

**GABRIELE**  
FITNESS & PERFORMANCE



**Image Deleted**

**THE GFP ARMY at The Susan G. Komen 5K**  
85 Awesome people doing great things for the world!

GFP Newsletter

APRIL 2009

April has been an awesome month. We had our Breast Cancer Walk on April 26th and our team raised over \$11,000. It was a blast and for a great cause. I would like to thank everyone so much for all your generous contributions and participation.

A big thank you to Paige Schleimer who has been with us since Day 1 with her great work and bright smile at the front desk.

We have added a new member to our Team. Sandy Van Dam, our new Front Desk Supervisor, has done a fantastic job since she started up and we feel very lucky to have her. Sandy has a long and successful background in management and we are very excited to have her as part of our Team.

Enjoy the April Newsletter!

Vince

**Check out our 2009 Summer  
Youth and High School Camps**

**JUNE 29 - AUGUST 20**

**Middle School Athletic Development**

Monday-Thursday

**Option 1:** 7-8 Graders: 9:00 -10:00 am

**Option 2:** 5-6 Graders: 10:30 - 11:30 am

**Option 3:** 5-6 Graders: 12:30 - 1:30 pm

**Option 4:** 7-8 Graders: 3:30 - 4:30 pm

[Click Here For Info on this Program](#)

**Ultimate Summer High School Training**

Monday-Thursday

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**Athletes of the Month**

This section of our newsletter will highlight one High School Athlete, one Fitness Client, one Fat Blaster and one MSAD Student every month.

**CRITERIA**

1. Exceptional attendance
2. Self determination & discipline with nutrition & workouts outside of GFP
3. Incredible results: personal records, exceptional performance in a sport, fat loss, health improvements, etc.

**Option 1:** 11:30 am - 1:00 pm

**Option 2:** 2:00 - 3:30 pm

**Option 3:** 5:30 - 7:00 pm

[Click Here for Info on this Program](#)

## Is Your Daughter Next for an ACL Tear?

By Vince Gabriele MS,CSCS,YCS-1

Would the parent of a football player let their son play next Sunday's game without a helmet? Of course, the answer is always NO. This happens everyday when female athletes take the soccer field, lacrosse field, basketball court or tennis court UNPREPARED. Studies have shown that female athletes tear their ACL 4 to 6 times more often than men.

**Here are a list of potential reasons why females are at a higher risk for a knee injury:**

- Increase Q angle due to a wider pelvis,
- Ligamentous Injury can occur due to female hormones
- Anatomical differences

These 3 potential causes are all part of being a female and not much can be done to change them.

**Fortunately, the following causes are absolutely preventable and can ALL be improved through a great training program.**

- Lack of Eccentric Strength
- Lack of Muscular Balance between Quads and Hamstring/ Glute Complex
- Lack of technique (especially during the stopping portion of a cut)
- Lack of Conditioning

Back in November we had a soccer/lacrosse player hobble through our door that had been dealing with excruciating knee pain for years. She had just finished the soccer season and was very disappointed in her inability to compete because of her knee. She was a very talented athlete but had no confidence in her knee and it affected her performance. After 4 months she is now ripping up the lacrosse field and feels better than ever.

**What did she do?**

**#1 She got Strong!** Three times a week she strength trained her entire body. She performed many lower body strength exercises on one leg to improve stability and strengthen all the muscles around her knee. This allowed the muscles to absorb force and not her knee. Other exercises included dead lifts, bench press variations, push-ups, chins, rows and tons of core stability training. Before each session she performed Glute and VMO activation exercises to make sure the muscles that stabilize the knee were firing.

**#2 She learned how to decelerate!** Learning how to land from a jump is an essential part of injury prevention. The first month of the program was teaching her to land softly in a great body position. In terms of getting faster, she learned how to stop. Every sprint ended with a stop in a great body position. All these drills allowed her to make more efficient cuts and take the stress off the knee - and allow the muscles to absorb the force when making a cut.

4. High character

5. Willingness to help other clients

### FITNESS CLIENT OF THE MONTH Sam Burke



Sam has been a dedicated fitness coaching client since late October 2008 and has progressed tremendously. Sam comes into the facility on his own time to get in extra work outs and works hard every time. One of Sam's primary goals was to improve his golf swing, which he recently discovered has increased over 20 yards. Nice job Sam!

