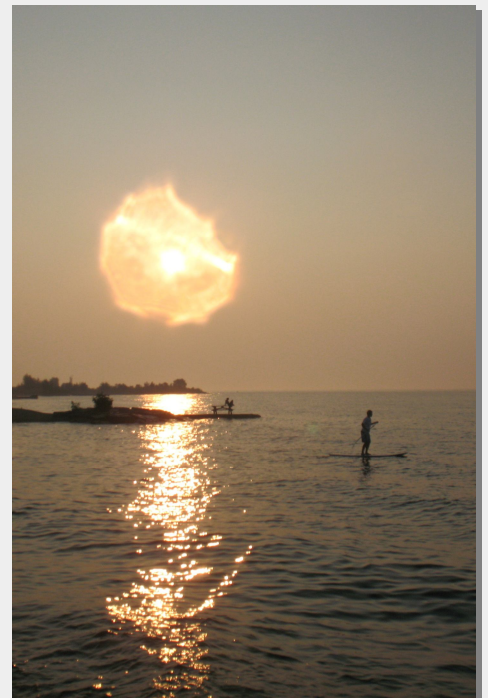


Fitness • Adventure • Surf

In October's Newsletter

- Waves Training Studio
- Sample Workout – Full Body Circuit
- Client Interview: Harold Arkin
- Injured? When to Return
- Surf Ontario: Lessons start again next June
- Training & Nutrition Quiz Contest
- Video: Supine Bridge = Strong Backside
- Costa Rica Trip Dates
- Recommended Reading: Strength Training Anatomy



VIDEO



Supine Bridge = Strong Backside
www.youtube.com/watch?v=YPuFJ_IpvrY

Real Exercises for Real Results





www.surfontario.com



Until Next Season – Keep Stoked

Client Interview: **Harold Arkin**

1. What motivated you to start training?

Inactivity. I wanted to break out of a rather dormant period and get back to a period a year earlier before I left my training sessions. Also, I need to stay active, not only because I enjoy it, but to ward off potential threats to one's health such as Type II Diabetes and cardiovascular diseases.

2. What is the focus of your training?

Better conditioning. Reshaping: my shape (both literal and figurative), my activity level, my nutrition and eating habits.

3. Describe a typical training session with Mike.

Ug! (lol). Just kidding. Mike tries to find the right balance of difficulty and activity level for your age and condition. He always encourages you to do better, while respecting your "upchuck" thermometer, if you know what I mean.

4. How do you feel after your workouts?

Great! I actually feel better the next day as well. Must be the endorphins at work!

5. What other fitness activities do you do outside of your sessions with Mike?

I usually complete around two elliptical cardio sessions, at least 45 minutes each per week, plus a daily walking regime. I am also trying to increase my stretches during the week. Many of Mike's exercises can be done at the office, like balancing, core work, as well as stretches.



6. To date, you have participated in many Waves Boot Camps and training sessions with Mike proving you are clearly up to challenges. What do you foresee as your next fitness challenge?

Probably making the stretches and exercises more regular during the rest of the week. I would also like to address nutritional issues.

7. What advice do you have for someone looking to get started in a fitness routine?

Don't wait! Get started with the basics, and take it one step at a time. Try one of Mike's boot camps. A boot camp is a great way to kick start the weekend in a supportive group environment.

TRAINING QUIZ CONTEST!

October's Questions:

1. Give two examples of a low and a high glycemic index food.
2. To optimize muscle glycogen replenishment, you should eat _____-rich foods and drinks within 15 minutes after your workout.
3. True or False. Muscle cramping could be from a lack of water, calcium, potassium or sodium.
4. Maximum strength gains are achieved by lifting what percentage of your maximum or how many reps?
5. Name two exercises to help strengthen your glutes and aid in the prevention of back pain.

Get 80% on your quiz results from August to November and get a consultation AND free training session with Mike at his studio!

Email Mike your answers.

Good Luck!

