

# THE ELEMENTS OF FITNESS

THE NEWSLETTER OF ELEMENTAL TRAINING CENTER

## There Is No Easy Way



OH, PLEASE.

I love to bag on crunches. Hell, I'll even throw in leg lifts and those "side" crunches people do to get rid of the fat on the "sides" of their guts. Oh, and exercising in the fat-burning zone, that's another good one. Ahh...see that's it, isn't it. They're trying to find an easy way to get thin.

See, training is a huge pain in the butt and only one in about fifty people seem to like exercising. So why do something that isn't absolutely the most effective way to reach your fitness goals? How often to you pick workouts because they're hard? I'm willing to bet it's not all that often, and that's exactly why you're frustrated with your progress.

You might remember a few months back when we told you it would take 44 hours to lose a pound of fat by doing crunches. If you ate nothing for those 44 hours you could probably double that number. Still, not a very economical way to progress.

Getting slim is simple. Eat less, exercise more and you'll lose weight. It is not even close to easy. Let me make that a little more clear by giving you a list of things that are usually easier than losing fat and maintaining your ideal weight:

1. Getting along with only one kidney.
2. Getting along with your ex.
3. Running a marathon.
4. Getting off meth.
5. Making a living working for NOLS.
6. Doing the splits.
7. Being a woman, giving all your love to just one man.
8. Texting with one hand if

### THE STAT:

# 3

Number of pounds you could lose in a year by simply adding a fish oil supplement to your diet.

you're over age 25.

9. Reading the Unabomber Manifesto.

10. Justifying your crappy diet by convincing yourself you "deserve" a treat.

If you really want to lose fat, you've got to put on your war face. It's not just a change in habit, it's a battle. It's not just something you kinda do, either...you have got to pay attention all the time, and *be willing to suffer* until the job is done. And you are going to have to

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## NEW CLASSES AT ELEMENTAL

In June we'll begin two new classes here at the gym. The Meltdown class is our most effective fat loss plan ever. In fact, if you don't lose weight, we'll give you your money back.

We're that sure it'll work. Cool, eh? We'll also be starting The Hour of Power. Beginning June 9th, we'll offer this class twice a week (and will add more times as demanded.) This is our hard-

est workout ever. To put it simply, if you've got what it takes, it'll take all you've got. Check out our website or the bulletin boards in the gym for more details.

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## Exercise of the Month: RENEGADE ROW

This is really a variation of a plank more than a rowing exercise. Consider it one of your best “combo” moves. We love to do this one in a superset with a twisting core exercise.

Get into a push-up position while holding a pair of kettlebells or dumbbells. Move your feet to slightly wider than shoulder width apart. Without rotating your torso, row one of the weights up to the side of your ribcage. Slowly lower the weight to the ground, and then do the

movement with the other arm.

Pay special attention to keeping your lower back straight, as we have a tendency to “swayback” as we fatigue.

Start out with light weights on this one, putting it in your workout in place of your normal bridging or planking exercises.

Start with just 6-8 reps on each side, working up to 15 as your endurance improves.



## June 2009

SUN	MON	TUE	WED	THU	FRI	SAT
	1 core 830a	2 climb strong 12p	3 lab 11a / program 1 12p & 6p	4 climb strong 12p / burly girls 1p	5 core 830a	6
7	8 core 8a / meltdown 9a	9 hour of power 9a / climb strong 12p	10 meltdown 9a / lab 11a	11 hour of power 9a / climb strong 12p / burly girls 1p	12 core 8a / meltdown 9a	13
14	15 core 8a / meltdown 9a	16 hour of power 9a / climb strong 12p	17 meltdown 9a / lab 11a / program 2 12p & 6p	18 hour of power 9a / climb strong 12p / burly girls 1p	19 core 8a / meltdown 9a	20
21	22 core 8a / meltdown 9a	23 hour of power 9a	24 meltdown 9a / lab 11a / program 2 12p & 6p	25 hour of power 9a / burly girls 1p	26 core 8a / meltdown 9a	27
28	29 core 8a / meltdown 9a	30 hour of power 9a / climb strong 12p				

## Member News—JUNE

### JOHNNY RACE RESULTS

We're proud of our athletes who completed the Johnny Spring Trail Race. Elemental's athletes are highlighted in the results below.

#### 5k WOMEN

1. 33:02 **PEARSON, CLAUDIA\***
2. 35:47 WALKER, AMANDA
3. 36:47 GADDIS, HANNAH
4. 38:29 LADEMAN, KITTY
5. 39:07 KUSIC, MARY-LYNN
6. 39:38 **ESPINOSA, ANN\***
7. 42:56 **BARNEY, LORI\***
8. 52:08 **TERHUNE, SHARON\***

#### 5k MEN

1. 24:24 HALLOCK, JAMES
2. 26:32 MACIK, JOHN
3. 28:00 GADDIS, LUKE
4. 29:17 CAS, MICHAEL
5. 29:18 CHARTIER, MARCEL
6. 29:49 MYERS, DALLAS
7. 34:30 TRAMP, PAUL
8. 35:48 PADILLA, ANTONIO
9. 36:20 MILLIGAN, FRANK
10. 38:07 BONSE, TONY
11. 52:08 **POWELL, JOE\***
12. 32:53 BLINN, LARRY

