

Precision Fitness Holds 2nd Annual Sports Camp

Precision fitness held it's 2nd Annual Speed and Agility Camp in conjunction with The Cornelius Parks and Recreation Department. The camp was held during two, one week segments, July 10-14, and July 24-28 at Bailey Road Park in Cornelius. The camps drew a total of 60-70 athletes ages 12-16 years old.

The first day of camp was centered around testing each athlete in speed, agility, muscular strength, and muscular endurance. After testing is complete, the Precision Fitness Trainers instructed the athletes on dynamic warm-up and flexibility.

The second day was centered around core strength and team relays. Each athlete was taught the proper use of exercises designed to improve the strength of the abdominals, hips, lower back, and glutes. The relay races placed two teams against each other that involved sprinting, hopping, and throwing, wheelbarrow, etc. The competitive juices were evident during these relay races.

Day Three centered around strength can enhance athletic bodyweight, partner drills and groups went through stations of brought the competitiveness in

Day Four was linear speed. were taught as well as high ing a speed ladder. Linear speed. Starting and accelerating is what makes an athlete great. helped our athletes increase

Day Five centered around agil- direction quickly. Sports like football, basketball and baseball movement. Agility ladders and agility. Proper form was taught

After performing the agility drills, all the athletes were retested in strength, speed, stability, agility, and muscular endurance. Every athlete improved in at least one category. After testing was done, the athletes participated in speed ball. A game that challenges every aspect of athletics: speed, agility, hand-eye coordination, and strength.

If you would like to learn more about speed and agility and how it a can improve your performance on and off the field, check out our website, www.lakenormanfitness.com, or call 704-895-2857 or 704-662-8664.

authored by dave radin



Agil ity is used in every sport. Camp Partici- pants practice agil ity using hurdl es.

muscular strength and how performance. Exercises involving medicine balls were used. 3-4 various exercise that once again each of our young athletes. juices.

Form drills to enhance linear speed knees, butt kicks, pawing, and us- speed is an important aspect of is what speed is all about. Speed The drills done during this day their speed within one week!

ity. Agility is the ability to change soccer, racquetball, volleyball, require different directions of cone drills were used to enhance on all drills.

HEALTH TIP

Not recovering enough between workouts? Feel tired and worn down? If you are getting good quality nutrient, make sure you get enough sleep!! **That's right, SLEEP!!** The body recovers and rebuilds during rest. The average adult does not get the required **6-8 hours** of good quality sleep. This will not only effect recovery from a workout, but your performance at work as well!

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LOOK!

Did you know if you refer friends and family who sign up for a training package, you can receive complimentary sessions!! For more information, ask your trainer the next time you are working out, or call either the Mooresville or Cornelius locations for more information.

Fitness Quiz

True or False?

Exercising is best done in the morning.

answer can be found on page 4

Hot Topics

The proof is in the Swiss ball

Researchers at **California State University, Fullerton** have recently supported the claims that Stability or **Swiss ball training improves spinal stabilization**. Prior to this study, reports of improved endurance in the local muscles of the spine (i.e. transverse abdominus and multifidus) have been largely theoretical. The results of this study have **strong implications for including Swiss ball exercises**, especially with clients who have chronic back pain or sedentary work environments.

The researchers used two tests of muscle endurance to evaluate spinal stability, The Static Back Endurance Test that entails the use of a Roman Chair and a **isometric hold in the neutral position for maximum time**, and the Side Bridge or Side Plank Test for maximum time. These tests have been cited to provide more accurate information about muscle endurance and back pain than dynamic **muscle strength or endurance assessments**.

The researchers had participants complete the following exercises twice per week for 10 weeks using a Swiss Ball: Quadruped, Dead Bugs, Back Bridging, and Static Plank. **Exercises were progressed from 10 to 20 repetitions, or from 10 to 60 seconds for static holds.**

All participants showed **significant improvements** in the test criteria compared to no improvement or lower scores for controls.

The authors reiterate that **there is no single best exercise**, but rather the potential for greater importance in emphasizing the local muscles vs. global muscles when working with beginners, sedentary populations or those who suffer from back pain. **Swiss balls can be a highly effective option.**

Carter, Jacqueline. Et al. The effects of stability ball training on spinal stability in sedentary individuals. National Strength & Conditioning Journal. 2006, 20(2), 429-435.

www.exerciseetc.com

Exercise of the Month— Stability Ball Leg Curls

Preparation:

- Lie supine with feet on ball and arms at your sides.

