specializes in edible chocolate bouquets.

Our bouquets are handmade and contain only the finest well-known products; they are designed for all occasions' including- weddings, engagements, birthdays, new baby arrivals, thankyou/get well presents and much more.

If you're looking for something a little different or have seen something you like we can work with you to customise your own bouquet to suit your occasion perfectly.

Contact me on:

Allanna 0405 141 337



www.facebook.com/mybouquetlady

BEEP TEST

On Saturday at Bootcamp the troops did the Beep Test as part of their training session. This test is a physically challenging test, which tests cardio fitness. Well done everyone for giving it a go.. Have a look at Beep Test results below to see where you are. If you can't remember which level you reached Cheryle has your Saturday results. Text Cheryle 0419 535 720 and she will send it.

| BEEP TEST | | | | | | |
|-------------|------|------|---------|------|-----------|-----------|
| MALES | poor | fair | average | good | very good | excellent |
| 12 - 13 yrs | 3/4 | 5/2 | 6/5 | 7/6 | 8/9 | 10/9 |
| 14 - 15 yrs | 4/7 | 6/2 | 7/5 | 8/10 | 9/9 | 12/2 |
| 16 - 17 yrs | 5/1 | 6/9 | 8/3 | 9/10 | 11/4 | 13/7 |
| 18 - 25 yrs | 5/2 | 7/2 | 8/6 | 10/2 | 11/6 | 13/10 |
| 26 - 35 yrs | 5/2 | 6/6 | 7/10 | 8/10 | 10/7 | 12/9 |
| 36 - 45 yrs | 3/8 | 5/4 | 6/5 | 7/8 | 8/10 | 11/3 |
| 46 - 55 yrs | 3/6 | 4/7 | 5/6 | 6/7 | 7/8 | 9/5 |
| 56 - 65 yrs | 2/7 | 3/7 | 4/9 | 5/7 | 6/9 | 8/4 |
| > 65 yrs | 2/2 | 2/6 | 3/8 | 4/9 | 6/2 | 7/2 |

| BEEP TEST | | | | | | |
|-------------|------|------|---------|------|-----------|-----------|
| FEMALES | poor | fair | average | good | very good | excellent |
| 12 - 13 yrs | 2/6 | 3/6 | 5/2 | 6/2 | 7/5 | 9/3 |
| 14 - 15 yrs | 3/4 | 5/3 | 6/5 | 7/6 | 8/8 | 10/7 |
| 16 - 17 yrs | 4/2 | 5/7 | 7/2 | 8/5 | 9/8 | 11/11 |
| 18 - 25 yrs | 4/5 | 5/8 | 7/3 | 8/7 | 10/2 | 12/7 |
| 26 - 35 yrs | 3/8 | 5/3 | 6/6 | 7/8 | 9/5 | 11/5 |
| 36 - 45 yrs | 2/7- | 3/8- | 5/4 | 6/3 | 7/5 | 9/5 |
| 46 - 55 yrs | 2/5 | 3/6 | 4/5 | 5/4 | 6/3 | 8/1 |
| 56 - 65 yrs | 2/2 | 2/7 | 3/6 | 4/5 | 5/7 | 7/2 |
| > 65 yrs | 1/5 | 2/2 | 2/7 | 3/5 | 4/4 | 5/7 |

HOW DOES YOUR MAXIMUM PUSH-UP RATE ?

| RATING | AGE | | | | |
|-----------|-------|-------|-------|-------|-------|
| | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| Excellent | >54 | >44 | >39 | >34 | >29 |
| Good | 45-54 | 35-44 | 30-39 | 25-34 | 20-29 |
| Average | 35-44 | 25-34 | 20-29 | 15-24 | 10-19 |
| Fair | 20-34 | 15-24 | 12-19 | 8-14 | 5-9 |
| Poor | <20 | <15 | <12 | <8 | <5 |

PUSH UPS When it comes to push ups, your form is crucial. Each push up needs to be done perfectly so that your total reps measured from workout to workout are on equal footing. If you did thirty perfect push ups two days ago, and then today you did sixty push ups by only going down halfway, sticking your bum up in the air, etc., it's absolutely impossible to tell if you got any stronger.

How to set up for a proper push up

- When down on the ground, set your hands at a distance that is slightly wider than shoulder-width apart. Depending on your strength and experience, your hands should be angled in a way that feels comfortable to you. You can turn your hands inwards slightly if it's less stressful on your wrists, or you can do your push ups on your knuckles (as long as you're on a semi-soft surface like grass or carpet).
- Your feet should be set up in a way that feels right and comfortable to you. For some, that might be shoulder width apart. For others, it might be that the feet are touching. Generally speaking, the wider apart your feet, the more stable you'll be for your push ups.
- Think of your body as one giant straight line – from the top of your head down through your heels. Your butt shouldn't be sticking way up in the air or sagging.
- If you have a problem getting the proper form with your body, clench your butt, and then tighten your abs. Your core will be engaged, and your body should be in that straight line. If you've been doing push ups incorrectly, this might be a big change for you.
- Your head should be looking slightly ahead of you, not straight down. At the top of your push up, your arms should be straight and supporting your weight. You're now ready to do a push up.

How to complete a push up

- With your arms straight, butt clenched, and abs engaged steadily lower yourself until your elbows are at a 90 degree angle or smaller. Depending on your level of experience, age, and flexibility, 90 degrees might be the lowest you're able to go. Try not to let your elbows go flying way out with each repetition. Keep them relatively close to your body, and keep note of when they start to fly out when you get tired.
- Once your arms go down to a 90 degree angle, pause slightly and then return up until you're back in the start position.
- Congratulations, you just did a proper push up. Do as many as you can until you start to feel your form slip (even slightly); you are done for that set. Ten good push ups and 5 sloppy ones are tough to quantify against eleven good push ups. If you can only do ten of something, write down your results and aim for 11 next time. Perfect form allows you to keep track of your improvements week over week.
"But I can't do a push up!" That's okay, here's a plan that will help you get there. You need to start with an easier push movement, and work up to progressively more difficult types of moves that will eventually result in you doing true push ups.

Start with Wall Push Ups:

Just like with a regular push up, clench your butt, engage your abs, and set your hands on a wall at a width that's wider than shoulder-width apart. Walk backwards with your feet until your arms are fully extended and supporting your weight (generally one decent sized step back with both feet will suffice). Keeping the rest of your body in a straight line, steadily lower yourself towards the wall until your nose almost touches the wall, and then return back up to the starting position.

Do 4 sets of wall push ups with a 2-minute rest between sets, every other day. Keep track of how many repetitions you can do WITH PROPER FORM for each set in a notebook for easy comparison to previous workouts. Once you can do 4 sets of 20 repetitions of wall push ups, you can progress to elevated (or incline) push ups.