



Clem Jones Centre GYM NEWSLETTER — July 2014

Welcome to the 14th Edition of our Gym newsletter! In 2014 the newsletter will be produced quarterly. Our friendly Gym staff and Personal Trainers will be providing you with some helpful tips on health and fitness.

Our Personal Trainers and Gym Instructors include Giselle (Gym Manager), Vesna, Holly, Jake and Giuseppe.

If you have any questions at anytime do not hesitate to approach any of our gym staff for advice or to book in for a new program and fitness assessment which is complementary with your membership. We also offer affordable Personal Training sessions to help you fast track your goals.

If you are on Facebook, keep up to date and join our Clem Jones Centre GYM and GROUP FITNESS Group and be sure to "like" the Clem Jones Centre Page.

Feature Recipe

By Holly

Blueberry French Toast Pudding



This month is a healthy and delicious recipe perfect for this cool winter weather.

Pudding Ingredients -

3 cups unsweetened almond milk
4 tbsp stevia or sweetener of choice
1 loaf of gluten free bread
1.5 cups frozen blueberries
10 eggs
1 lemon
1 tsp vanilla essence
Pinch of salt

Pudding Directions –

In a large bowl combine eggs, milk, zest from one lemon, vanilla, stevia, salt and whisk.
Tear up the loaf of bread and place in a 9×13 baking dish that has been sprayed with cooking spray.
Cover the bread in blueberries and pour egg mixture over the top. Make sure that all of the bread is covered with the egg mixture.
Cover with plastic wrap and place in the refrigerator overnight.
The next morning remove the French toast from the fridge and let stand for 30 minutes.
Preheat the oven to 180 degrees.
Remove plastic wrap and replace with foil and place in the oven for 30 minutes.
After 30 minutes, remove foil and bake for an additional 30 minutes.
Remove from oven and let cool while you make your sauce.

Blueberry Sauce Ingredients –

1 cup + 1/4 cup unsweetened almond milk
4 tbsp stevia or sweetener of choice
1 lemon
1 cup blueberries
1.5 tbsp coconut flour
Pinch of salt

Blueberry Sauce Directions -

In a small sauce pan over medium high heat, add your 1 cup of milk, stevia, juice from the lemon that you zested earlier and blueberries. Bring to a low boil. Combine the 1/4 cup of milk with the coconut flour and mix thoroughly.
Slowly whisk in the coconut flour mixture into the lemon blueberry sauce.
Cook on medium for an additional minute or two until the sauce starts to thicken.
Remove from heat and let cool for 10-15 minutes.

Serve with a slice of warm, healthy French toast pudding!

Nutrition per serve with sauce: (Serves 12)

Protein: 8.4 g
Total Fat: 9.2 g
Saturated: 2 g
Carbs: 27.4 g
Calories: 202
Kilojoules: 845



Clem Jones Centre GYM NEWSLETTER — July 2014

Feature Exercise

By Jake

Preacher Curls

Hello everybody! Have you been looking for that exercise to get great looking arms? Then this quarters exercise is perfect for you! Preacher curls are a brilliant isolation exercise for your biceps and can be performed by anyone no matter your experience. To perform this exercise you will need an E-Z curl bar or a set of dumbbells.

Follow these steps on how to perform a preacher curl:

Step One: Sit on the bench and place your arms over the arm rest and grip the bar.

Step Two: Keeping your back straight and upper arms resting on the pad, bring the bar up to full flexion. Squeeze your biceps.



Step Three: Slowly return to the bottom of the movement. Repeat this motion for about twelve repetitions.

As always, don't hesitate to ask any of our friendly gym staff for assistance.

Stay motivated, stay positive, stay safe! Jake.

Body Building

By Giuseppe

Bodybuilding is a subjective sport in which athletes use progressive resistance training techniques for the specific intent to increase musculature size and symmetry. Various poses are then practiced to effectively show off the physique attained from years of hard work and dedication to ultimately compete in competitions and be critiqued on stage. The judging

criteria are based on muscle size, symmetry, definition, proportion, and stage presence/posing.

Bodybuilding has the stigma of being an unhealthy sport that is dominated by males. In reality, bodybuilders are dedicated athletes that focus on smart food choices and dedicated training techniques to achieve their desired physique and goals.

