

Notes from Editor

As the weather warms, more and more golfers hit the links!!

If you are a golf lover, please read Bill Scibetta's article on golf fitness (page 3).

Golf is tough motion on the body and improving your body's ability to stabilize itself during this activity will go a long way to minimizing the impact.

We hope your spring has gone well and you are reaching your goals. Let us know if we can help.

Yours in Health,

Dave Radin
Editor

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Higher Intensity Training

Take a look around at your gym and notice who is making the biggest changes in their physique. Is it the lady hitting the "toning class" with minimal resistance and high reps day after day? **Nope**. Is it the member who spends 30 plus minutes doing the same cardio routine day in and day out? **Nope**. Is it the guy who spends 2 -3 hours lifting every day while taking 5 minutes between sets? Not a chance.

The people who make the biggest change in their bodies are those who don't mess around. They get in, work their ass off and go on with their lives. Their intensity is unmatched. They are efficient with their workouts and are focused.

You see them in the gym and wonder, what is so different about their workout over yours? I'm doing strength training and cardio like them, how come I am not making the same changes? I will tell you exactly what it is! They are showing you, just watch and learn!!

They minimize rest, challenge themselves with weight that is heavy but doable, and keep moving. This type of training is hard, but the results are well worth the effort. Maximum results with minimal time. That is what everyone wants in their workouts, isn't it?

Workouts with minimal rest and upping your intensity causes an increase workload to your system. Your body has two ways to respond: **adapt or breakdown**. Initially the response may be extreme fatigue, maybe even soreness you have never experienced, but remember, your body will adapt!!

This just proves that what you were doing, just wasn't making the grade.

If you saw the movie "300", the actors in that movie spent 6 months getting in "Spartan shape" for their roles. The results showed it. They were big, strong, and very well defined. Their workouts were extremely intense involving full body movements, sprints, Olympic lifts, etc.

Here is the workout that they did to see how they were improving, it is called "**The 300 Workout**". The exercises are all bodyweight, with little to no rest and done for time. You must complete all reps before going on the next exercise:

- Pull-ups - 25 reps**
- Deadlifts with 135lbs - 50 reps**
- Pushups - 50 reps**
- 24-inch Box jumps - 50 reps**
- Floor wipers - 50 reps**
- Single-arm Clean-and-Press with 36lbs Kettlebell - 50 reps**
- Pull-ups - 25 reps**

Of course you can modify the workout to your particular taste, but I must warn you, this workout is tough!!! The first time I did it, it took me 30 minutes to feel normal after I completed it.

I am not advocating that you do this workout all the time. I just want you to think about your intensity level. More than likely if you are spending 60 minutes or more working out, you need to up your intensity and decrease your rest between sets.

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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

What is the medical condition called when your heart rate is below 60 b/min?

- A. Tachycardia
- B. Resting Heart Rate
- C. Brachycardia
- D. Atrial Fibrillation

the answer can be found on page 4

Hot Topics

Shocking Predictions Regarding Joint Replacement

The evolution of joint replacement procedures has allowed many adults who suffer from painful arthritis renewed quality of life. Unfortunately, there is bad news for Baby Boomers. **The number of people in need of joint replacement surgeries is rising exponentially faster than the number of doctors who perform them.**

Time Magazine recently summarized the projections shared by orthopedic surgeons at the AAOS meeting (American Academy of Orthopedic Surgeons) in March. **Surgeons are projecting a 525% increase in knee replacement surgeries by 2030**, while hip replacements are expected to double in the same time period.

Simultaneously, there will only be a 2% increase in the number of orthopedic surgeons between now and 2020. **In addition, the number of orthopedic surgeons specializing in joint replacement is slowing because of poor reimbursements.**

These projections highlight the need to prolong joint health and avoid the need for arthroscopy. **According to the article, two of the best things you can do are to lose weight and exercise. A 10-pound weight loss will reduce the amount of force on a joint by 30 to 50 pounds.** In addition, strength and flexibility exercises can reduce strain on the joints. *Claudia Walls. Joint Replacements Expected to Soar. Time. Thursday, March 6, 2008.*

Exercise of the Month— Push-up w/ Rotation

Preparation

- Place your hands about 6 inches wider than shoulder width on the chosen surface.
- Toes on the floor, hips level

Movement

- Engage your inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Lower into the push up position.
- Push-up back to start position and rotate arm/torso/hips toward ceiling
- Return to the start position and repeat on other side.