### ATHLETE OF THE MONTH Natalie Hrynklewicz



Natalie busted her tail for four solid months to get ready for her junior lacrosse season. Battling some serious knee issues, Nat did everything possible to start this season pain free and performing her best. She is now tearing up the lacrosse field and is being pursued by several college programs. **Great work, Nat!**

### FAT BLASTER OF THE MONTH Hugo Barth

**#3 She got in Shape!** Athletes are much more prone to injury when they are tired. The risk of a knee or an ankle injury increases big time when the athlete does not have control over their body. Being tired also causes an athlete to play in a more upright and straight legged position, a major cause of ACL tears. She performed intervals specific to her sport. After 4 months of the Airdyne Bike and pushing the Prowler, a lacrosse game will seem easy!

[Click the link to see some of our Female Athletes getting after it. .](#)

**DO NOT let your female athlete go out onto the field unprepared.**

**TEST YOUR DAUGHTER:** To see if your daughter is at an increased risk for an injury have her step off of a 12 inch box and immediately jump in the air upon landing. If the knees knock together then she needs to start training immediately!



An amazing transformation in only 12 weeks of Fat Blast Boot Camp. Hugo has lost 30 pounds so far and looks awesome. Hugo has demonstrated almost perfect attendance and has even used the facility on his own for extra workouts. Hugo's fat loss has also been fueled by dedication to his nutrition. Another dramatic improvement for Hugo has been his flexibility, largely due to his willingness to show up 20 minutes early to work on it. Congrats Hugo!

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## Meet our Staff

Our fitness and sports performance training staff is made up of motivated professionals that are dedicated to getting you results. Each of our staff members are full time employees and hold either a Masters or Bachelor's Degree in Exercise Science. Each trainer is required to hold the prestigious CSCS, the gold standard among certifications. Please read through each of their impressive [bios](#) on our website.

**MSAD ATHLETE OF THE MONTH**  
**Tommy Pagano**

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## Exercise of the Month

### Turkish Get-Up



The Turkish Get-Up is an excellent exercise for total body strength, stability and mobility. We prefer to use a kettle-bell as our resistance, but a dumbbell can also be used. We require all of our athletes and clients to perform one get-up, balancing their own shoe on their fist before they are allowed to use weight. Follow the sequence below to complete a Get-Up.

- 1.) Lie on your back and press the Kettle Bell until arm is vertical. Bend the knee on same side the KB is being lifted.
- 2.) Push off of the empty hand and both feet and perform a crunch until you're sitting straight up.
- 3.) Lift hips into a triple (using both feet and free hand) into a bridge position.
- 4.) Pull straight leg through and place the knee on the ground, maintaining stable windmill position.
- 5.) Pull body up to a tall kneeling position and then push off of front foot until you are standing straight up.
- 6.) Repeat the exact same steps in backward order until you are lying supine on the floor.

[Check Out Our Video of a Turkish Get-Up](#)



Tommy has been participating in our MSAD program for the last 2 months and has impressed us with his incredible hard work and dedication. Every time Tommy comes through the door we know he is ready to go. Tommy has been working hard on his push-ups and chins and gets better every week. Keep up the great work Tommy, we are very proud of you!

## Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

## Announcements

### **Gabriele Fitness and Performance at Relay For Life**

Be sure to check us out at Relay For Life of Berkeley Heights, Summit and New Providence on May 30th from 6-8 PM at the Governor Livingston High School Track in Berkeley Heights NJ. We will be there testing Vertical Jump Height and 40-yard dash times and then running a Boot Camp as we take one Lap around the Track at 8pm. This is for a great cause so if you want to donate [Click here](#)

## Quotes of the Month

**"Whoever I am Whatever I am doing, some kind of Excellence is within my reach."**

**-Gardner**

**"I'm a great believer in luck, and I find the harder I work, the more luck I have."**

**-- Thomas Jefferson**

**"When you reach for the stars, you may not quite get them, but you won't come up with a handful of mud either." - Leo Burnett**

**"Winners lose - much more often than losers do. So if you keep losing - but you're still trying, keep it up! You're right on track."**

**- Matthew Keith Groves**

## Contact Information

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