

GABRIELE
FITNESS & PERFORMANCE



Summer Time at GFP

Things are heating up inside 20 Locust Ave. this Summer!

GFP Newsletter

JUNE 2009

Summer is here and things are heating up at GFP. We are excited for our first ever full summer in our facility. In a few days this place will be rocking all day long. We hope to see you working hard and getting after it in the heat!

We have a few new You Tube Videos that show some great clips of our High School Athletes and Fitness Clients. [Click Here to Check out our YouTube page!](#)

ACR,
Vince

Check out our 2009 Fall Schedule

Fat Blast Boot Camp

-Men & Women can choose 2 or 3 classes per week

Mon, Wed, Fri - 9:00 am or 10:00am

Tues & Thurs - 6:00 am, 9:00 am, 10:00 am, 6:30 pm

***Tues- 8:30 pm (Men Only)**

Sat- 8:00 am (Men Only) or 9:00 am

Dates - Sept 14th - Dec 19th

**Class is 14 weeks, with 1 week break (Thanksgiving)*

Middle School Athletic Development

Mon, Tues, Wed, Thurs - 4:30 pm and 5:30 pm

Fri - 4:30 pm

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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

Sat- 9:00 am and 10:00 am

Dates- Sept 14th - Dec 19th

Core Training: What to Ditch, What to Pick-up

By Vince Gabriele MS,CSCS

Your spine is like a credit card, it is not meant to bend. If you do bend a credit card it does not break right away but it forms that little white line. If you keep bending (repeated flexion) it will break (Low Back Pain) The majority of the people in this country have had lower back pain at some point in their life and it is usually due to poor lifestyle habits combined with poor training habits.

The computer person's typical day: 8-12 hours of seated posture, rounded shoulders, a flexed spine, shortened hip flexors and a forward head.

When you have this type of lifestyle your training program should include exercise to help reverse this process not reinforce it.

The absolute number one job of your lumbar spine (low back) is stability!

Here are a few exercises to ditch and a few to pick up to keep your low back healthy and improve your posture.

Ditch

Crunches on the Swiss Ball- Like mentioned above if you keep bending something that is not meant to bend over and over again there will eventually be a problem. Repeated low load flexion exercise is probably one of the worst choices for abdominal training.

Perform 0 sets of 0 reps.

Pick up

Swiss Ball Plank: Now don't go taking the axe to your Swiss ball just yet; they are great if used properly. The main function of your spine is stability. This exercise helps to stabilize the spine and train your anterior core muscles to get stronger without stress to the low back. Place your elbows and forearms on the ball with your feet on the floor, be sure to keep a neutral spine and do let your hips move. Start on the floor and progress to the ball.

Hold for 3-6 sets of 10 seconds.

Ditch

Bicycle Crunches: Yes they burn but is that burn contributing to some big time low back problems. YES! Your lumbar spine has limited range of motion, 12.5 degrees from all 5 vertebrae to be precise. Lets not try to rotate it more than is physically possible. Now we are adding two bad things for core training repeated low load flexion and rotation. Your Low back is not meant to rotate or flex, it is meant to stabilize.

FITNESS CLIENT OF THE MONTH Ken Byra



KB has been training with us since November and has seen great results. Ken came in looking to get help with back pain that has plagued him for years and improve his overall fitness. His commitment to training has helped him reach both goals. KB trains 3 times a week after working all day and commuting to and from NYC. Great job KB, keep up the hard work!

ATHLETE OF THE MONTH Justin Ennis



In our athlete training groups we do not praise big numbers, we praise big gains in strength and power. Justin has done just that. He has hit personal records in all of his lifts and has put on some great size to show for it. He has dedicated himself to becoming a dominant athlete and is on the right track. We are excited to see Justin on the field fro GL in the fall!

FAT BLASTER OF THE MONTH Patricia Starr

Perform 0 sets of 0 reps.

Pick-up

Loaded Carries- An awesome exercise to build strength and endurance in the lateral core muscles-Obliques and Quadratus Lumborum with very little stress the spine. Simply grab 1 DB or KB, hold it at your side and walk for 30-60 seconds, then switch sides.

Perform 1-3 sets

Ditch

DB Front Raises- Upper body posture can be a big cause of low back pain. This exercise reinforces the posture you are forced to be in all day. When your shoulders are rounded forward your spine is flexed all the time. This puts stress to the low back.

Perform 0 sets of 0 reps.

Pick up

Band Pull-Aparts- An awesome exercise to help strengthen the muscles around the scapula(Mid-Back) and stretch the chest. As these muscles get stronger it pulls your shoulders back and gets your spine back into extension instead of flexion. Our clients and athletes do 100 reps per workout. You should feel this exercise in the middle of your back, not the front of your shoulders.

Perform 10 sets of 10 reps or 5 sets of 20 reps throughout the course of your workout.

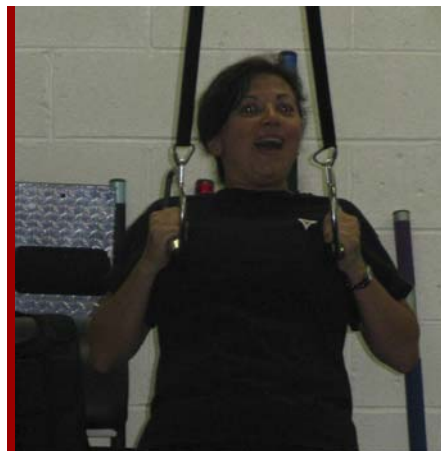
I know it seems insane to not do crunches but if you want to have low back pain keep on crunching. If you want a healthy low back and great posture start picking up the above exercises.

A final note: All of these exercises good or bad are designed to improve strength and endurance in the core muscles. They do not help remove Fat from the belly!! If this is your goal, spend more time on your nutrition.

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.

Exercise of the Month: Single Leg Kettlebell RDL



Patricia has been with us for a while now and her dedication to Fat Blast and her nutrition has shown in her results. She always is a pleasure to be around and gets down to it when 9am rolls around. Keep up the great work Patricia!

MSAD ATHLETES OF THE MONTH

Julianne Kingsley, Katie Reilly, Teagen Haddad and Julia Pencek



Ladies! This is the first ever group award but since you guys have been consistently training together since September we thought it would be appropriate to give this award to each of you. If you think that Middle schools girls do not work hard and get after it then think again. Yes these girls talk a LOT but when it comes down to it they have all considerably improved in every aspect of athletic development and have a blast at the same time. A big shout out goes to Meg for doing a great job helping these girls achieve their goals. We are looking forward to seeing these girls get even better over the summer. They are all training at SAM this summer, 3 times a week. That is dedication!

Quick Links

[Register Now](#)

[Testimonials](#)

[GFP on YouTube](#)

Probably our favorite exercise for strengthening the glutes, hamstrings, low back, core and grip. Also great for improving balance. Place a Kettlebell on the floor in front of and on the inside of your right foot. Bend your right knee to 20 degrees and hinge at your hip with an extended spine. Forcefully grip the bell with a locked elbow and pull your body upright with your glute. Place the bell down and stand up without the bell to reset. Repeat 3-5x per leg

[Click Here to Check out our Video of the SL KB DL](#)

Announcements

Gabriele Fitness and Performance at the Amber Pizzo 5k

Please sign up for our race team at the 4th annual Amber Pizzo 5K race/walk in Berkeley Heights. [Click here to Register for our Team](#)

Contact Information

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