

THE ELEMENTS OF FITNESS

VOLUME 5, ISSUE 1 JANUARY 2012

THE GOAL SNOWBALL

January is a big time to set goals. This generally leads to 11 months of failure to achieve goals, a feeling of lameness, and eventually forgetting the whole thing come next year. And so on.

This year, instead of trying to set big goals, how about starting small? Here's a great idea I first heard from Alwyn Cosgrove:

"Goal setting is still hard for some people. I'll often meet clients who are interested in losing fat and decide that they will start daily cardio, weight train four times per week, eat six small meals, cut calories by 20% and reduce their carb intake.

These are great goals -- but most people are trying to



do too much at once. John Berardi has said that studies show that if you want to make one change in your life, you have an 85% chance of success. However if you try to change two things at once, your chances of success drop to around

35%. Three things at once? Almost zero.

The solution to this is to use the goal snowball, an idea I first heard of from Chris Shugart. Here's how to do it:

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WORKOUT OF THE WEEK

If you've been with us since "the old days" you'll remember the Workout of the Week. Starting this month, we're bringing it back, but better than ever. This time, we're posting both a *strength* workout and a *cardiovascular interval* workout each week. These

workouts are designed to offer a great general template for your conditioning. We'll post new ones up each Monday, so you can simply show up, and follow a new, effective workout each time.

We believe that following a

well-designed strength and interval program is the best plan for overall fitness.

Our hope is that you can use one or all of these workouts to move forward in 2012.

THE STAT:

17

Percent more effective total body workouts are for building strength than split routines.

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WHAT IS HYBRID TRAINING?

One question we're getting a lot is about our Group Hybrid class. This class is the one workout we'd do if we could only do one workout.

What we've done is taken all the critical elements of a fitness plan and distilled them into one hard-hitting session. We begin each class with 8-10 minutes of mobility and movement preparation, followed by another 8-10 minutes of core training. We follow this with a few hard

sets of a total body strength exercise, the "entrée" of the whole workout. The fourth part of the workout is two pairs of strength sets aimed at taxing both your "push" and "pull" movements in your upper and lower body.

The class finishes with a hard 5-10 minutes of metabolic training, to make sure you get the most out of the session.

By working through all five sections of this workout, you



can be assured you're covering the bases when it comes to overall fitness and weight management.

This class is held on Mondays and Tuesdays.

ELEMENTAL EDUCATION SERIES

We're proud to announce our spring education series. These classes will be aimed at improving our community's understanding of fitness. We'll cover several topics from flexibility, to training technique, to nutrition.

Classes will be held the first Wednesday of the month at 7pm, and will run about an hour. These events will be

free and open to the public.

The first three events are:

- February 1st - Nutrition for Weight Management. This class is all about losing weight and maintaining the loss.
- March 7th - Kettlebell Basics. Learn the basic kettlebell moves and how to implement them in

your workout.

- April 4th - Weight Training for General Fitness. Learn how to design an effective weight training program. Includes templates and tips on building a training plan. We'll also cover weight-loss, mass gain, and cardio-strength programs.

"...OUR MOST SUCCESSFUL FAT LOSS CLIENTS EVER SIMPLY RESTRICTED THEIR INTAKE OF SUGARS."

CAN I EAT CARBS AT ALL IF I'M TRYING TO LOSE?

Yes. The problem with carbohydrate in the average diet is twofold. First, eating carbohydrate encourages the secretion of insulin, which leads to both fat storage and hunger. Second, carbohydrates that are processed are really easy to digest, meaning they take almost no "work" from your body, and thus leave the stomach empty very quickly.

Our best success rates with people trying to lose have nothing to do with counting calories. In fact, our most successful fat loss clients ever simply restricted their intake of sugars.

A great rule of thumb for overall health, not just fat loss, is to only eat carbohydrates that have at least 3

grams of fiber per serving. If you're not sure, you're best to just avoid that food.

There are some surprises. Carrots and potatoes don't make the cut. Nor do dairy products. Nor do chocolate marshmallow donuts.

Stick with high fiber, and you're going to see better success.



Donuts. Yum.

BLACK BEAN BURRITOS

2 (10 inch) flour tortillas
 2 tablespoons vegetable oil
 1 small onion, chopped
 1/2 red bell pepper, chopped
 1 teaspoon minced garlic
 1 (15 ounce) can black beans, rinsed and drained
 1 teaspoon minced jalapeno peppers
 3 ounces cream cheese
 1/2 teaspoon salt

2 tablespoons chopped fresh cilantro

Directions

Wrap tortillas in foil and place in oven heated to 350 degrees F (175 degrees C). Bake for 15 minutes or until heated through.