Movement:

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Engage glutes and raise hips.
- Curl legs toward buttocks. (Hold for a 2 count)
- Return to the start position and repeat. Keep abs's engaged throughout the exercise.



FACTOID

Your **resting metabolic rate** is determined by genetics, activity level, and the right amount of nutrients.

Strength training increases your metabolic rate by increasing the lean body tissue in your body.

Active people tend to have higher resting metabolic rates than sedentary people.

Trainer Spotlight



*Craig LePage, CSCS NASM-CPT
Personal Trainer—Cornelius*

Craig holds a Bachelor of Science from University of Bridgeport and is a Certified Strength and Conditioning Specialist and National Academy of Sports Medicine - Certified Personal Trainer. Craig has authored a medically approved and highly effective nutrition and weight management program that helps people build healthy habits and win the weight loss battle safely and permanently. Craig is a master motivator who has been helping people reach their fitness and performance goals for more than nine years.

Play Better Longer: Reducing Golf Related Injury

On the surface golf may look to be a slow paced low impact sport with little risk of injury. However, as many golfers have unfortunately discovered looks can be deceiving. The "Physician and Sports Medicine" Journal reports 57% to 67.5% of all golfers will sustain some type of golf related injury.

Scientifically speaking, our bodies are not designed to swing a golf club. During the swing strong compression, shear, and torsion force is produced placing our spine, joints and muscles at a relatively high risk for injury. The golf swing is an explosive movement that demands precise coordination of muscle contraction and relaxation, postural stability, strength, balance and body awareness. That is not to say we cannot swing a golf club without these elements. The body does a great job in compensating for weakness and faulty movement. However, there is a downside to this compensation. The downside is inconsistency, loss of power, and overuse of certain muscles which often leads to muscle and joint pain and injury.

Many golfers spend hours upon hours practicing their swing with little or no time devoted to training their bodies. This type of golf preparation usually results in two things: 1. Inconsistency 2. Aches and pains

So how does the golfer reduce their risk of injury? By establishing and maintaining core strength, muscle balance and flexibility by participating in a well developed integrated exercise program. Increased muscular efficiency and flexibility allow you to increase power and consistency while drastically reducing chances of pain and injury.

Beware; all golf fitness programs are not created equal. There are many programs out there that are merely body building or general strength training routines masquerading as golf fitness programs. These programs generally focus on training specific muscles or muscle groups with little attention paid to movement. Lying flat on a bench and pushing weight off your chest or doing biceps curls that isolate one single joint movement will hardly translate to improved performance on the golf course. In fact, many of the standard "gym" exercises found in such programs further disrupt muscle balance and postural stability and can increase risk of injury.

There are other golf fitness programs out there that claim to strengthen "golf muscles" by promoting exercises that mimic the golf swing. There are two problems with this approach to golf fitness. The first problem being; there are no specific "golf muscles". It takes virtually every muscle in the body working in precise concert to complete a golf swing. The second problem is; due to the repetition necessary to master the golf swing those targeted "golf muscles" are often already over worked and stressed. Performing exercises that mimic the golf swing prior to establishing a strong foundation and good muscle balance will only strengthen muscle imbalance and lead to further inconsistency and greater chance of injury.

authored by bill scibetta

What's That???

Exercise should be done at a pace that is **challenging, yet comfortable**. If you know your heart rate range (60-80% of HR Max), check it periodically. You can also gauge how you are feeling by whether or not you can hold a conversation.

If you can talk like a gossip queen, **work harder!** If you cannot talk at all, **back down a little bit!!**

You should be able to hold a conversation while exercising.

Quiz Answer:

True and False!!

This is a trick question. There is no best time to exercise. It is up to you when you can fit it in and when you feel you have the most motivation and energy.

That said, exercising early in the morning is a great way to start your day. If you aren't an exerciser lover, putting it off till later on in the day will give you more excuses not to do it.

Chef's Corner...

