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*Elite Fitness Training*

**THE CLUB**  
AT GIG HARBOR

3rd Qtr. 2016

Club Hours: Monday – Friday 5 a.m. – 8 p.m. Saturday 7 a.m. – 2 p.m. Sunday By Appointment Only.

***THE TRUTH ABOUT LIQUID COURAGE by Derikk Heinrichs***

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With summer and lots of warm weather right around the corner, that means it's time for beer and barbecues right!? This is a tough topic and not one that a lot of people enjoy talking about with their trainer. However, I want to state some facts and spread a little bit of knowledge as to why you should cut back on the cocktails. Trainers are not trying to take away all of your weekend fun and make you an anti-social weirdo. It is because we care and want to see you get the most out of your training and body. Isn't the whole point of working out to make progress toward a goal? So, if you're not getting a bigger, stronger, or leaner physique, there has to be something getting in the way. You work too hard to let alcohol rob you of results, so let's look at what alcohol does to the body.

**The Scale Could Tip:**

While there's room in an otherwise balanced, healthy diet for a drink now and again, at the end of the day, alcohol translates into unnecessary, un-nutritious calories. Add in the junk-food munchies you may down after a night of drinking, and you've got a surefire recipe for adding pounds.

**Your Body Is Left Hungry:**

When consumed excessively, alcohol can have detrimental effects on how your body uses, stores, and excretes nutrients. It can also interfere with the absorption of nutrients, like B vitamins (which play a huge role in metabolism), vitamin A (a powerful antioxidant that helps the body recover from exercise), and vitamin C (which assists with bone growth and vision).

**Alcohol Can Lower Testosterone:**

2-3 beers in a day can lower testosterone in the body. This affects women too! Too little testosterone leaves your body vulnerable to fat gain and inability to gain lean mass.

**Your Clean Eating Is Derailed:**

Alcohol consumption can mess with a carefully planned-out diet. Many alcoholic drinks are calorically very dense and packed with sugar. If you're mixing your alcohol with things like energy drinks or juices from concentrate, or even having a few glasses of wine, you are giving yourself a sugary rush with each sip.

**Sleep Quality Suffers:**

Alcohol can prevent restorative deep REM sleep, which is needed to feel rested. Lack of sleep can impair muscle recovery, and even if you manage to drag yourself to the gym after a night of tossing and turning, your workout will suffer.

This topic isn't a fan favorite, but it is an important one to talk about and understand. Keep in mind that your trainer loves you and wants nothing more than for you to be successful in your journey no matter what that may be. Remember that no drink tastes as good as being fit feels!

**The Club**  
at Gig Harbor

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In my years as a trainer I have been accused of messing up my counting on more than one occasion, really it happens all the time, I'm just good at covering it up! But, that's beside the point. I would guess that most of our clients who whine about counting don't even realize what it is they are complaining about. I know that you think it just means more hard work, but there is a method to the madness.

Effort is important, but it has to be applied correctly. To optimize your effort in the gym, you need to understand which specific rep range can best help you reach your goals. "Rep" is short for repetition, or the amount of times that you perform an exercise. The amount of reps you perform determines how much time under tension you put your muscle through while moving a certain weight load. Your rep and weight load will help you to better achieve the specific goals you and your trainer have. Here are the basic rules of choosing the right reps per set for your fitness needs!

**Build Muscle:** If your goal is to build muscle, you will want to stimulate your fast twitch muscle fiber which is more prone to growth with a heavy resistance training load. These fibers fatigue fairly quickly, which is why you can't lift a heavy weight very many times. If you're looking to maximize muscle size, target 8-12 reps per set. That means if you can do only 6-7 reps, the weight is too heavy, reduce it on subsequent sets. If you can easily do more than 12, add weight on your next set so that you're falling in the target range. Usually 1 to 2 minutes of rest is needed between sets.

**Strength:** When focusing on maximizing your strength, you want to train with even heavier loads, ones you can lift for just 1-6 reps. These very heavy weights provide the stimulus needed to grow stronger. In fact, that's how the biggest powerlifters train. They throw around huge weights but usually for less than 5 reps. Rest periods between sets for main lifts are fairly long, up to 3-5 minutes, so that you can fully recover before performing the next set.

**Endurance:** Not everyone wants to have bigger bulkier muscles. The classic example is the marathon runner who is geared toward improving muscle stamina. In the gym, that translates into using a lighter load for 15 or more reps.

Low-intensity training is typically considered aerobic exercise, since oxygen plays a key role in energy production. This allows you to maintain your activity level for a longer period of time. This energy process occurs primarily in slow-twitch muscle fibers, so by performing low-intensity, high-repetition training, this makes you more aerobically efficient. This training enhances the muscle's endurance without necessarily increasing the size of the muscle. Rest periods should be kept fairly short, since oxygen intake and lactic-acid removal shouldn't be limiting factors as you exercise.

