

THE ELEMENTS OF FITNESS

VOLUME 5, ISSUE 10 OCTOBER 2012

LIMITLESS...AND THAT'S YOUR PROBLEM

There is not one person that reads this newsletter that does not live a life of leisure on some level. We drive good cars, live in big houses, have access to the internet everywhere we go, and can be entertained (not by doing, but by watching) any moment. We are bombarded with myriad pieces of information every minute of the day, and these things compete relentlessly for our attention. It's a wonder we get anything meaningful done (AT ALL!) with all the distractions of our world.

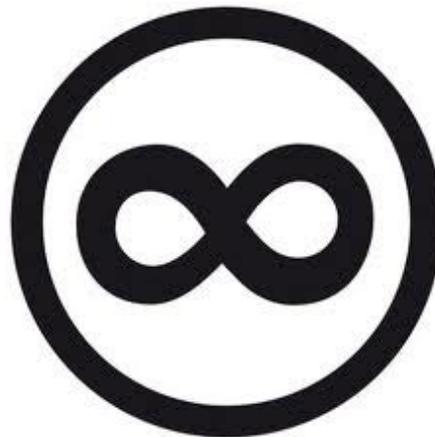
We live without limits...and that is pretty cool until it comes time to get anything meaningful done. With the world at your fingertips you are trapped by your own

complacency. In Herbert Simon's words, "A wealth of information creates a poverty of attention."

When you can instantly flip over to Facebook to see who is "liking" what, how long is it going to take you to write one fricking article?

Let me assure you, its a long time.

Over the past few months, I have really been on a kick about making changes that really work. Why? Because all the cool stuff we tell our athletes to do to get strong and lean and superhot doesn't get done. The change is too big. Plus, it's easier to



spout off on Facebook about your new diet than to actually follow your new diet. So, we try to make littler, easier changes that will snowball into the big necessary ones.

Say...that reminds me...did you know that just 18 years from now, over half of Americans will be obese?

Continued on p. 4

THE STAT:

.6

Average number of vegetable servings consumed per day by teens

QUICK NOTES

The Standards are up. Check out the 3-ring binder in the main weight room to see our 13 exercise battery of fitness tests. This should help you see where you are weak, strong, and just plain awesome.

Our next Kettlebell Fundamentals class is on Saturday, November 10th from 9-11am, as always, this class is free and open to the public.

—
Big congratulations to Emily Tilden on here success at The Bear 100 mile run last

month. I can't imagine doing anything for close to 30 hours...even just staying awake!

—
You should be halfway through your hundred workouts by now if you're in our challenge... get going!

INSIDE THIS ISSUE:

QUICK NOTES	1
3-2-1	2
CALENDAR	2
WORKOUT	3
LEAD STORY (CONT)	3

3-2-1...GO!

The 3-2-1 Program is a simple and very effective training program for basic fitness. Our endurance athletes will use this as an off-season program to balance their in-season fitness. The focus of the plan is to build the strength, power, and toughness to get you through even the toughest races. Although not originally designed as a fat loss program, the workouts we use can lead to good improvements in fitness and metabolism. Balanced with a good nutrition plan, an athlete can expect to see 2-3 pound of fat loss per week with this plan. This program consists of six workouts each week.

3 of the workouts are our Hybrid workouts, a combo of strength, power, and metabolic efforts.

2 of the workouts are interval training sessions.

1 workout of the week is a steady-state cardiovascular effort.

Although you can elect to do the workouts in any order, we recommend the following weekly sequence:

Monday— Hybrid

Tuesday - Intervals

Wednesday - Hybrid

Thursday - Steady CV

Friday - Hybrid

Saturday - Interval

Sunday - Rest.

Want examples of our Hybrid workouts? Check out the Workout of the Week book at the gym, or ask one of our coaches. Interval workout? Check the same book. Steady state? Go do something you like, such as running or riding your bike. Go for 30 to 90 minutes.

Following a plan is substantially more important than having a hard workout occasionally. Try this for 4 weeks and see where it takes you.

BALANCED WITH A GOOD NUTRITION PLAN, AN ATHLETE CAN EXPECT TO SEE 2-3 POUND OF FAT LOSS PER WEEK WITH THIS PLAN.

OCTOBER CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM	Hybrid Training- Combo of core, strength, and metabolic.		Metabolic - Full session of high-intensity training.		
7:00 AM				Early Bird Yoga - Wake up with our Yoga class.	
8:30 AM	CORE - A full session of core-based training.	Metabolic Blast - 30 minutes of high-intensity training.			CORE - A full session of core-based training.
NOON	Mobility + Restoration- Recover from your training.				Metabolic Blast - 30 minutes of high-intensity training.
1:00 PM		Hybrid Training- Combo of core, strength, and metabolic.		Burly Girls - Full session of high-intensity training - for women	
5:30 PM	Hybrid Training- Combo of core, strength, and metabolic.	Fundamentals - Master the basics of weight training.		Mobility + Restoration- Recover from your training.	
6:00 PM			Metabolic - Full session of high-intensity training.		
6:30 PM	Elemental Strength - Hard strength training on a progressed plan.	Kettlebell Conditioning - A full session of kettlebell training.		Elemental Strength - Hard strength training on a progressed plan.	



134 LINCOLN ST
LANDER WY 82520
307.332.0480

PLEASE VISIT OUR WEBSITE:
ELEMENTALTRAINING.COM

WE CHANGE LIVES.

Motivation is what gets you started. Habit is what keeps you going. -Jim Ryan

THIS MONTH'S WORKOUT

Here's a good interval session for you to try. For this you'll need an interval timer and a way to do some hard-paced activity, as usual, I recommend the AirDyne.

Set your interval to a :30/:90 clock. For 30 seconds, you'll do your "sprint" activity. Then, during the 90 seconds, you'll simply try and do 5 goblet squats and 10 push-ups.

Sprint activities can be AirDyne, a rowing machine, jump rope, burpees, or even running.

Start by completing 5 rounds of this for a quick interval workout. Take it on up to 10 rounds (20 minutes total) and you'll be getting a great work capacity workout, as well.

LIMITLESS... (CONTINUED FROM P.1)

It's *your* problem. Get on board with any and everything you can to get it stopped. If you think Al Qaeda is a threat, you might want to just swing on by www.sweetsurprise.com and see what the end of our American way of life really looks like. It's not bombs, its what they're feeding us.

OK, back to our regularly scheduled program...

Setting limits is how you are going to succeed at changing things in your life. A really great tool for this is the Power of Less Challenge from Leo Babauta. It goes like this:

1. Select one habit for the challenge. Only one habit per

month. You can choose any habit - whatever you think will have the biggest impact on your life.

2. Write down your plan. You will need to specifically state what your goal will be each day, when you'll do it, what your "trigger" will be (the event that will immediately precede the habit and is already part of your routine - such as exercising right after you brush your teeth), and who you will report to (see below).

3. Post your goal publicly. Tell as many people as possible that you're trying to form your new habit. Babauta suggests an online forum, but you could email to friends and family (or use Facebook!) or

otherwise get the word out to a large group.

4. Report on your progress daily. Each day, tell the same group of people whether or not you succeeded on your goal.

Take the long view on this. Understand that a big and lasting improvement that takes 12 months is better than the yo-yo train of success and fail that most of us follow month after month. Lost 3 pounds this week? Big deal. How much have you lost since October of last year.

Give yourself some rules. Follow those rules. Rationalizing crappy behavior is never going to lead you where you want to be.



Seek to change just **one** habit per month.