

**GABRIELE**  
FITNESS & PERFORMANCE



## WEIGH INS ARE APPROACHING!

Body Composition Measurements begin this week, but there is still time to sign up your team for The Biggest "Fat" Loser Competition. Call 908-464-4441 to register before its too late.

[CLICK HERE FOR DETAILS!](#)

GFP Newsletter

APRIL 2010

There is a buzz in the air more than ever around here. This has been the best block of training ever. Our High School Athletes have come into this program with incredible intensity and results are showing. All of them are getting stronger, faster and bigger.

We have almost 60 participants in our first ever Fat Loss Competition that starts this week. . There is still time to sign your team up, but the DEADLINE is tomorrow, May 5th. So enjoy your Cinco de Mayo, there will be no room for error after that. The competition will be fierce, trash talking has already begun and teams are formulating their plans. Should be an interesting 50 days. Good luck to everyone.

We have added some new videos to our YouTube page, so [click here](#) to take a look. We are

also now on facebook, so click here to see us



ACR,  
Vince

# SUMMER PROGRAMS AT GFP

## High School Speed, Strength and Conditioning Camp

Camp Runs 9 weeks - June 28th - August 28th  
Choose your weeks (4 week minimum)

[Click HERE to see our High School Program](#)

## Middle School Athletic Development

Camp Runs 9 weeks - June 28th - August 28th  
CHOOSE YOUR WEEKS (3 week minimum)

[Click HERE to see what our MSAD is all about](#)

## Fat Blast Boot Camp

Special Summer Schedule!

Pick Your Weeks and Pick Your Days

5 week minimum for new clients

NO minimum for existing clients

Call and Reserve your dates NOW, classes will fill  
quickly!

[Click HERE to see inside a Fat Blast Class](#)

### In This Issue

SUMMER TIME

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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.
4. High character
5. Willingness to help other clients

#### FITNESS CLIENT OF THE MONTH Jack Reiner



Jack is not only April's Fitness Client of the Month, but he is also our most recent "poster boy". As you can see, Jack has made amazing gains in his weight loss and lean muscle gains. Jack is always smiling and brings great energy into the gym. Check out Jack's story to the left.

#### ATHLETE OF THE MONTH Tony Manganiello

## FITNESS COACHING



### **ACTION + COMMITMENT = RESULTS**

Did you ever look into the mirror and wonder how you let yourself get to this point? I thought I was looking into one of those fun house mirrors that change your shape into some disfigured creature. My 44th birthday was approaching and I was wondering how the put on the brakes and change direction. The last year had been excuse ridden when it came to my own health and fitness. "Can-Do Fitness" became "Can't find the time". The Y became why go to the Y when I have so much work sitting on my desk.

My wife told me about a local fitness facility right around the corner from our house. She said it was not the same old gym membership. She was doing some exercise classes called "Fat Blast". I looked at my dust covered treadmill, noted that I had developed more belly rolls than I had actually done on that AB-Roller I bought, and decided to pay a visit to Gabriele Fitness.

The first thing I noticed was the attitude of the people at Gabriele. The place was oozing motivation. Not only were the trainers filled with energy but the people working out were



Tony has been training with us since last spring and has made tremendous strides. Tony's attitude and work ethic are outstanding and he is growing into a great leader. Tony is the younger brother of John, a former GFP athlete of the month. Only a sophomore, we look forward to a bright future on the gridiron and wrestling mat for Tony.

### **FAT BLASTER OF THE MONTH Maribel Proano**



Maribel has been a Fat Blaster for over a year and still continues to progress every session. She comes in the facility with an intensity unmatched by many people. She trains "angry" and is always looking to improve.

### **MIDDLE SCHOOL ATHLETE OF THE MONTH Tony Iannone**

having fun while going through their routines. After talking with Vince we decided that the semi-private training was best for me to enable me to work around my years of self neglect as well as my knee and shoulder injuries.

The first week was tough but the routine Vince worked out did not put any stress on my knees or shoulders yet I still got a good workout. With the frightening amount of sweat pouring out of my body I actually was awarded my own exercise matt. I think it was more to protect others than an award for a week of hard work. That weekend I took a look at the Gabriele website and saw the before and after picture of Jim Conover and decided I was going to be the next before and after picture. I told Vince and he was all for it. He broke out his camera, took the picture and told me it was time to get to work.

I have been working out at Gabriele for six months, lost 33 pounds, four inches around my waist and fit into clothes that had been gathering dust in my closet for (10) years. My trainers, Vince and Tom, make it easy to work out three days a week because of the energy and commitment they bring to each session. Their assistance with diet, stretching and designing a workout program to meet my needs has been the key to my success. I can't wait to read about their next success story!