Heat oil in a 10-inch skillet over medium heat. Place onion, bell pepper, garlic and jalapenos in skillet, cook for 2 minutes stirring occasionally. Pour beans into skillet, cook

3 minutes stirring. Cut cream cheese into cubes and add to skillet with salt. Cook for 2 minutes stirring occasionally. Stir cilantro into mixture.

Spoon mixture evenly down center of warmed tortilla and roll tortillas up. Serve immediately.

- Ellen Bechtel



READING THE RESEARCH - BY STEVE BECHTEL

We've all seen the articles and the advertisements. The words "proof" or "proven" cover the page, with references to "university studies" or "research" that shows what you're being told is the truth. It's a pain to actually go and read the studies. It's another big pain to understand what they proved.

A few months back, there was a Duke University study that showed that cardiovascular training was superior to resistance training for fat loss. The USA Today headline reads "Study: Jogging beats weight lifting for losing belly fat." I had more than a few athletes ask me about this, so I looked into it. What the study compared was 3 groups of overweight individuals:

one group doing 40 minutes per day, 3 days per week of "cardio" at around 80% of max heart rate (very difficult), one group did an 8 exercise machine-based workout consisting of 3 sets of 8-12 repetitions, and one group did a combination of both.

Machine based training? Really? The people in this study did isolation exercises, such as leg curls and leg extensions, while sitting down for most of the workout. Of course, it didn't work.

This study simply showed that doing a machine-based workout of isolated movements doesn't work for fat loss. The unfortunate consequence of placing all weight training in one category is a misunderstanding of what the

different types and intensities of training can do for athletes.

What's worse, the cardio group lost only an average of 4.4 pounds in 8 months of training (1/4 lb per week). That just goes to show us how utterly ineffective a program of 3 days per week cardio training can be. Sort of the opposite of what the headlines read, huh?

So what does the research really tell us? Looking at dozens and dozens of studies, we see a pattern emerge: Work out at very high intensity, use lots of different movements, don't sit down to exercise, and if you're going to do cardiovascular exercise, do it at an intensity that forces you into intervals.

"WORK OUT AT VERY HIGH INTENSITY, USE LOTS OF DIFFERENT MOVEMENTS, DON'T SIT DOWN TO EXERCISE..."



Work hard when training to see the most benefit.



134 LINCOLN ST
LANDER WY 82520
307.332.0480

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ELEMENTALTRAINING.COM

WE CHANGE LIVES.

*If there is no personal
confrontation, there is
no progress. - James
Loehr*

Metabolic Workout of the Month

This one is a little different, but I think you'll agree it's hard. For this workout, you'll need two HEAVY dumbbells. For most of our male athletes, we start with fifties. Females we start around 40s. You'll do two rounds of this circuit.

1. Suitcase Carry Left Hand - Pick up one of the dumbbells, walk. 2 minutes.
2. Suitcase Carry Right Hand - Pick up one of the dumbbells, walk. 2 minutes.
3. Goblet Squat, 2 minutes, resting as needed.
4. Sumo Deadlift, both DBs, 2 minutes, resting as needed.
5. Rest 4 minutes.

The whole thing takes only 20 minutes, but it will feel like you've been working for hours. Share and enjoy!

THE GOAL SNOWBALL (CONTINUED FROM P.1)

1) List five or six behaviors you need to improve or change to reach your goals. What do you need to be doing that you're not doing? What bad habits do you need to kick? What good habits do you need to instill?

2) List these things from easiest to hardest.

3) "Maintain" all your other goals and focus your attention on the first thing on your list (the easiest one.) Spend two weeks just focusing on achieving that goal so that it becomes a habit.

4) Once that change has been made and ingrained, move up to the next item on your

list and focus your efforts there.

5) One by one, knock out these changes and/or goals.

For example: Maybe you sleep late. First goal might be to get up 30 mins earlier every day.

Second goal might be to go to the gym as soon as you wake up - and go four times a week instead of three.

Third goal may be to make sure you always eat breakfast.

Fourth goal? Reduce portion sizes at 3 out of 5 meals...and so on.

So in 10 weeks or so - you're getting up earlier - never

missing a workout, have done an extra ten workouts, and eaten breakfast everyday (which is a key factor in fat loss) while consuming less calories overall. These goals would "snowball" into a bigger overall effect with long-term success whereas trying to do all things at once would likely result in short term failure."

Remember, just reading this and thinking it sounds like a good idea gets you nowhere. Take the time to actually write something down or you'll likely find yourself right where you were this time last year.



Group training is a great way to reach improved fitness.