September's Answers:

1. Which cholesterol is good? HDL or LDL? What percentage is good?
Good cholesterol is HDL - High Density Lipoprotein 25%
2. What foods should you avoid?
None - all are fine in moderation.
3. At what age do bones start to thin as a normal part of aging?
35
4. True or False. Freezing destroys more nutritional value than cooking.
False
5. What are the main causes of Type II Diabetes?
Lack of exercise and poor nutritional habits.

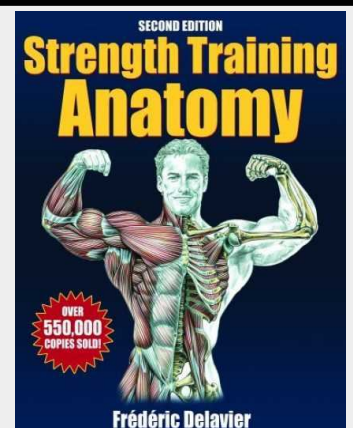


RECOMMENDED READING:

Strength Training Anatomy

Frederic Delavier

Detailed exercise explanations and the muscles recruited.



COSTA RICA GETAWAY

Costa Rica North Trip – December 13-20, 2009

\$2375 All-Inclusive

Costa Rica South Trip – January 10-17, 2010

\$1950 All-Inclusive

Costa Rica South Trip – February 7-14, 2010

\$1950 All-Inclusive

Dates can be arranged to suit groups

Sample Workout: Try this circuit to improve your strength and conditioning**

1. Dynamic warm-up – 8 Minutes
2. Move through below exercises 3x's without rest
 - Squats: 12-15
 - Push ups: 15-20
 - Pull ups: 15-20
 - Step ups : 15 each leg
 - Seated Row: 15-20
 - Bench Press: 12-15
3. Core Circuit 2x's
 - Prone Plank: 4x15 second hold
 - Glute Kick Backs: 15 each leg
 - Swiss Ball Crunches: 10-15
 - Side Plank: 3x10 second hold each
4. Stretching and Cool Down – 10 minutes

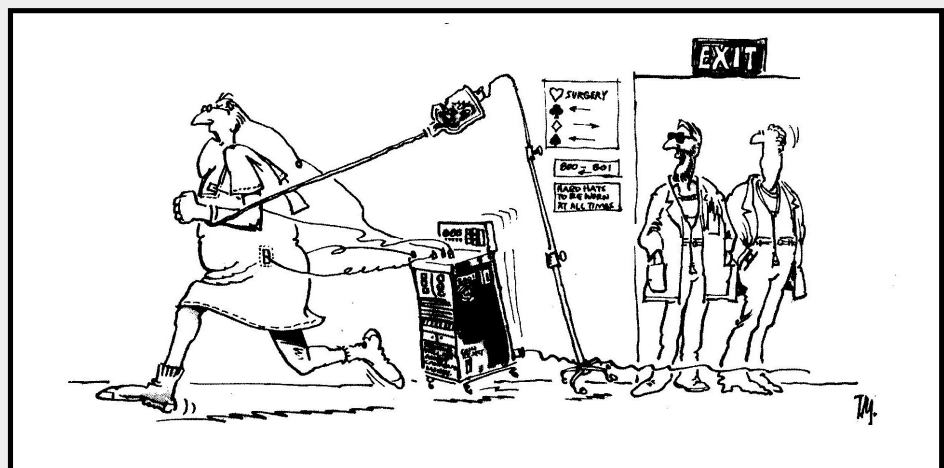
**Contact Mike for info on how to progress or regress the exercises*

***Consult your doctor before beginning or modifying an exercise program*

Checklist to return to action following an injury:

- ✓ 100% range of motion
- ✓ 100% return of strength
- ✓ Absence of pain
- ✓ Psychological readiness
- ✓ The ability to perform the skills of the chosen activity

NCCP, Coaching Theory



Stay Tuned for November's Newsletter!

TRAIN 2 LIVE
TRAIN 4 LIFE

www.catchawavefitness.com