What are the health benefits of progressive resistance training?

Any well-rounded fitness program should include a balanced strength-training regime to induce many health benefits such as:

- Increase bone density
- Improve joint function
- Increase muscle, tendon, and ligament strength
- Improve mobility and balance
- Improve posture
- Decrease risk of injury
- Maintain healthy body fat levels
- Decrease risks of osteoarthritis and osteoporosis
- Increase energy/vitality
- Stress reduction

The greatest health benefits are achieved when combining both resistance training and cardiovascular activity.

With the health benefits known, strength training will also increase body image, daily energy expenditure, resting metabolic rate, and as a result, torch body fat. In fact, resting metabolic rate has been shown to increase by 7-8% in men and 3-4% in women after 12 weeks of a balanced strength-training program. This is due to the increase in muscle mass and the increase in resting levels of the hormone norepinephrine. This is shown to help maintain and reduce body fat levels. Also, for every 0.5kg of muscle gained, an extra 30 calories are burned at rest. This accounts for 210 calories per week, without any activity being done. Another bonus is the more muscle mass, the higher the energy expended during activity.

So is bodybuilding just for men?

Many women believe that as soon as they start lifting weights; they will also become bulky, and turn into Arnold Schwarzenegger. Well, let me debunk this common myth. The answer is simple. No, it won't!



Clem Jones Centre GYM NEWSLETTER — July 2014

What will result with weight lifting is a transformation to a lean, proportional and 'toned' body. Bottom line, progressive strength training helps women lose body fat and slim down to reveal that 'toned' look. This is where strength training reigns supreme, as opposed to cardiovascular activity.

Another common myth is the low weight high rep range approach to reduce the chance of becoming bulky. However, by not challenging yourself in the gym, progress will be limited. So use weights that force your body to work near maximal, which will increase calories expended, and also increase the health benefits obtained through the program. If you are able to complete multiple sets with the same weights, and continue getting the same number of reps, this means it is time to move your weights up to accommodate your strength level. This is the recipe for success. So, put down the 1kg weight and challenge yourself in the weight room.

What are the training techniques often employed by bodybuilders?

Rep ranges Stick to the 8-12 rep range in all exercises

Sets 2-3 sets per muscle group

Rest 30s-1min, no longer than 2 mins in between sets

Intensity Keep the intensity high enough that you struggle on the 10th, 11th and 12th repetition

Frequency 2-3 times/week. Allow 48-72 hours recovery in between training sessions to allow the muscle group to fully recover before training again.

Sample full body routine ~30mins: Novice

Exercise	W-up	Set 1	Set 2	Set 3	Rest
Leg Press	*	8-12 reps	8-12 reps	8-12 reps	30s-1min
Chest Press	*	8-12 reps	8-12 reps	8-12 reps	30s-1min
Machine Row	*	8-12 reps	8-12 reps	8-12 reps	30s-1min
Leg curl	*	8-12 reps	8-12 reps	8-12 reps	30s-1min
Calf Raise		8-12 reps	8-12 reps	8-12 reps	30s-1min
Reverse Crunch		8-12 reps	8-12 reps	8-12 reps	30s-1min

Don't let muscle soreness deter you as your body will adapt to this stimulus. Though results don't happen straight away, give it a chance, and with the correct diet, exercise program and dedication, you will see the benefits. Stick to your regime and the results will speak for themselves. If you are unsure of a program or want nutritional advice or motivation to kick start your fitness goals, come and book an appointment with one of our friendly personal trainers.

Journey of a Bodybuilder

By Giselle

Recently our Personal Trainer Jake entered in the Brisbane Classic INBA Bodybuilding Competition. He placed 3rd in both the Open Men's and Teenage categories! We are very proud of his achievements and he is now training for the INBA National Competition. I had a chat to him about his experience and here is some of his story.

