

THE ELEMENTS OF FITNESS

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PROGRAMS

If you're entirely satisfied with your fitness, stop reading now. If you're not, it's worth assessing how effective your *training program* is. Your training program is simply the collection of workouts you do in a given time frame. Think of your workouts as meals and your plan as your diet - if you only look at it meal-to-meal you'll have no idea where it's taking you.

In assessing your training program, you're going to want to ask two questions: 1. Is it producing the desired results? And 2. Are you really doing what you say you need to do?



I will say again what might seem obvious; training works. If what you're doing isn't working, either the plan sucks, or more likely, you really don't have a training plan at all.

The biggest move forward we've made in several

years at the gym is to offer our class membership option and a whole bunch of classes designed to produce results. I contend that there is no person that cannot get stronger or lighter or more fit by using

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QUICK NOTES

A few changes to our class schedule:

Climb Strong winds down for the summer season.

We'll resume training in October.

—

Our "Weight Training for General Fitness" lecture, scheduled for April 4th, has

been cancelled. Look for a new date in an upcoming newsletter.

—

Kettlebell Conditioning starts in April. This class will be held Tuesday at 6:30pm.

This is an advanced conditioning class. If you're not comfortable with the basic

kettlebell movements, consider attending a Fundamentals class a few times first.

—

Our Group Interval class, 30 minutes of full-speed fun, is now also offered on Mondays at 1pm. What a great way to spend your lunch break!

THE STAT:

10,507

World record for non-stop push-ups.

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YOGA POSE OF THE MONTH—MEDITATION

Don't just do something... sit there!

Yoga as we know it today has come a long way from its origins. The original yogi, Patanjali is accredited with founding yoga. He was not looking for a yoga burn to look slim and sexy in his tight shorts and tiny little sports bra. First of all, he didn't wear bras that I know of. Second, his main motivation was merely to become flexible enough to sit comfortably for meditation. Personally, my favorite part of meditation is the fact that I can sit on my butt, not doing a thing, and justify this because I feel like I've accomplished something challenging and beneficial. Science, if you believe in that sort of thing, suggests that meditation does more.

Meditation:

* "Activates the PNS (parasympathetic nervous system) through multiple pathways.

* Increases gray matter in the insula, hippocampus, and prefrontal cortex; reduces cortical thinning due to aging in prefrontal regions strengthened by meditation; improves psychological functions associated with these regions, including attention, compassion, and empathy."

* Increases activation of left frontal regions, which lifts mood

* Increases the power and reach of fast, gamma-range brainwaves in experienced Tibetan practitioners; brainwaves are the weak but measurable electrical waves produced by large numbers of neurons firing rhythmically together

* Decreases stress-related cortisol

* Strengthens the immune system

* Helps a variety of medical conditions, including cardiovascular disease, asthma, type II diabetes, PMS and chronic pain"

-From Buddha's Brain, the practical neuroscience of happiness, love and wisdom by Rick Hanson, PH.D

To put all your hard yoga work to good use, try this:

Sit comfortably. The idea is to be alert but relaxed. "The Zen saying suggests, you should handle your mind like the skillful rider of a horse, with neither too tight nor too loose a rein." (From Buddha's Brain) Ideally, have a timer that you can hear but does not jolt you out of meditation. Try to find a quiet place that you won't be

disturbed. You can sit on a cushion or blankets or a chair. Sit against a wall if you need support for your back. Sit high enough so that your hips are higher than your knees and your pelvis tilts just slightly forward. Just like your mama used to say, sit up straight. Start to notice your breath going in and out of your body. Then let it go. Notice noises going on around you or thoughts going in and out of your mind. Let those go each time something comes up for you. One of my favorite meditations, the Meta (loving kindness) meditation, is as follows. In 5 minute increments think loving-kindness thoughts toward:

1. A dear friend of yours
2. A stranger
3. An enemy or someone you are having trouble with in some way
4. Yourself
5. The entire universe as a whole

This meditation is great for all levels of meditation practitioners because your mind is focusing on something (instead of trying to clear your mind, which is very difficult) and your brain gets to switch gears every 5 minutes. This 25 minute meditation goes by surprisingly quickly. Enjoy!

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STUFFED PEPPERS

Ingredients

1 pound ground beef
 1/2 cup uncooked long grain white rice
 1 cup water
 6 green bell peppers
 2 (8 ounce) cans tomato sauce
 1 tablespoon Worcestershire sauce
 1/4 teaspoon garlic powder
 1/4 teaspoon onion powder
 salt and pepper to taste
 1 teaspoon Italian seasoning

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.

Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)

In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed

pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.

Bake 1 hour in the pre-heated oven, basting with sauce every 15 minutes, until the peppers are tender.



JUST LIKE FINANCES,
 WE'RE NOT HAPPY
 WITH LONG TERM
 AND STEADY
 PROGRESS.

SUPPLEMENT RANT BY STEVE BECHTEL

Man, I hate supplements. I hate that somehow we've created a system that tells us we need to buy pills and powders to lose weight or get healthy. In fact, it's thought that a little over 3 billion dollars per year in unused weight loss and fitness supplements go in the trash. For the most part, the supplement and "alternative treatment" idea violates the *triangle of constraints*, a rule that tells us that anything that claims to be fast, effective, and cheap is a lie. The triangle allows that you can have any two, but not all three, of the facets. For example, eating more vegetables and cutting out sugar is effective and cheap, but usu-

ally results in no more than about a pound a week in weight loss.

Just like finances, we're not happy with long-term and steady progress. We see ads and watch TV shows that make us think that we can have our cake and get skinny, too. All you need to do is _____. Do you really think there's some berry you can eat that's going to counter-act the massive amount of bad food you eat each day? Do you think there's a pill or powder invented by some chiropractor that is going to give you long-lasting results? Maybe so, and maybe you'll win the lottery, too.

The problem with buying in to a supplement or a too-good-to-be-true program isn't so much the waste of money or the lack of desired results, it's where we assign blame when it doesn't work. I'm all for personal responsibility, but we can't go so far as to blame our willpower or genetics when a diet supplement doesn't make us skinny. Maybe the damn supplement just doesn't work. I've been training athletes for 15+ years and studying every facet of nutrition I could find for longer than that. I might be missing something, but I've never seen one athlete that saw the results they wanted from a pill, powder, or oil.





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WE CHANGE LIVES.

“A workout should give you more than it takes out of you.” - Ivan Ivanov

Metabolic Workout of the Month

Here’s a bodyweight challenge for you—we call this type of workout a “fatigue ladder.” Sounds fun, right? For this workout, you’ll set a timer to chime every minute. Start off the first minute by doing one “spiderman” push-up on each side, then stand up for one lunge on each side. Finish the minute by standing around thinking how easy this workout is going to be. Minute two is 2 spiderman push-ups on each side, followed by 2 lunges on each side. Rest the remainder of that minute and then continue the pattern on up to 5 on each side during minute 5.

Start the next minute back at one per side, then repeat the pattern all the way up to five. At this point (ten minutes into the workout), most people are whooped. If you’re still fresh, do one more lap. To increase the difficulty next time, take it on up to 6 reps or switch to jump lunges. Either way, your “enjoyment” will increase.

PROGRAMS (CONTINUED FROM P.1)

a combination of our free posted workouts and our classes.

Below I will detail a few different options for good training programs.

Program 1: General Fitness. This plan calls for three weeks of hard work with one week of recovery. Your 3 weeks of hard work look like this:

MON or TUES - Group Hybrid or CORE

WED or THUR - Group Metabolic

FRI - Group Interval or CV Workout of the Week

SAT or SUN—1 hour hard steady pace hike, run, or bike.

Your recovery week will consist of eliminating the MON/TUE workout and replacing the Friday workout with a Yoga session.

Program 2: Weight Loss. The key to weight loss is to do lots of intense work, and manage your diet. We see so many people that train hard and fail miserably on the nutrition...keep both in mind.

MON - Group Hybrid

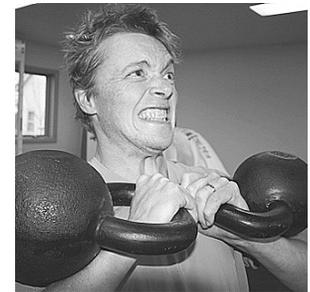
TUES - CV Workout of the Week

THURS - Burly Girls or Kettlebell

FRI - Group Interval or Workout of the Week

SAT— Interval run or Trail Hike

Sure these seem simple. “I already do more than that,” you say. Yes, but *is it working?* And the second question: are you doing what you say you need to do? Stretch. Eat more vegetables. Sleep. Drink water. Do it right, and you’ll be happy with what you get.



Where is YOUR game face? The famous SVO, who, incidentally, is launching the biggest sports comeback since Lasse Viren.

