

Looking Good Feeling Great
Weekly Newsletter
Issue 5

*Welcome valued clients to the fifth in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

Exercise:



“Odd Object Lifting”

Last week we preached the benefits and convenience of bodyweight exercise. In a continuation of convenient exercise modalities, we will now examine the idea of working out with unusual equipment, or “odd object lifting”. By now we all know the benefits lifting weights, increased bone density, increased muscular strength etc. But did you know that lifting weights doesn’t necessarily mean dumbbells? Weight is weight. If an object weighs something, we can consider it a weight. Just as we can use bodyweight exercise to overcome the obstacle of minimal equipment, we can utilise everyday items in our training. You’ve probably seen examples of this type of training in Strongman events. Dragging cars, lifting stones, pressing kegs etc. If any of you have been to boot camp classes, chances are you’ve dragged a 4WD tyre up a big hill, or performed tyre flips across the oval. A tyre provides us with great opportunities to work every muscle in the body. For full tyre pulling tuition, come to a boot camp! But what other object can be used for training? You’re limited only by your imagination. I’ve trained people with bags of cement, backpacks full of baked bean tins, 15L water containers and much more. Your body can’t tell the difference between 15kg of weight plates and 15kg of water, so let’s not be limited by convention! Actually, a large container of water can be quite a challenge, as the water sloshes around, constantly changing the centre of balance. This forces the muscles of your core to work overtime.

In the following workout, we’ll be working the entire body with items everyone has in their house.

Workout of the Week
“The Odd Couple (of exercises)”

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20 Squat/ overhead press
20 Bent over rows
20 Bicep curls
20 Skull crushers
20 Chest Fly
1 min jog on the spot

Repeat the above x3

Find objects around your house to perform this workout, even if you own weights. An odd object can provide a different kind of challenge to a perfectly balanced barbell. A backpack full of tins or books is a good starting point. Half full water bottles in a pack will definitely provide a unique workout. If you can easily perform 20 reps with your pack, load more weight in.

Nutrition:



This week we are examining Fat and the role it plays in the diet.

Fat: The Facts

- There are good fats and bad fats. Don't avoid fat altogether!
- There are two main types of fat- saturated and unsaturated. Steer clear of too much saturated fat. Unsaturated fats (the good fats) can be broken down into polyunsaturated and monounsaturated.
- Unsaturated fats play an important role in the body, from keeping skin healthy, to helping regulate body functioning.
- Polyunsaturated fats can be found in tuna, sardines, walnuts and soybeans
- Monounsaturated fats can be found in avocado, nuts, seeds and olive oil.
- Saturated fats can be found in milk, cheese, cream, meat and coconut oil.

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- Finally, the other type of fat are Tran's fats. These are made by hydrogenating oils during manufacture of some fast foods, such as cakes and biscuits. Too much saturated and Tran's fats can increase risk of heart disease.
- Make room in your diet for a healthy dose of good fats. They're good for you and taste great!

"Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work."

-H L Hunt

Exercises:

Squat/ Overhead Press: <http://health.howstuffworks.com/total-body-warm-up-exercises.htm/printable>

Bent Over Rows:

http://www.signonsandiego.com/uniontrib/20070403/images/curr_firefit.jpg

Bicep Curls:

http://www.brides.com/images/editorial/2006_brides/09_10_p532_acalltoarms/00_main/002_primary.jpg

Skull Crushers: <http://www.weight-lifting-workout-routines.com/skullbreaker.jpg>

Chest Fly: <http://www.building-muscle101.com/images/flyes.jpg>

* Note, chest fly can be performed on a Swiss ball, or on the ground if nothing else is available.

We hope you have enjoyed the information carried out in this issue. Here at 'Looking Good and Feeling Great' we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below:

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