

# THE ELEMENTS OF FITNESS

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## STAY ON THE PLAN

As humans, we naturally seek the path of least resistance. It's usually a good thing, but in training it's important to overload the body in order to adapt. Studies show that the vast majority of exercisers tend to over-report their exercise intensity and duration (calling a 27 minute jog a 30 min run), and under-report their caloric intake. It's understandable, to blow it on the calories, but intensity and duration are very measurable.

Once in a while, it's OK to change up the workout a bit, but changing it can destroy it. Let me give you



an example. Say your trainer prescribes 10 exercises, 4 sets each, for 15 reps, at 100 pounds. This makes a total workout load of 60,000 pounds. You come into the gym and hammer into the workout, but realize you won't get

finished in time for your coffee date at Old Town. You decide to back off on a few reps, and sets. And you hate step-ups, so you skip them. And you've never lifted this heavy a weight on such-and-such

Continued on p. 4

## QUICK NOTES

As the ski season winds down, we are replacing our Ski Fit class by bringing back **Elemental Strength**. This class is all about building your base strength to support your summer training goals. This class build over 1-month periods, and will be held Mondays and Thursdays

at 6:30pm.

A note to our month-to-month members: Remember, you have a 5 day grace period after your payment due date to renew your monthly membership. After this time, you are automati-

cally deleted from the system, and will have to start a new membership, complete with an initiation fee of \$19.

Kettlebell Fundamentals moves to Thursdays at 5:30pm, and is FREE for the month of March.

## THE STAT:

# 61

Percent likelihood that after skipping a workout you'll skip one the following week, too.

### INSIDE THIS ISSUE:

QUICK NOTES	1
YOGA POSE	2
SEMINAR	2
RECIPE	3
INEFFICIENCY	3
WORKOUT	4
LEAD STORY (CONT)	4

## PROGRAM DESIGN SEMINAR, MARCH 31ST

We offer a day-long intensive program design seminar for serious athletes and coaches once per year. In this 8 hour session, we will cover our training philosophy and program style, the fundamentals of periodized (planned) training programs and how to design training programs for strength, weight management, and specific endurance events.

We also cover:

Nutritional strategies for performance and for fat loss

Movement preparation and warm-up strategies

Our programming template, including how to design strength, metabolic, and interval workouts

Exercise selection, progression, and modifications

Participation in the class will include both lecture time and hands-on workout time. Attendees should have a basic

knowledge of strength training movements and be fit enough to participate in 2+ hours of intense training during the course.

This course is appropriate for any one designing training plans, or who might be interested in working as a trainer.

Cost for the seminar is \$299. Preregistration is required.



## YOGA POSE OF THE MONTH—WHAT’S UP DOG?

No, I’m not asking “how’s it goin’?” Up Dog is a yoga pose! Urdhva Mukha Svanasana, or Upward Facing Dog, can help relieve mild depression, fatigue, sciatica, can be therapeutic for asthma, strengthens spine, arms and wrists, and opens chest, lungs, abdomen and shoulders. This pose is not recommended for pregnant women (controversial), anyone with a back injury, carpal tunnel, or if you have a headache. To get into this pose, start on your belly, tuck your toes under and float up and draw your chest slightly forward as you push your hands into the floor to rise up. Draw your shoulders down away from your ears and shoulder blades together behind your back to activate the

upper back muscles. Draw your tailbone toward your heels. Press the tops of your feet into the floor to lift your legs up off the floor. Legs are active in this pose, but keep relaxing your butt. Keep your head in alignment with your spine!! Don’t allow your head to tilt back. The back of your neck should be the same length as the front of your neck. You will not be in

a deeper backbend just because your head is tilted back, so please allow this to be an opening in your spine and chest – DO NOT TILT YOUR HEAD BACK! If this is too deep of a backbend for you at this time, don’t push it. You could try low cobra or a standing mild backbend instead. Remember to listen to your body and enjoy!

UPWARD FACING DOG CAN HELP RELIEVE MILD DEPRESSION, FATIGUE, SCIATICA, CAN BE THERAPEUTIC FOR ASTHMA, STRENGTHENS SPINE, ARMS AND WRISTS, AND OPENS CHEST, LUNGS, ABDOMEN AND SHOULDERS.