#### 10k WOMEN

1. 47:07 HELLER, MAGGIE
2. 47:31 **TILDEN, EMILY\***
3. 55:42 BILES, REBECCA
4. 55:45 HANSON, KARI
5. 57:26 **BROWN, SAM\***
6. 57:27 **BECHTEL, ELLEN\***
7. 57:43 DALIMATA, JUDIANN
8. 60:18 BOEVER, TERESA
9. 61:02 VANEYKEN, CHRISTI
10. 61:03 FLEMING, CLAIRE
11. 61:43 **BERNARD, JAMIE\***
12. 63:20 SWANSON, ROBIN
13. 64:31 **SCHOEPKE, SYDNEY\***
14. 64:38 **REID, JAGOE\***
15. 70:04 HANSEN, COURTNEY

#### 10k MEN

1. 42:47 **EDDY, TAVIS\***
2. 44:53 KANE, SCOTT
3. 45:43 **BROWN, LEE\***
4. 46:46 RAMS, JJ
5. 47:01 **WILMOT, GARY\***
6. 49:53 CATON, JEFF
7. 55:27 **ELLIS, RICK\***
8. 59:08 MERILL, CHRIS

### MARY HANSON ROCKS THE BOLDER BOULDER

10k is a really hard distance to race. It's long enough that you have to pace yourself, but short enough that you can't make a mistake. It's the "worst kind of sprint," as Haile Gebrselassie likes to say.

Mary trained all winter at ETC with only this race in mind. She completed an entire series of The Program, and worked on speed and muscular endurance for months coming into the race.

She did speed workouts in the wee hours of the morning on her home treadmill and at the high school track.

An average week's training found her doing between six and nine hours of combined running and resistance training. She did this for over six months.

On Memorial Day, her training paid off. She ran the Bolder Boulder 10K in a personal best time of 52 minutes, 49 seconds.

## WEAKENED HIP MUSCLES CULPRIT FOR OVERUSE INJURIES IN RUNNERS

According to a study published in the May/June issue of Sports Health: A Multidisciplinary Approach, the real culprit for overuse running injuries, such as patellofemoral pain syndrome, iliotibial band syndrome, and Achilles tendonitis may have more to do with weakened hip muscles than how many miles run.

"Various studies have estimated that up to 70 percent of runners sus-

tain an overuse running injury each year with more than 80 percent of those injuries occurring below the knee. Based on a literature review, it appears that foot pronation (how one steps) and inadequate hip muscle stabilization are the top categories for injury," said lead author Reed Ferber, Assistant Professor and Director of the Running Injury Clinic from the [www.ucalgary.ca](http://www.ucalgary.ca) University of Calgary in a

statement. "Hip muscle weakness especially appears to lead to atypical lower extremity mechanics and increases forces on knees and feet while running."

The study analyzed data from 1980 through July 2008 in MEDLINE, EMBASE, PsychInfo and CINAHL clinical databases. Information inclusion focused on studies that were directly related to risk factors for overuse.

One of the studies analyzed in the review suggested that after 4-6 weeks of strength training, 22 of 24 runners experienced significant decrease in pain and a 35% to 51% increase in hip abductor strength. "These results suggest that hip strengthening rehabilitation programs may be an effective way to lessen running overuse injuries," Ferber says.

Elemental. We get results.

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## Train For Your Best Half-Marathon

Please see our March newsletter for details on this program.

### JUNE'S CALENDAR:

(note that the week of 5-25 is repeated here from the last calendar.)

	tempo run	interval run	easy 1	easy 2	long run	total
05/25/09		5 x 1600	3	3	10	23
06/01/09	2		3	3	3	13
06/08/09	6		4	4	10	26
06/15/09		5 x 1600	5		11	23
06/22/09	6		3	3	12	24
06/29/09	5		3		race	21

PLEASE VISIT US AT:

[ELEMENTALGYM.COM](http://ELEMENTALGYM.COM)

## There Is No Easy Way (cont. from p. 1)

keep working at it for a long time...like until you are old, really old.

Oh and here's a list of things that make it harder still:

1. You are over age 35.
2. You are female.
3. You are overfat or obese.
4. You have bad joints.
5. You have thyroid or hormonal issues.
6. Your diet has included high levels of carbohydrate for the past 2 or more years.
7. Your spouse / boyfriend / roommate does not eat well.
8. Your spouse / boyfriend / roommate is sedentary or "gets all the exercise he needs at work."

So what if it is harder for you? You still gotta do it. The thing you've got to get your head around is that you CAN do it. And that's where this final list (the only really useful one in this article) comes in. Like I said before, it's not easy, but here are a few things you can do to make it slightly less agonizing:

1. Start eating vegetables. Lots of them. Green ones. Do what it takes to get them

in you, and it will pay off. These are filling, full of essential nutrients, and very low in calories.

2. Drink water. And if you really want to lose, drink nothing else.
3. Don't think you're special. OK, you're special, but not when it comes to getting skinny. Everyone CAN do it. It's hard, and you have got to saddle up. So saddle up.
4. If you fall off the horse, get back on. If you mess up, admit it, fix it, and go on. The defeatist attitude of

"I ate badly yesterday so I might as well do it again" is not only foolish and wrong, but pathetic. Stop it.

5. Don't eat anything you can't spell. Except for maybe quinoa.
6. Alternatively, avoid prepared foods with more ingredients than you have fingers on one hand. That's five.
7. Don't make choices based on what's easiest, choose based on what's right.

Take it all one moment at a time. You are never off the clock when it comes to losing weight, until you have reached your goal. No treats. No deservings.

There is no easy way.



MILKSHAKES ARE DELICIOUS. DON'T YOU DARE.