This brings up an important point: you don't need to train in one rep range all the time. You might start a workout with a heavy compound exercise for 5 sets of 5 reps. To focus on building muscle, you could follow that with a few exercises in the 8-12 range. To finish the workout, you could even tap into your slow-twitch reserves and finish the session with an isolation exercise in the 15-20 range!

## **TEACHING AN OLD DOG NEW TRICKS by Ryan Haug**

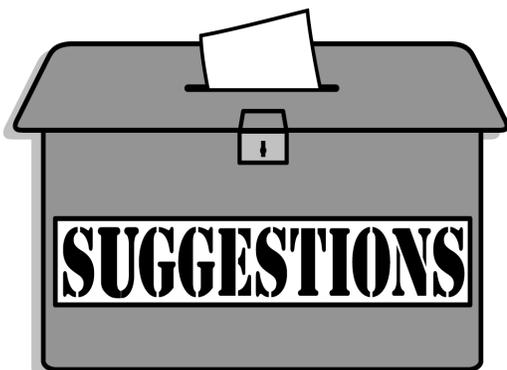
This year Russell Wilson is trying something new. He didn't particularly want to, but after speaking with his trainer Ryan Flaherty, he came to the decision that it was the best course of action. Russell thought, "I'm young (he's 27 years old). I still need to get bigger, faster and stronger."

Flaherty agreed, but reminded Wilson that he's getting older by NFL standards (30 years old tends to be the age when players take a severe down turn). The focus should be on injury prevention and stability, while at the same time getting bigger, faster and stronger. So Flaherty suggested a type of training made famous by Dr. Charles Poliquin 20 years ago. Poliquin developed a program called Tempo Training. The basis is to do full range exercises at a much slower tempo (speed), thus exhausting the larger muscles and forcing you to recruit smaller stability muscles which are often neglected and usually associated with injuries. For example: instead of doing a full range of motion exercise such as the bench press at regular speed which would take roughly 4 seconds to complete, you slow your eccentric (negative) and concentric (positive) to 6 seconds each, making the full range exercise last roughly 15 seconds when you add a pause at the bottom and top. A typical set of 10 reps would normally take 40 seconds at standard tempo, while under the slower Tempo Training speed, a set of 10 would last 150 seconds equaling 375% more time under tension. This kind of differential can mean huge gains for both major and stabilizing muscle groups.

After not too long, Wilson agreed. So this brings me to our clients. Many clients start their program at The Club completely deconditioned. Starting with a program such as this may drastically decrease the chance of injury during the infancy of your program. After time it may be advantageous to speed up your tempo as you look to increase weight, then slow back down to work stability at the heavier weight.

The reality is that none of us are getting younger, and we can't and shouldn't train like we did in our 20's. Injury prevention through Tempo Training is something we should all consider. For the past few weeks I have gone back to this type of training for myself and most clients. It is still too soon to make a judgement on the results, but the feedback I have received from my clients has been extremely positive. Ask your trainer how you can incorporate Tempo Training in your program if you're not already doing it.

## **SUGGESTION BOX**



Have suggestions for The Club?

Ever wanted to give some feedback or ask for some changes?

We want to hear your suggestions.

Please do not hesitate to let us know what you think.

We want to make sure that your suggestions  
and requests are heard and recognized.

## COMMON HEALTH FOODS THAT PACK ON THE POUNDS by Klarissa Wren

When attempting to clean up your diet it is typical to swap out what you have been eating for the similar healthy versions of the same foods. Unfortunately many of the options people gravitate towards to lower sugar and fat intake are actually working against their bodies. Most of the alternative foods on the market may appear healthy, but are in fact what's keeping you hungry, and craving all the foods you are trying to avoid.

**Artificial Sweeteners** Artificial alternatives to sugar might actually be doing the opposite of what one would expect. Many studies have addressed the safety and health benefits of artificial sweeteners and truth be told, there is more proof they aide in weight gain rather than loss. According to a study by Yale University, artificial sweeteners lead to weight gain and a higher daily caloric consumption. Research found that they increase appetite and cravings for sweets as the zero calories leave your body feeling a need go unmet. Also, since they have no actual sugar substance, the signal telling you to stop eating is disrupted, creating a tendency to over eat.

**Hidden Sugars** Sugar goes by many different names but once in your body, it's all treated the same. Even low calorie or heart healthy cereals and protein bars can be loaded with sugars under many different names. Brown rice syrup, corn syrup, coconut sugar, cane invert syrup and malitol syrup are just a few of the common types of sugar health foods often incorporate. Sugary additives can also be hidden in whole wheat, and whole grain products. To be labeled as "whole wheat" takes very little on a health standard. If there is just one whole oat grain in a serving of bread it can be called "whole grain". Don't be fooled by the marketing. Franz, among many other 100% whole wheat breads are also loaded with high fructose corn syrup as one of the first few ingredients.