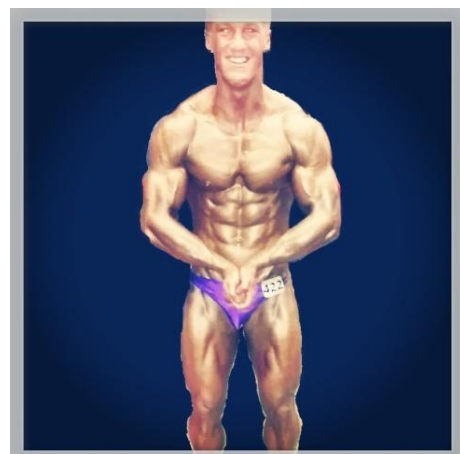
Jake first became interested in bodybuilding in July 2012. He started by weight training 5 days a week and now trains 6-7days a week. He follows an eight day split training program. This includes 3 power workouts, 1 cardiovascular and 3 hypertrophy sessions.

Nutrition played an important part in the process and he followed a macronutrient dietary system. This allowed his diet to be flexible so long as it full filled his daily macronutrient requirements.

The demands for training and the commitment to good nutrition was both challenging physically and mentally. It was tough at times to keep on track, especially with nutrition leading up to the competition as his meals got progressively smaller.

Jake kept his motivation by watching motivational videos and photos. He also employed the use of a coach to help keep him accountable. Additionally, his own desire and self efficiency to achieve his goals kept him on track.

Jake's journey to date is inspirational and if you get the chance, have a chat to him about his experience. We wish him the best of luck in his continuing bodybuilding journey!





Clem Jones Centre GYM NEWSLETTER — July 2014

Class Review

By Vesna

Supa - Circuit



Supa-Circuit is an efficient and challenging form of conditioning workout for developing strength, endurance, flexibility and coordination. It may be indoor or outdoor at the instructor's discretion and is suitable for all fitness levels. Circuit training is superb for general fitness and caters for a wide variety of fitness levels. A great time saver, it can be a refreshing and fun change from the more monotonous types of exercise.

Its versatility has made it popular with the general public right through to elite athletes. For sports men and women, it can be used during the off season and early pre-season to help develop a solid base of fitness and prepare the body for more stressful subsequent training.

Supa-Circuit in itself is not a form of exercise per se, but the way an exercise session is structured. Routines can be developed purely for strength development or for improving endurance or some combination of the two.

Circuit training is a weight training system where you do exercises quickly one after another for aerobic benefits as well as strength gains. Super circuit training combines the weight lifting exercises of circuit training with interval cardio training. From this combination you get high repetitions of strength training exercises mixed with short aerobics. The classes are a 1 hour workout structured by one of our very talented trainers to give you a full body workout with lots of variety that is both fun and challenging.

Benefits

Supa-circuit training offers several benefits. You can build muscle, increase endurance, improve your core strength and burn lots calories all at once.

Traditional circuit training involves moving quickly between weight-training stations to exercise and strengthen various muscle groups. Supa-circuit weight training takes the circuit concept to a more advanced level. By adding cardio training to the mix, you will have a combination program that includes muscle building and a heart-rate boost, providing an all-body workout. You can burn between 600 - 800 calories a class. You should be able to notice an improvement in physical appearance in as little as 4 weeks simply by doing a minimum of 3 Supa-Circuits per week.

Research has shown that circuit training can increase cardiovascular endurance up to 17 percent and muscular strength up to 26 percent. This can result in a reduction of body fat from 10 to 17 percent. Researchers in Brazil found that aerobic circuit weight training reduced total body fat, waist-hip ratio, and systolic blood pressure. It increased beneficial high-density lipoprotein cholesterol, and improved blood glucose and total cholesterol levels. A study published in "Medicine and Science in Sports and Exercise" in 2011 found that circuit training decreased insulin resistance and lower the risk of developing Type 2 diabetes.

Supa-Circuit class timetable
Monday & Wednesday 6:00 pm
Tuesday - Friday 9:30 am
Saturday 8:30 am

Fast track with your health & fitness goals!

5 Week Challenge #7

Starts: SAT 9th August at 7am

5 Week Challenge #8

Starts: SAT 13th September at 7am

5 Week Challenge #9

Starts: SAT 18th October at 7am

Cost per challenge: \$150 for members only

Includes 5 x 30min PT sessions,
Fitness tests, before and after photos,
Log book and food diary.

You are expected to complete 4 workouts
PLUS your PT session each week.

Payments and bookings made at reception.

If you cannot make the Saturday morning sessions another time can be arranged.