Lamb Couscous Stew

This recipe serves: 4

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onions
- 1 1/2 pounds lean lamb stew meat, cubed
- 1/4 teaspoon cayenne pepper
- salt to taste
- 2 teaspoons freshly ground black pepper
- 1 teaspoon ground ginger
- 1 teaspoon turmeric
- 1 cup beef broth
- 3 medium carrots, peeled and cut into 1/2" rounds
- 2 medium zucchini, sliced

For the couscous:

- water
- 2/3 cup couscous
- 2 teaspoons olive oil
- 1/3 cup cold water
- pinch of salt
- 1/3 cup hot water

Per Serving: Serving size 1.5 cups

| | | | |
|-----------------|--------|----------------------|------|
| Calories | 412 | Carbohydrate | 34 g |
| Fat | 12 g | Fiber | 5 g |
| Protein | 41 g | Saturated Fat | 3 g |
| Sodium | 484 mg | | |



Cooking Instructions

1. Heat 1 tablespoon of olive oil over medium heat in a large stew pot.
2. Add the onions and cook, stirring occasionally, until they turn translucent, about 5 minutes.
3. Season the lamb well with salt and black pepper. Turn the heat to medium-high and sear the lamb cubes well on all sides.
4. Add the cayenne pepper, ginger and turmeric. Turn the heat to low, add the beef broth, cover the pot and cook for 45 minutes.
5. Remove the cover from the stew and add the carrots and zucchini. (Add a little water if the stew is too dry.) Cook for 20 minutes.
6. Meanwhile, make the couscous. Place a shallow metal colander inside a heavy-bottomed pot with a tight-fitting lid. If the colander's holes are big enough for the couscous to fall through, line it with a piece of dampened cheesecloth. Add an inch of water to the pot. Bring the liquid to a simmer.
7. In a medium-size bowl, combine the couscous with the remaining oil and stir well. Pour the couscous into the colander, cover and steam for 20 minutes.
8. Remove the colander from the pot, pour the couscous into the bowl and stir in the cold water, breaking up all lumps with a fork. Return the mixture to the colander, set it in the pot and steam an additional 20 minutes.
9. Transfer the couscous to the bowl once again, stir in the salt and hot water, breaking up the lumps with a fork.
10. Pour the couscous back into the colander, cover and steam until tender, about 20 minutes.
11. To serve, mound the couscous in the center of warmed plates and spoon the meat and vegetables around it.

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Our Training Philosophy:

**"M.P.E.
TRAINING"
MAXIMUM
PHYSICAL EF-
FICIENCY**

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Machines VS. Free Weights II

Machines are bad, there I said it again. How many of us join health clubs or purchase expensive home exercise equipment under the notion that the machine will protect our back, make the exercise easier or guarantee your results quicker. In sports and life for that matter if you are sitting on your butt or laying flat on your back you lost! So why do we insist on exercising that way.

Has anyone noticed that the commonality of back problems from doing nothing (a traumatic), joint replacements and other injuries of non-traumatic origins continue to escalate?. Did anyone ever put two and two together and realize that maybe the way we have and are exercising is precipitating the problem.

So what is a health conscious exerciser to do? Try performing your current exercise routine standing. That's right, chest presses, shoulder presses, arm exercises, rows all performed standing. This will enable you to engage all of your 'core' muscles, work on balance and lower extremity joint stability.

When was the last time you performed a standing squat, on one leg, on a ball or foam disk? What if you tried training the whole workout using an adjustable cable machine, standing?. Wait, I said machine, yes some machines or good. There are a few pieces out there that I like. It has to have an adjustable cable or articulating arms. Why?, simple, it forces you to stand and that engages almost all of the core muscles, and as I've stated if you are standing you are using many more muscles than if your were sitting down. Machines that do not force you to remain in a set joint position and allow you to move as biomechanics dictate will by default give you a better and safer workout.

Lunges are one of the best exercises to do, anyone can argue for or against this, but combined with proper hip and leg stability / flexibility they are among the best. Try combining with shoulder presses, abduction, or scaptions. You can also combine with bicep curls, torso rotations, stabilization movements, as you can tell the combinations are almost endless.

Dumbbells used with a stability ball, BOSU ball tm, floor and an adjustable bench is all you need.

Bands, yes almost as good as cables, they travel better and the exercises are almost endless. One word on bands, they are easier in the beginning and harder at the end of the movement. This changes the firing of the muscle slightly but they are still an excellent adjunct for fitness, and yes they force you to stand while using them.

Does this mean never train on a machine, absolutely not, many still provide a good isolation workout and for some with medical conditions machines allow a degree of safety. My point is that so many of us have spent so much time training wrong and placing our bodies in bad positions that we need to spend much of our time correcting the imbalances and injury that are already there. We spend much of our lives denying that injuries, both musculoskeletal and internal, will never happen to us, yet we consistently do things to encourage that damage to occur. Let's change how we think and exercise or you may end up laying flat on you back.

Authored by bryan fass