

GABRIELE

FITNESS & PERFORMANCE



Hurricane Irene Workout **By Vince Gabriele**

My Sunday training routine is usually a very low intensity workout consisting of sled dragging, high rep medicine ball work and tons of mobility work. I perform this workout on Sundays, this particular Sunday I worked out twice!

While driving home from the workout I saw my good buddy Pete standing in the middle of his driveway in water up to his waist. Me being the good friend I am went home, changed and started to attack the battle against time to not let the water get into his home.

All the stores were closed so we had no sand. We were forced to use only what we had, dirt from his flower bed in the front of his house.

All of sudden my second workout for the day started.

Part 1

- Shovel Dirt from flower garden into Bucket x 6
- Carry bucket(1 arm farmers walk) to area about to overflow x10 yards(on a ledge which took some great balance)
- Pour dirt onto overflowing area
- Repeat above Steps about 100 times

Part 2 of the workout was to fill 30 sandbags. We ran out of dirt from the flower garden so we had to drive down the street for more dirt.

- Shovel Dirt into Sandbag x10(This was very heavy clay like dirt)
- Tie up bags with zip ties

- Carry bags(one bag in each hand) and load into truck x 20 Yards
- Drive back to house, Good Rest Period
- Carry Sand Bags to leaking area x20 yards(through the pricker bushes)
- Repeat above Steps x 30

Total workout time: About 3 Hours

It has been quite some time since I have done hard labor. (which is why I bought a condo)

It was definitely a change of pace but my regular workouts of pushing the prowler, deadlifts, chin-ups and Farmers walks prepared me for this job.

Needless to say it was a great workout and I was able to help out a friend in desperation.

Many of the things I had to do we do in training. I definitely feel that anyone who does that type of work all day, pending they have a good diet will be in incredible shape.

We hope everyone is safe from Hurricane Irene.

Have a great week,

Vince

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