

THE ELEMENTS OF FITNESS

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GET 'ER DONE

Well, how did those resolutions go in 2012? Did you reach your fitness goals? Did you reach any goals, or do you have a sentence like the one below floating around in your head to make you feel better?

I would have completed x if y hadn't happened, which is ok, since x is harder for me anyway because of my genetics.

The crazy thing about setting goals is that we all know almost everything that needs to be done to complete those goals. I'll give you an example: Make sure you save at least 10% of your income. Put your money away in a diverse portfolio. Invest in real



estate. Buy stocks when everyone else is selling.

Now, anyone who knows me very well knows I am not a financial advisor, but I have picked up enough over the years to know that the

advice above is pretty solid. On the same token, everyone reading this article knows what to do to get stronger and to lose weight.

Continued on p. 4

THE STAT:

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Rank, behind cancer and heart disease, that "healthcare error" earns as a cause of death in the U.S. This includes physician error, medication error, and adverse events associated with treatment.

QUICK NOTES

Elemental Climbing gym will be closed Dec. 24 and 25. We will not hold classes those days, either.

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There is no Kettlebell Fundamentals Class this month, the next 2-hour class is 9am on January 5th.

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Give the gift of health this season. Indulge your loved ones with a private yoga session with Sylvia Carl, a 1-hour acupuncture session with Solediana Abernathy and a personal training session with Ellen Bechtel.

This is the greatest gift you can

give your loved ones at the most reasonable price. All three, for just \$125. Please email anandayogalander@gmail.com or ellen@elementalgym.com with your questions. You can pick these certificates up at Elemental.

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THE 5-MINUTE KETTLEBELL SNATCH TEST

One of the great motivators in fitness is testing. We all do it, whether it's a 5k PR or trying to hit a new maximum-level bench press. There are a ton of general fitness tests out there, but one of the best we've ever run across is the 5-minute Kettlebell Snatch Test. The idea is simple. If you're a male, you use a 55 pound kettlebell, if you're female you use a 35 pounder. The goal is to do 100 snatches in five minutes, switching hands whenever necessary. It's a tall order, so here are some tips on how to get yourself there.

1. Learn the exercise. This is a tough movement, and it penalizes sloppy form by

bruising your forearms. Get with an experienced kettlebell instructor, or swing by the gym and ask any of our coaches. You'll probably need several hundred reps to get good at it.

2. Start with a lighter weight, 45 pounds for men and probably 25 for women. Work up to where you can do ten continuous reps on each side, three times through. This will give you sixty reps. Move up to the next higher weight, then do the same - work up to sixty reps.
3. Move to the test weight. Start snatching the test

weight for 5 reps each side, and try to go non-stop for 2 minutes. Take it up to 3, then 4, and finally 5 minutes, and check where you are rep-wise. I am willing to be you're close by the time you've worked through all the other steps.

4. If you didn't hit it yet, start trying to do more reps each arm before switching.

This is a good test, a great workout, and an excellent way to keep tabs on your current fitness levels. Give it a shot. No matter who you are, hitting 100 reps in 5 minutes will feel like an accomplishment.

THERE ARE A TON OF GENERAL FITNESS TESTS OUT THERE, BUT ONE OF THE BEST WE'VE EVER RUN ACROSS IS THE 5-MINUTE KETTLEBELL SNATCH TEST.

DECEMBER CLASS SCHEDULE - PLEASE VISIT OUR WEBSITE FOR CLASS DESCRIPTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 AM			Elemental Endurance 5:15-6		
6:30 AM	Hybrid Training 6:30-7:20				
7:00 AM				Early Bird Yoga 7:00-7:50	
8:30 AM	CORE 8:30-9:20				CORE 8:30-9:20
NOON	Mobility + Restoration 12-12:50				Metabolic Blast 12-12:30
1:00 PM		Hybrid Training 1-1:50		Burly Girls 1-1:50 / Climb Strong 1-1:50	
5:30 PM	Hybrid Training 5:30-6:20	Mobility + Restoration 5:30-6:20		Metabolic 5:30-6:20	
6:00 PM			Metabolic 6-6:50		
6:30 PM	Elemental Strength 6:30-7:20 / Ski Fit 6:30-7:20	Kettlebell Conditioning 6:30-7:20		Elemental Strength 6:30-7:20 / Ski Fit 6:30-7:20	



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PLEASE VISIT OUR WEBSITE:
ELEMENTALTRAINING.COM

WE CHANGE LIVES.

"The goal is to keep the goal the goal." - Dan John

This Month's Workout

One of the harder things to do when setting up a metabolic workout is forcing yourself to work hard. Let's face it, when you're fatigued, the last thing your body wants is to be more fatigued. Luckily, we're able to push through this self-preservation nonsense with some good old fashioned willpower and mental trickery. For this workout, you're going to have to commit to repeating it at least 4 times, so that you can really see the results of your hard work. The set-up is easy: set a timer for 20 minutes. Start exercise 1, when you've done 10 reps, move on to exercise 2, and do the same. Repeat, resting as necessary through all five exercises. Keep moving through the circuit, as many times as you can for the entire 20 minutes. You'll want to keep track of how many circuits (plus whatever fraction of a circuit you make it through on the last one) you complete.

For the next workout, you keep the reps and weight the same, your only goal is to beat your previous best. Do this once a week for a month, and you'll be really please with what you're able to do.

The exercise circuit is below. Make sure to choose weights based on a weight you could handle for about 15 reps.

- Dumbbell Bench Press
- Kettlebell Swings
- Rack-Hold Front Squats
- Pull-Ups
- Knees-To-Elbows

GET 'ER DONE (CONTINUED FROM P.1)

The problem is not knowledge, it's execution.

You probably can grasp that we are better motivated by the avoidance of pain than the promise of happiness. You've probably even seen it in action. How often do you reward yourself even if you don't quite earn it? My guess is it's almost every day.

You might remember "The Alpo Diet" that we wrote about a few years back. The basic idea is you invite a dozen or so friends over to dinner, whip out a big can of Alpo dog food, and promise them that you'll have them over again next month to

watch you eat it if you don't lose 10 pounds.

This, obviously, would work better than promising yourself a shopping trip if you achieved a goal. You're taking that trip whether you lose weight or not. The idea behind the can of Alpo is called pre-commitment. Thanks to websites like stickK.com, you don't even have to invite your friends over to make a high-stakes commitment. The idea is easy: state a goal, set the stakes, get a "referee," and tell everyone about it.

The trick is in the stakes.

You've got to make it hurt. In fact, the more it's going to hurt, the more likely you'll reach your goal. The most popular commitment is a donation to the George W. Bush Presidential Library (I don't see what the big deal is...I like comic books), but you can pick anything you'd hate to give money to. Just by setting high stakes, you are close to three times as likely to reach your stated goal. If you are floundering, this might be your ticket. Log on to stickK.com, wager \$500 against losing those last 5 pounds, and see just how well you work when the heat is on.