FACTOID

Trainer
Spotlight

**Dave Radin, CSCS,
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After receiving a Bachelor of Science in Health and Fitness from Springfield College in 1993 Dave spent seven years working at the prestigious Duke University Diet and Fitness Center. During his time in Durham Dave helped coach world class athletes as a volunteer Strength and Conditioning Coach at UNC – Chapel Hill. Prior to joining Precision Fitness, Dave served as the Personal Training Director for the Lake Norman YMCA. Dave has helped countless individuals meet a variety of fitness and wellness goals and has extensive experience coaching young athletes to a higher level of fitness and athletic performance.

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 body was 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 developed and over tight in relation to the rest of the body. Performing exercises that mimic the golf swing prior to establishing a strong foundation and good muscle balance will only strengthen the imbalance and lead to further inconsistency and greater chance of injury.

Look for a qualified strength and conditioning or fitness professional that has a solid understanding of not only exercise science and biomechanics, but also the physical demands of the golf swing. Increased muscular strength and efficiency will allow you to increase power and consistency while drastically reducing chances of pain and injury. Add a well developed integrated exercise routine into routine and you will not only be playing better, but you will feel better doing it.

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Chef's Corner...

Classic Burgers with Red Onion and Horseradish

This recipe serves: 4

Ingredients

1 tablespoon horseradish
 1/2 teaspoon Worcestershire sauce
 1/2 cup fat free mayonnaise
 salt to taste
 freshly ground black pepper
 1 pound lean ground beef sirloin
 1 red onion, sliced
 4 onion rolls



Cooking Instructions

1. In a small bowl, combine the horseradish, Worcestershire sauce and mayonnaise. Season to taste with salt and pepper. (This can be made in advance and stored in the refrigerator for up to 3 days.)
2. Preheat the grill to medium-high.
3. Shape the ground sirloin into 4 patties, about 1/2-inch thick. Season the patties with salt and pepper.
4. Grill the patties on both sides until the burgers are just cooked through, about 5 minutes per side.
5. Toast the onion rolls on the grill.
6. Serve the burgers with sliced red onion and horseradish sauce on the toasted onion rolls.

Nutrition Information

Serving Size: 1 Burger

Number of Servings: 4

Per Serving			
Calories	363	Carbohydrate	34 g
Fat	10 g	Fiber	2 g
Protein	32 g	Saturated Fat	4 g
Sodium	691 mg		

www.foodfit.com

Quiz Answer:

C. Brachycardia.

Your doctor uses this term to diagnose individuals with very low resting heart rates.

The more fit you are, the lower your resting heart rate tends to be. As long as you have no symptoms, your doctor will not be concerned.

Individuals with medical conditions associated with Brachycardia will generally have an EKG done to see what is going on with the heart muscle that is causing this condition.

What's That???

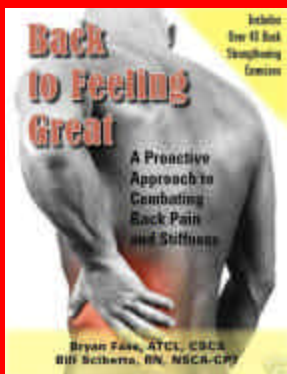
If you laid your blood vessels end to end,

They stretch out be a whooping

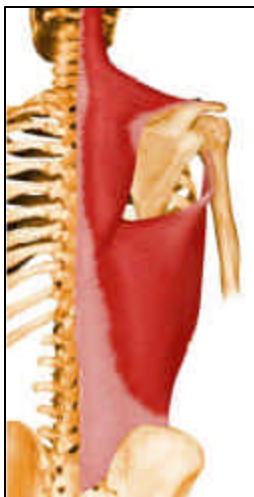
9300 miles long!!

<http://www.drIenkravitz.com/Pages/fitnesstrivia.html>

The newest book put together for those suffering from back pain. Go to www.backtofeelinggreat.com to buy the book and view other books authored by the pro's at Precision Fitness.



