

TRAINING TOPS FOR SALE

We have decided to bring summer into the gym. FitnessNRG T shirts, singlets and tank tops in bright fresh colours will be on sale for one week only.

For one week only you can purchase 2 tops for \$50 or pay the usual \$30 for one

These are all one offs so be quick!!! There are limited sizes and styles.

Please try on tops before your training session so they are kept clean for someone else who may purchase it if you choose not to. Thanks. We hope you like them ☺

BOOTCAMP NEWS

The February Bootcamp will end Monday 2nd March. The last session is Monday 2nd March at 7pm. If you would like to continue your training please let me know. The March Bootcamp starts immediately after on Wednesday 4th March at 7pm. The cost is \$150 to be paid before or on March 4th. For all the Unlimited NRG members you can resume with no further action. I will have a timetable out soon. The fitness test is scheduled to be repeated on Sat 21st March. Good luck with the Triathlon . Remember, "*Its not a Competition*" . Just enjoy it and go at your own pace.

“DON'T FORGET”

BOOTCAMP MINI TRIATHLON

WHEN	SAT 28 TH FEB
TIME	8.30AM
WHERE	LYSTERFIELD LAKE PARK
BRING	SWIMMING ATTIRE, BIKE, HAT,WATER, TOWEL AND SUNSCREEN



CATEGORIES ARE

SWIM APPROX	50 – 100 METRES
BIKE	9.5KM
RUN	3KM

**NO COST FOR FEBRUARY BOOTCAMP TROOPS
\$20.00 FOR CASUAL ATTENDANCE**

Mistake #1: Doing Core Work First

Six-pack abs. If there's one goal that most people want to achieve, this is it. As such, you head into the gym and the first thing you do is head right toward the ab mat.

Sadly, this is only moving you away from progress. What you need to remember is that your core muscles will be working in each and every standing strength move you do.

Whether it's squats, lunges, shoulder presses or step-ups, you'll recruit your core muscles for balance when completing these moves. As such, if your core muscles are in a fatigued state while you perform these other moves, this could mean lower performance on these exercises at best and a significant injury at worst.

By doing your core work last, you'll maintain a stronger midsection for other exercises and, by the time you get to those core moves, they'll already be in a partly fatigued state.

Bonus: This means you have to do less core work overall.

Mistake #2: Too Much Steady-State Cardio

When weight loss is your main goal, it's easy to go into steady-state cardio overload. For five days a week, you go hard for 60 minutes on the bike, elliptical or treadmill. Sound familiar?

You figure you're on the best fat-loss plan possible—with all that cardio, you'll be torching fat in no time. Only months have passed and your body hasn't changed.

All this cardio exercise does very little to enhance fat burning. In fact, it may cause you to gain weight because it makes you ravenous after each session, leading to overeating in the hours that follow.

Instead, once per week, cut back to 30 minutes of cardio, and get into the weight room for the other 30. This will help you yield top-notch results.

This isn't to say all cardio is bad. In moderation, intense interval sprint training can also be a great way to burn fat.

But setting the treadmill on 5 miles per hour and jogging for 40 minutes straight day after day, week after week, month after month? That's doing very little to change how your body looks.

Mistake #3: Isolation Exercise Overload

If you do three different types of bicep exercises, three tricep exercises to match and, when leg day comes, you hit the inner and outer thigh machines, you have changes to make.

While some isolation work is fine, the vast majority of your program should be focused on compound exercises. Squats, deadlifts, shoulder presses, bench presses, bent over rows—these are the moves that will deliver the best results possible.

Mistake #4: Insufficient Rest Between Workouts

Finally, the last mistake is being just a little too motivated. If you hit the gym six or seven days a week, too much exercise could become a problem.

Remember, your body needs time to rest and recover every week. This is the time when you will actually grow stronger.

Workouts simply break down muscle tissue. If you don't allow for enough rest between these sessions, your progress will spiral downwards.

Aim for at least one day completely off each week and 1-2 sessions done at a low intensity level. You'll not only see better results, but you'll also come back to each workout feeling fresher as well.

Are you making any of these errors? If you are, make sure you change your strategy so that you don't get stuck in a progress rut.