



Fitness First

DARLO MEMBER NEWS 2012

MEMBER OF THE MONTH

WHAT'S HAPPENING!

Tough Mudder- Probably the toughest event on the planet!



Tough Mudder events are hardcore 20 km-long obstacle courses designed by British Special Forces to test your all around strength, stamina, mental grit, and camaraderie.

With the most innovative courses and half a million inspiring participants, Tough Mudder is the premier adventure challenge series in the world.

We are putting together a team from Fitness First Darlinghurst to enter and take on the challenge on Sunday 23rd September.

Interested in joining us to train and enter as part of Team Darlo? Register your details at reception and watch this space!

GROUP FITNESS

DANCE MARATHON

Join four of Sydneys dance teachers in a dance marathon here at Fitness First Darlinghurst on **Monday 11th June from 10.30am - 12.30pm**

Kick off with Patty and Nathan K as they get the party started with Sh'Bam. Then keep the dance floor burning with Nathan S and Will B as they Jam the morning away.

Sweat your way to a fitter body as you lose yourself in the music, energy and passion that is dance!



MONDAY
11th June

10:30am
to
12:30pm



ALEX SCHEY

Things don't always go to plan. As my gap year in Europe was coming to an end I found myself confronted by an experience that changed my life. Being 20 and diagnosed with cancer in a different country was hard to absorb and then coming home and being told I wouldn't be able to talk for months was devastating and difficult to accept.

Going through an intense 4 months of chemotherapy and 6 weeks of radiotherapy I needed something to be able to focus my time and energy on.

The opportunity to work with the encouraging team at Fitness First, in particular my personal trainer Baden Chalmers has given me so much drive to push myself through exercise and positive thinking. What I have gained is a feeling of well being and confidence in my appearance.



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FEATURED WORKOUT

BOX JUMPS

CORRECT

- ✓ Full Hip extension
- ✓ Feet are Entirely on the platform
- ✓ Chest and head up



INCORRECT

- ✗ Flexion of the hips
- ✗ Feet not completely on the platform
- ✗ Body unstable
- ✗ Head down



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TIPS

What you want to do is try to make it a little more out of your calves you don't need a monstrous jump, just a little half squats. Fire the arms; fire the hips, fire the calves and you will be up on top of that box in no time.

Keeping the feet quite close together during ground contact. Often the knees go into bad positions on the ground landing.

You need to make sure that you are all the way standing up tall on the box.

WHAT ARE THEY?

Box jumps are a form of plyometric exercise that involves repeatedly jumping onto a box or any other stable, level surface. This exercise targets the quads, hamstrings, glutes and core; especially the highly volatile muscle fibers. Simple right? But like any CrossFit and sports specific movement, you can always add a good dose of virtuosity for increased speed, efficiency and grace.

WHY DO THEM?

You see the humble box jump has a lot going for it. Box jumps are an excellent exercise choice for increasing your vertical jump; it is great for building concentric power and was initially utilised for sports specific training. However performing the box jump also provides a complete body workout and can improve your fitness levels. By using basic equipment and working different muscle groups, box jumps can improve athletic ability; increase calorie expenditure, metabolism, co-ordination, leg power and cardiovascular fitness. Additionally, they are less intensive than other exercises such as weightlifting.

HOW TO

To perform it correctly you should select a box height that challenges your jumping ability, but is not so high that you over exert your hip flexibility, rather than your muscular power that is allowing you to successfully complete the jump. Now stand in front of the secured box or platform. Jump onto the box open up the hip, have control over on top of the box and immediately step back down to same position as fast as possible. Immediately repeat. Landing on top of the box and opening the hips usually results in good positioning.

WHAT NOT TO DO

If you avoid the following common mistakes you should keep safe and get better each week: using too high a box, step or platform is unstable, performing them in a crowded area and jumping back to the ground.

WHO SHOULD DO THEM?

Box jumps are ideally suited for men and women who are looking to increase their heart rate, burn fat, metabolism, leg power and physical fitness. They are also very good for athletes whose primary form of jumping is a standing or one step jump. These two reasons go a long way to explaining why box jumps are so popular with most sportspeople. Rugby league, Aussie rules, soccer, volleyball and basketball players who often go for high jumps, headers, spikes and rebounds off jumps that have little or no run up.

HOW TO USE THEM

Box jumps can be used in various workout formats. You can use them to leg work outs to encourage post- activation potentiation, add them to fat burning metabolic circuits, and power/ plyometric sessions.