Muscle Anatomy



Muscle: Latissimus Dorsi

Origin: Thoracolumbar fascia, Spinous Process (T7 - T12), Iliac Crest, Ribs 9-12

Insertion: Inferior angle of scapula, intertubular groove of humerus.

Eccentric Action: Decelerates flexion, abduction, and external rotation of upper extremities, plus acts as a bridge between upper and lower extremities

Isometric Action: Stabilize lumbo-pelvic hip complex through thoracolumbar fascia

Concentric Action: Adducts, extends, and internally rotates the humerus.

The lats connect the upper body with the lower body. Tight lats, along with tight pecs, lead to forward rotation of the shoulders. Forward rotation of the shoulders leads to scapular protraction and a raising and tightening of the upper trapezius.

If the lats are not tight and are functioning normally, any type of rowing or pulldown exercises work very well in strengthening this muscle.



Lat flexibility



Lat strength

Our Training Philosophy:

**"M.P.E.
TRAINING"
MAXIMUM
PHYSICAL
EFFICIENCY**

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5 Fitness Truths

Over the past 15 years I have seen a lot of gimmicks and tricks in the fitness industry. The amount of misinformation that floats around there is scary. The flashy concepts, that have no roots in exercise science, are market to us by the pretty people. The new machine that will finally change your body, the next best exercise, it just goes on and on. Just the other day a person called asking about a 'Hollywood' workout that is guaranteed to build you a six pack abs in just 30 days. This person was so sold on the idea of getting ripped abs in just 30 days that they could not see the fact that they were being sold a dream, a dream that will ultimately damage your body.

The sad fact is that the majority of the exercises and programs available commercially and designed by 'experts' are poorly designed, use dangerous exercises and simply wear the body down to the point of failure. I will spare you the rant on why the programs and specifically the exercises are wrong and even dangerous, read my past articles for that.

Truth # 1: Nothing is guaranteed. If the product you are interested in makes a guarantee they are trying to sell you something. The old adage is true, there are no guarantees in life. No matter how good the exercise is, how well the program is designed, how strong the machine is made, no one can account for all the variables. Sleep-diet-stress-intensity-volume-technique-fatigue all factor into the equation.

Truth # 2: Machines do not work. I have stated this many times before, the research (in accredited/peer reviewed journals) supports this. Your body was not designed to contort into a machine and be forced to move in a set pattern. To buy a machine or spend the majority of your workout sitting on one will cause you to fail, quickly. As I tell all the athletes I train when they ask why we do not bench press "if you are staring at the sky (on the field/court) you lost, exercising laying or sitting is useless on the field"

Truth # 3: There is no magic supplement. Do you honestly believe that a fruit from the Amazon will cure all disease? Is there a little known mineral that prevents X ? I do not discount that some of these products that are loaded with antioxidants and minerals, I personally use some but the take home message is the more boastful the claim and the more unsubstantiated the research the more they are trying to sell you a dream. Many of the products do contain these 'super foods' but the concentration is so minimal that most of the benefit is negated by the lack of dosage. Buyer beware, there are some good ones out there but please do your homework.

Truth # 4: Wellness is in your head. Ask any psychologist about the power of positive thinking and they will tell you that to think healthy will enable you to be healthy. To constantly think healthy allows you to effortlessly be healthy, it is easy to make healthy choices in diet, exercise daily, fight off illness and be happy if you have positive thoughts. Think your way to a positive lifestyle and the barriers will fall.

Truth # 5: Just do it! Nike has it right. To simply move, to do, to be, to function, to not make excuses, to be informed, to not be sold a dream.....There are a million reasons to be fit and healthy and just as many gimmicks and machines to make sure that you fail. The simple fact is that to establish a routine, follow it and live it and you will have success. If you spend your time looking for the next great fitness revolution and it just adds to the pile in the basement of the dusty old 'next best exercise machine' than change has yet to occur.

Your body needs constant change, it can never be allowed to adapt, if you are bored so is your body. There are many on line trainers, programs, videos etc., some are good and some not so much. Please do not be fooled by the flashy programs or the Hollywood workouts, they make you look good and feel bad.

The definition if insanity is doing the same thing over and over again expecting a different result, does this apply to your exercise routine or diet?

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