-Jack Reiner

[CLICK Here to learn more about the program that helped Jack get these results](#)



**Big Tone is one of the most improved athletes to come through the doors at GFP. He has participated in both our MSAD and Smart Beast programs and has been a model athlete. His passion to improve and constant positive attitude are what have helped him get better every session.**

#### Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

## ***CODE RED FAT LOSS***

TOP 5 FAT LOSS ESSENTIALS WHEN YOU  
NEED RESULTS FAST

By Jeff Cavaliere

### **1. Pass on the boring cardio in favor of interval training**

When it comes to fat loss, this may shock you...but traditional cardio is not only NOT the most fun way for you to see results, but it's actually not even the most effective way (at all!). Instead, break out the jump rope and jump for either a total number of jumps or for time and you'll see why boxers use this as their number one conditioning method when getting

ready for a fight! Don't know how to jump, no problem...try a simple kettlebell swing for 30 seconds and your heart will be pumping (and your metabolism will be revving up) as you gear up for alternating sets of these and jumping jacks. Or skip these altogether and set up a circuit of 6 fun and unique exercises like mountain climbers, skier hops, Spiderman crawls, etc and you've got a killer 3 minute circuit routine that can be repeated 3 times for a total of 9 minutes of EFFECTIVE conditioning that would rival any 40 minute routine on a treadmill!

## **2. Eat every 2 ½ to 3 hours**

Nothing keeps your metabolism revved up more than by consistently feeding the fire with the "wood" that it craves...in this case food! Those that are sticking to the old fashioned 3 meals a day (or worse...less) are putting the brakes on the amount of fat that their bodies will allow them to burn. You see, without a consistent supply of high quality calories to rely on for energy, the body will preserve what it's got and be much more resistant to the idea of letting you reach your new fat loss goals. It's a matter of supply and demand. When calories are in good supply...the bodies demand to retain fat will drop drastically and you'll bust through weight loss plateaus that seemed impossible til now. Start with a solid breakfast and eat every 2 ½ to 3 hours after that. That amounts to a breakfast, midmorning snack, lunch, midafternoon snack, dinner, and the crucial prebed snack...YES...you can eat later at night and not only get results, but get better results!

## **3. Every meal needs to have some protein, carbs and healthy fats in it!**

Eat them in isolation...and sacrifice your results! Perhaps one of the most common mistakes people make when they're trying to burn fat (or even when they're not for that matter) is HOW they put together their foods. Eating a potato and then eating some chicken hours later has a drastically different effect on the body than eating them TOGETHER would have! Remember, it's still the same amount of calories! But it's HOW they're eaten and when that determines the end results. That said, you're going to want to aim to eat a protein, carb, and healthy fat at EVERY meal with only one exception (that being immediately following your workout with Vince...where you'll want to get just the carbs and protein and limit the slower digesting fats). Stick to this idea of nutrient combination and you'll see how even if you eat the same exact amount of calories and the same foods, by combining them differently you will get much different results.

## **4. Perfection isn't needed...but "damn close" is (if you want to win this thing!)**

If you're listening to what I'm saying and you're eating the 5-6 times a day that is going to be critical to you dropping the most fat you can in the next 8 weeks, then you'll be looking at somewhere between 35-42 meals a week! Let's take the 6 meals, since that's what I'm really recommending here. 42 is your total. Do you have to get ALL 42 exactly right? Do you have to be super strict on every one, never slightly veering off to treating yourself to favorite dish as a reward for your efforts? No. Sometimes the meal does more than just a boost for your sanity...it actually kick starts the metabolism even more as it serves as a shock or well timed jolt. Now that said, you don't have license to do this more than 4 times! Not in this competition at least. If you want to get the best results, you're going to need to stay on point....but you do have a littttttlllllee bit of flexibility here. So...."perfect"? No. Close to perfect? Yes....and you can do it, especially with the help of these 4 diversions that will help to keep your mind as thrilled about your results as your eyes will be when they look in the mirror!

#### **5. DON'T fear the carbs!**

Don't listen. Cover your ears. Throw away the books and turn off the television shows that are telling you to run from carbs as if they're the latest chemical warfare agent. Guys...it's actually quite the opposite. If you want to succeed in this contest. I mean, really succeed (like win the whole thing!) then you're going to NEED to keep the carbs. That should be music to your ears I'm sure, since there are so many carbs that just have no substitute. They are comfort food and are chemically being "asked" for by the brain all the time...and for good reason. They will supply the muscles with the fuel you'll need over the next 8 weeks to help you power through your fat blasting workouts. That said however, you're going to need to choose wisely. As you know, not all carbs are created equal. You're going to want to stay away from the sweets, the processed carbs and the simple sugars as these will help you win...but only if you're competing in a "who can put on the most weight" contest! Instead, I'll show you how you can stick to the pastas, rice, oatmeal, cereals, breads, and vegetables in filling amounts to actually double and triple the results that are possible compared to those that will still believe the misinformation about avoiding them altogether! Grab these meal plans and see how tasty these choices can actually be...and they've never been easier to prepare!

**DON'T FORGET TO GET YOUR 8 WEEK  
STEP BY STEP MEAL PLANS BY CLICKING THE LINK:**

# CLICK HERE TO LEARN MUCH MORE

## Exercise of the Month: *Barbell Reverse Lunge*



A great exercise for improving Lower Body strength and balance. This is not a beginner exercise and several weeks of split squats and other single leg squat variations should precede this exercise in order to develop the strength necessary to properly execute it.

Place a barbell across your upper back and stand with your feet parallel. Take a large step backward with one foot and slowly lower that knee to the floor. As your knee gently "kisses" the floor, drive hard off of the front leg and bring your feet back to a parallel position. Alternate legs every rep.

[Click HERE to see BB Reverse Lunges](#)

### Bolt of the Month

**"It always seems impossible until its done"  
-Nelson Mandela**

## Contact Information

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