**Fat-Free Foods** Fat is not only tasty but also home to many essential nutrients. When fat is removed flavor will suffer. This is why non-fat milk will always have more sugar than 2%, sure there are less calories but with that, less nutrients and a supplemental sweet to give flavor. Aside from naturally occurring fats, some foods add a "fake fat" to keep calories low and the health conscious happy. This is often found in potato chips so they can remain, oily looking, tasting and feeling yet magically have no fatty oil on them. They are actually full of a nutrient depleting chemical that runs straight through your digestive tract because your body doesn't recognize it as food. The FDA has approved this fake fat as safe, yet it can still cause bloating, and an uncomfortable stomach as well has been proven to encourage an increase in fat cravings and consumption by those who eat it frequently.

Just because a label implies that something is healthy, it is important to remember a diet composed of whole foods close to their original form is the most efficient way to lose weight and keep it off. Clinging to your healthy versions of bad foods or relying on chemically altered products is not nearly as effective as portion control of a well rounded diet.



Join us for **BOOTCAMP**

**SATURDAY MORNING**  
8 a.m. to 9 a.m.

Why boot camp? Well, at *The Club*, we are always looking at different ways to help you achieve your health and fitness goals. Our workouts will work your entire body, increasing endurance, burning calories, and improving your overall health.

**Boot Camp at *The Club* is FREE for everyone, not just members, so bring a friend along for the fun!**

## **HOW TO MANAGE YOUR FITNESS GOALS by Gabe Merritt**

We all have fitness goals, even if the goal is simply to maintain your current status. Some goals are more specific than others. Some goals are much more difficult to achieve than others, and some goals will forever be a work in progress. Regardless of whatever your specific goals are, a critical step in achieving those goals is to make sure you manage yourself and your time specifically toward that goal.

Managing your self includes making sure that you have given your body every advantage it can to succeed today at achieving your goal. This includes giving your body the proper nutrients, hydration, and rest it needs to function at its best. If you go into a workout with your body at 75% of its best, you'll never get more than 75% of the results you're looking for.

Think about what you put in your body. Is what you are eating / drinking coinciding with your fitness goals? If not, why are you putting it into your body? Plan ahead when it comes to your food and liquid consumption. We as trainers see it too often when clients work their tail off in the gym and then ruin their progress when it comes to eating and drinking the wrong things. Also, think about if you are trying to gain muscle, or lose fat, or lose weight and how your eating is staying on track with those goals.

Managing your time is also critical in achieving your fitness goals. Rome wasn't built in a day. Similarly, results don't come in one day. Realizing and accepting that most fitness goals take a tremendous amount of time and effort to ultimately achieve is essential. All we can do, however, is take one day at a time. But making sure you dedicate enough time in your day to do all that is required to meet your goal. Whether that means planning on staying an extra 40 minutes after your session to do cardio, taking 15 minutes after your workouts to stretch or foam roll, or even just getting to your session early so that you're warmed up and ready to push yourself with your trainer. Think about it as taking time for yourself.

As trainers, we're lucky if we get 3 hours of one-on-one time with our clients per week. That leaves 165 hours left in the week that you're in charge of what you do. Staying focused on your goal and managing your life to meet that goal is essential to have any success. If you have any questions as to ways to better manage your goals, ask your trainer. Just make sure you listen to (not just hear) their answer.



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What is BMR?

Basal metabolic rate is the number of calories your body would burn while resting for 24 hours. Yes, you heard that right, your body does actually burn calories when you aren't even moving. In fact, the majority of the calories you burn in a day (up to 60%) come from normal body functions that don't even seem to be strenuous. This doesn't mean that you don't need to exercise or watch what you eat in order to stay healthy, since the majority of us consume more calories in a day than the bare minimum needed to survive.

How do I know what my BMR is?

There is a formula that can give a rough estimate of what your BMR is. Since everyone is different, this formula takes into consideration gender, weight, height, and age to determine your number. Here are the equations

Men:  $66 + (6.23 \times \text{weight in lbs.}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age})$

Women:  $655 + (4.35 \times \text{weight in lbs.}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age})$

So according to these calculations the BMR for a 45 year old man that is 5'10" and weighs 180 lbs. is 1,770.4 and the BMR for a 45 year old woman that is 5'4" and weighs 150 lbs. is 1,396.8. If for some reason your calculator (or your brain) isn't working properly you can enter your information into the website [www.bmi-calculator.net/bmr-calculator](http://www.bmi-calculator.net/bmr-calculator) and it will calculate your BMR for you.

Why do I need to know my BMR?

Knowing your BMR is an important starting point for anyone wanting to monitor or make changes to their body weight. This includes people wanting to lose weight, maintain their weight, or gain weight. Once you know your BMR, you can come up with a plan for how much fuel (calories) you need each day to reach your goal. Keep in mind, your BRM does not account for calories burned by moving/ exercising (you determine this) or digestion (adds only around 3-5% to your needed calories), so you will need to factor those into your plan. When in doubt, ask your trainer for help with calculating your BMR or coming up with a plan to reach your goals...it's what we're here for!



**We're on Facebook!**

Not a friend on Facebook yet? "Like" us today and look for new recipes and tips to stay lean, healthy and fit, as well as schedule updates and *Club* news!

Just search "*The Club at Gig Harbor*" in the Facebook search bar, look for the logo and click "like".