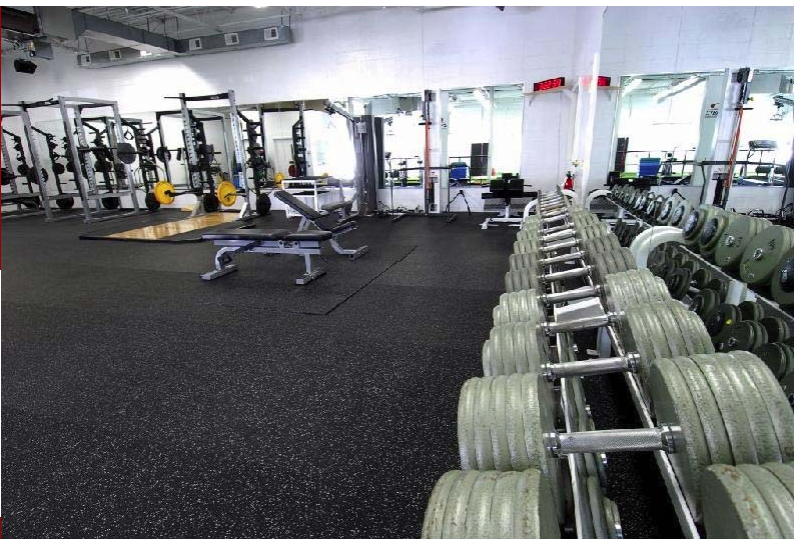


GABRIELE
FITNESS & PERFORMANCE



Fall is Here!

As the Temperature Drops, Things are Heating Up
Inside the Walls of GFP.

[Click Here for a look inside Gabriele Fitness and Performance](#)

GFP Newsletter

September 2009

Fall is here and we hope you are enjoying a little cold weather and some football. September 8th marked a full year of operation for us and we would like to thank everyone who has been a part of it. We will celebrate our 1 year anniversary on October 24th at 5pm so please come by to join us.

GL vs. Summit Please drop by Tatlock Field in Summit this Friday night at 7PM as two Gabriele Fitness Trained Football teams will square off under the lights. Both teams are off to a great start and we know it will be a great game.

Coach Nick Gregorio of Johnson Regional had his first win as a head football coach this past Friday night in a 20-0 shutout of Roselle. Congrats to our great friend Nick!

Have a great month,

Vince

Winter Programs at GABRIELE FITNESS AND PERFORMANCE

FAT BLAST BOOT CAMP
14 WEEKS January 4th - April 3rd

In This Issue

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.

Turn your body into a fat burning machine!

Offered Monday through Saturday 2 or 3 day/ week options

[Click HERE for more Details](#)

MIDDLE SCHOOL ATHLETIC DEVELOPMENT

17 WEEKS January 4th - April 30th

Co-ed camp is specifically designed for Middle School (ages 10-13) athletes looking to improve their athletic performance. Speed & Agility, Coordination and balance, Increased relative body strength, Responsibility

Choose any 2 or three days :

5th & 6th Grades Monday through Friday at 4:30
Saturday 9 am

7th & 8th Grades Monday through Thursday at 5:30
Saturday 10 am

[Click HERE for more Details](#)

HIGH SCHOOL ATHLETE PERFORMANCE TRAINING

13 weeks November 30th - February 28th

ULTIMATE IN-SEASON

- Weight training 2 times per week has been proven to maintain your strength, speed and power over the course of a long grueling season. Two sessions a week in the weight room will be all you need to keep your performance at a very high level.

Held Tuesdays and Thursdays at 7:30 PM

[Click HERE for more Details](#)

ULTIMATE OFF-SEASON -

We have designed a specific Off-Season Strength, Speed and Conditioning Program to have you at the top of your game when the season rolls around. The first portion is dedicated to Speed and Agility and the second portion to Strength and Power.

[Click HERE for more details](#)

2 Awesome Ways to Burn Fat

(Article 2of 2)

By Vince Gabriele MS, CSCS, YCS

In Article 1 we discussed inefficient (but very popular) ways to burn fat. Long Distance Running and High Rep Light Weight Resistance Training were the culprits. Now for the great news! There are very efficient ways

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 Brian Duffy



Brian Duffy is our fitness client of the Month for September. Brian trains in the storied and legendary MWF 6am Fitness coaching crew. Duff has been training with us since May and has kept an almost perfect attendance record. He brings an intensity and passion for fitness to the facility on a daily basis. Great job Duff, keep up the hard work!

ATHLETE OF THE MONTH Justin "Bubba" Smalley



Bubba is a favorite around here. His positive attitude and constant smile make everyone around him better. Bubba has worked hard all off season getting ready for football and is doing on great job on the offensive and defensive lines of the GL freshman team.. He continues to work hard in our In-season program and gets better every time he steps foot in GFP. Great job Bubba, keep working hard and smiling!