DAVID MARTINEZ

## BLACK BEAN, AVOCADO, CUCUMBER AND TOMATO SALAD

We got this recipe from Blair Stone-Schneider, who got it from [skinnytaste.com](http://skinnytaste.com)...

**Ingredients:**

1 seedless cucumber, peeled and diced

2 medium ripe tomatoes, diced

2 hass avocados, diced

15.5 oz can black beans, rinsed and drained

2 tbsp red onion, minced

2 tbsp cilantro, minced

2 limes, juice of

salt and fresh pepper

**Directions:**

Combine all the ingredients and season with salt and pepper to taste. Keep refrigerated until ready to serve. Makes 5 cups.



*“Those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things to achieve a goal, are the happiest.” - Brutus Hamilton*

## FAT LOSS IS ABOUT BEING INEFFICIENT—DAN JOHN

*This is a short piece by Dan John that gives a great look at why most fat loss programs don't work:*

Aerobic dance continues to flourish in community centers. There's a lot of "woos" as you walk past. What you don't see is progress. For the record, if I took the introductory class, I would get the workout of a lifetime. Why? Because I would suck at it! Fat loss exercise, however, and it breaks my heart to say this, is about being completely inefficient.

Aerobic dance and most of the TV offers work for a few weeks. Then, you get good at it and progress stops. This is

why I like the kettlebell swing for fat loss. It's a massive body move that eats up a ton of energy and you move nowhere. In fact, as you improve, you probably attack the movement harder, causing you to still move nowhere.

Len Schwartz's Heavy Hands was the same principle. You load up a couple of dumbbells in each hand and go for a walk. With these big pumping arm movements, you waste a ton of energy up and down and turn an easy walk in the park to an extremely wasteful use of energy. And you burn fat.

I love the combination of

swings and push-ups, or goblet squats and push-ups for fat loss. The secret to fat loss is that wonderful pause after finishing the push-up when you have to get back up. It would be "better" to do an overhead press as that would save you energy, but in this case, that's "bad."

For fat loss exercise, discover things you're terrible at and do them. If you've never skated before, pad up and see how a quarter mile can ruin you for hours. As you get better technically, find something else! It's the polar opposite of getting good at a sport or skill, but this is why consistent fat loss is so elusive for most people.

“FOR FAT LOSS EXERCISE, DISCOVER THINGS YOU'RE TERRIBLE AT AND DO THEM.”



Pick them up and don't put them down until you're skinnier.



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WE CHANGE LIVES.

*“I hated every minute of training, but I said ‘Don’t quit. Suffer now and live the rest of your life as a champion.’” - Muhammad Ali*

## Metabolic Workout of the Month

Some exercises are better than others at making us work hard. One of the best general rules to follow when trying to make something harder is to move the load further up the body. In this workout, you’ll want to use a pair of kettlebells, and you’ll want them to be pretty light.

Set a timer to chime every 20 seconds, then do the following for 5 rounds:

20 sec Front Squat (rack position)

20 sec rest

20 sec Mountain Climbers

20 sec rest

20 sec Thrusters (from rack position)

20 sec rest

## STAY ON THE PLAN (CONTINUED FROM P.1)

exercise, so you switch down a bit on weight.

In the end, you have a pretty good workout, and damn, you’re sweaty. Let’s say your total was eight exercises, averaging 3 sets each, at 12 rather than 15 reps. And you backed off just a little on the weight to 90 pounds. Your total workout load is now about 26,000 pounds. Although this might look like a similar workout on paper, it’s about as similar as an ’82 Datsun and an ’09 BMW.

Effective workouts are not the sum of the exercises

performed. A great workout is built like a recipe, a balance of several ingredients. These ingredients begin with volume and intensity, and the exercises, sets, reps, tempo, and weight are chosen according to the two principles above. Doing half a workout, then, is not like making half a batch of cookies, it’s like trying to make cookies with half the ingredients.

Naturally, in the course of your training plan, you will have some ups and downs. However, you’ve got to remain vigilant to avoid

dumbing down all of your workouts, or skipping some altogether. There is nothing wrong with just keeping in shape, but if you want to change the way you look or the way you perform, you have got to *overload* yourself.

A workout is nothing if it is not followed. If you modify it every time, or just make it up as you go, you will never achieve optimum results. Never.



This is my favorite hard-work picture, of one of my favorite athletes ever. The Czar, somewhere near his billionth rep at Elemental.

