

PEAK SPEAK- August 2007

Welcome to our newsletter!

In PEAK SPEAK you'll find general fitness info, workout ideas, nutrition tips, and news about our health club.

Feel free to forward email or printed copies of our newsletters to anyone you think might find the content interesting.

We'll keep past issues available on our web site.

If you have any questions about the content, or ideas for features, please see Joe or Pete.

In this edition:

- ***Gym Etiquette***
 - ***Time-Saving Lower Body Workout Tips***
 - ***Craver Bars Arriving This Month!***
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Gym Etiquette

We at Peak Performance are fortunate to have a nice, polite group of members who are very considerate of each other. We have, however, seen some pretty rude behavior when visiting other gyms. Do any of these sound familiar?

The Slammer

He's the guy who has to drop the barbell or dumbbells to the floor as forcefully as possible. He seems to think that the clangs and thuds make him sound stronger. When working on strength machines, he'll finish his last rep by letting the weights slam back into the rack so loudly that it distracts those around him, and can result in damaging the equipment.

Our tip to the Slammer: It takes a LOT more strength and discipline to slowly, quietly lower the weight at the end of a movement.

The Grunter

Closely related to the Slammer (in fact, sometimes Grunters are Slammers too!), the Grunter is the exerciser who barks, growls, groans or even counts reps out loud during exercise. Like "Slamming", Grunting behavior seems to be more prevalent in male exercisers, particularly those who believe they are lifting a great deal of weight. The unpleasant, unnecessary noise grunters produce can disrupt other people's workout.

Our tip to the Grunter: Making noise does not help you lift more weight, do more reps, or make more friends.

The Slimer

One of the worst offenders of all. Have you ever gotten onto a bench or other piece of equipment, only to find someone left it nice and wet for you? Slimers do not believe in hygiene, and will ignore all attempts at familiarizing them with towels and antiseptic sprays available at the gym. Like his friends the Slammer and the Grunter, he must believe he is the only person working out at the facility.

Our tip to the Slimer: Dry up! You are not the only person in the gym!

Aren't you glad you belong to a gym where the members are courteous?

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Time-Saving Lower Body Workout Tips

Many lower body exercises in their basic forms work more than one muscle group. For example:

- **Squats** - Target the quadriceps (front of leg) but also work the hamstrings, glutes and calves
- **Lunges** - Target both the hamstring/glute of the front leg and the quads/hip flexors of the back leg
- **Deadlifts** - Target the hamstrings, glutes and lower back

This makes working the lower body naturally efficient. But there are ways to get even more out of your lower body workout in less time.

Work Opposing Muscle Groups

Working opposing muscle groups cuts out the rest time between sets, so you get your workout done in less time. For example, try alternating Squat and Dead lift sets. That is, rather than resting between squat sets, use the "rest" period to do a set of Dead lifts, and vice-versa. This will enable you to alternate the muscle groups being worked while maximizing your workout time.

Slow Things Down

This is a very powerful technique! You can add a lot of intensity and cut workout time by increasing the amount of time you put your muscles under tension. This means slowing down your reps so that you engage your muscles for a longer period of time. This allows you to get the same (or more!) work in fewer reps- thereby saving time. Try these tips for slowing down:

Make the eccentric motion (the lowering phase of the exercise) longer than the concentric (lifting portion) phase. Example: Lower into a squat in 4 counts, raise back up in 2 counts.

Slow down. Slowing the movement down removes momentum and increases intensity. Example: During a lunge, lower 4 counts down and then 4 counts up.

Time-Saving Lower Body Workout Tips (cont'd)

Work One Leg at a Time

If you are a beginner, we suggest you ask an experienced trainer for help on this technique.

One of the best ways to target the butt, hips & thighs is to do traditional moves on one leg. Not only can you greatly increase intensity when you put all the focus on one leg, but you also bring in other stabilizing muscles needed for balance.

We recommend one-legged movements only be attempted on machines, like the leg press or smith machine, or in exercises using only body weight.

As with all exercises, we remind you of the importance of stretching, form, and using the proper amount of weight. Please check in with Pete or Joe if you have any questions.

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They're Here!: Prograde "Craver" Bars

A new addition to the Prograde family of nutrition products!

What's so good about Prograde Craver Bars?

- ✓ 100% Organic ingredients
- ✓ Wheat, Soy and Corn Free
- ✓ Loaded with healthy fats their body needs and zero trans fats
- ✓ No preservatives
- ✓ Less than 200 calories so it's THE perfect snack
- ✓ Delivers sustained energy
- ✓ Satisfies your chocolate craving with 100% Organic Dark Chocolate
- ✓ Super convenient for your busy lifestyle
- ✓ Perfect (and safe) for kids and young athletes

You won't find Prograde Cravers in stores anywhere. The only place to get them is through fitness pros such as your friends at Peak Performance.

Look for the announcement coming soon.