FAT BLASTER OF THE MONTH Janet Feakes

to burn fat: *Metabolic Resistance Training and Interval Training.*

Metabolic Resistance Training

If you have only 30 minutes to work out and your goal is fat loss, here is your winner. Resistance Training builds muscle, more muscle increases metabolism, and that means more fat loss. This method not only burns a ton of calories during a 30 minute circuit but keeps your body burning fat after the workout. We have had men burn well over 1,000 calories and some women burn around 600 in our Fat Blast workouts. The key though is not the calorie burn during training, but after. Using a heart rate monitor while training tracks calories burned during and after the workout. We have had clients report they burned 600 calories while sitting down for lunch after a workout, in addition to what they burned during the session! They pretty much worked off their lunch while sitting there eating it!

Metabolic Resistance Training uses traditional resistance training exercises but is done with minimal rest in between sets. 2 Keys: 1. Exercises that use several muscle groups (more muscles used, more calories burned) 2. Group the exercises strategically, not working the same muscle groups one after another. This allows some of your body to be recovering while the other works. Here is a typical Fat Blast circuit we use:

- Split Squat
- Push-up
- KB Deadlift
- Blast Strap Row
- Plank Variation

Notice the staggering between the upper and lower body. The last station is always a core stability exercise. We might perform this circuit 2-4 times.

Interval Training

The second super efficient way to burn fat is Interval Training. Interval Training is performing a high intensity exercise for 30-120 seconds followed by a short rest period. This allows training at higher intensities and provides a time efficient way to exercise. When it comes to fat loss, interval training is the absolute best cardiovascular choice to burn fat. Why? Just like metabolic resistance training, the amount of calories you will burn after your workout. It is like free fat Loss.

Many talk about the fat burning zone, recommending staying at lower intensities to use fat as the main fuel source. While true that you burn a higher percentage of fat at lower intensities, this is very misinterpreted as you are basically burning fat only while actively exercising. Think of a car that you turn off after driving and one that you leave running. The running car is still burning gas (fat), while the car that is off has stopped. Interval training will burn more total calories because of the effects on the body after training. Interval training is challenging, but the good news is its short duration. Some interval training sessions take less than 10 minutes.

Here is a sample interval training workout using the Air Dyne Bike, which is the best modality for interval training. If your gym does not have them then use another bike or treadmill but be careful. Air Dyne Bikes offer the highest amount of metabolic disturbance (which is very



Our second FBOM from the "hardcore" 6am class. Janet is a wily Fat Blast veteran who has a NEARLY perfect attendance record and brings an amazing attitude to the gym every time she trains. Janet is constantly looking to push her body to another level and improve her overall fitness. She has seen great results and has been a model client since her first day. Keep working hard Janet!

MSAD ATHLETES OF THE MONTH Carter Stumpf



We are proud to name Carter our middle school athlete of the month. He brings great energy and enthusiasm to every MSAD class he attends. Carter is a great leader and often is asked to demonstrate the techniques and skills taught during the sessions. Carter has also shown outstanding skills on the turf as one of the top players at GFP style dodgeball. A collarbone injury has sidelined Carter this fall, but we wish him a speedy recovery and can't wait to see him back on the playing field and in the facility soon!

Quick Links
[Register Now](#)

good) with the least amount of joint stress.

- Minute Warm-up
- 30 second sprint
- Rest 2 minutes
- Repeat 3 times
- 3 minute cool down
- Approximate Total Workout time: 15 Minutes

You now have the map to the Fat Loss Goals you have been working so hard to achieve. These simple adjustments in your training will make all the difference. Take action now and you will be very happy with your results.

Exercise of the Month: Inverted Barbell Row



The exercise of the month for September is the Inverted Barbell Row. The Inverted Row is a great exercise for developing upper back strength and improving posture. This is a great movement which can be performed by athletes and clients at any fitness level

To perform the inverted row, place a barbell in a rack and make sure it is secure and will not roll forward or back. Place your hands slightly wider than shoulder width and allow your body to hang underneath the bar. Begin the movement by driving your elbows backward until the bar touches the middle of the chest and the shoulder blades are pinched together. Slowly Lower yourself back down until arms are straight and repeat the movement. To increase difficulty elevate your feet or bend your knees to make the movement easier.

Bolt of the Month

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."

-Anonymous

Gabriele Fitness and Performance

20 Locust Avenue
Berkeley Heights NJ 07922
908-464-4441
info@gabrielefitness.com

GABRIELEFITNESS.COM

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to vince@gabrielefitness.com by vince@gabrielefitness.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Gabriele Fitness and Performance | 20 Locust Avenue | Berkeley Heights | NJ | 07922