

Upcoming Events:

VRR Yarra Bend Fun Run

6km or 12km Run

17th Feb

<http://www.vrr.org.au/html/Yarra%20Bend.html>

Wiggle Cycling Series – Morning - TON

100km bike ride around Mornington Peninsula

23rd Feb

<http://www.wiggle.com.au/events/>

Dendy Park Urban Run

2K, 5K, 10K, 21K, 42K, 50K

16th Feb

www.trailsplus.com.au/dendy/

Coburg 6 Hour Run/Walk

23rd Feb

<http://www.coburgharriers.org.au/joomla1/content/view/55/39/>

Dear Fitness Dimensions members, after a busy January period, with the holidays and hot weather it is time for us all to get back into our regular training routine and get stuck into our 2014 fitness goals. As mentioned, there will be exciting changes made to FD, some as soon as the coming weeks. We all look forward to seeing everyone training harder, and smarter than ever in February.

Compound movements explained

Compound exercises are those that involve 2 or more joints. When 2 joints are involved, more than 1 muscle will be involved in the movement. When more muscles are involved, more energy is required to perform the movement, meaning more calories (or kilojoules) are expended. For this reason, compound exercises should be the exercises that resistance training programs are built around. Training programs that include compound movements are a more functional, efficient and effective way of training when compared to isolation exercises.

The main, basic compound exercises include:

Pressing Exercises:

- Push-ups
- Bench Press
- Shoulder Press

Pulling Exercises:

- Seated Row
- Lat Pull Down

Leg Exercises:

- Squats
- Lunges
- Deadlifts

Although compound exercises should be the building blocks of any resistance training program, isolation exercises should also be used as supplementary exercises.

Some isolation exercises you may be familiar with are:

- Biceps Curls
- Tricep Kick Backs
- Crunches

Healthy Breakfast Idea

Vegetarian Eggs

Ingredients:

- 1 tablespoon of leek finely sliced
- 2 - 3 medium sized mushrooms, sliced thinly
- 1 cup of spinach leaves
- 2 eggs, either scrambled or poached (not fried)
- 2 slices of sourdough multi grain
- 1/3 of an avocado
- Turmeric powder

Steps:

Lightly spray a fry pan with olive oil
Gently sauté the sliced leek, add the mushrooms and spinach leaves to the pan, cook until spinach is wilted and mushrooms
Toast bread & place spinach and mushrooms on a plate
Add eggs to pan and poach or scramble
Spread avocado on toast, add eggs, mushrooms, spinach & leek
Drizzle olive oil and or a lightly sprinkle of turmeric

Healthy Snack Idea *(taken from fitmencook.com)*

Turkey Wrapped Asparagus



Ingredients:

- Low sodium turkey lunch meat
- Raw asparagus spears
- Choice of seasonings (garlic, cumin, cayenne pepper, pepper)

Steps:

Set oven 250C.
Wash asparagus, cut off bottom stems.
Take 1 slice of turkey and wrap around asparagus.
Spray pan with oil and set on med-high heat, allow pan to heat.
Add asparagus, move pan around to sear all sides (3-5mins).
Place asparagus on baking sheet, place in oven for 4 -5 mins.

Approx macros for 8 asparagus wraps: 736Kj, 36g protein, 5g carbs, 3g fat

Improvements/Additions to the Gym:

Expect some new additions to the gym in February! These include:

- New barbell in the circuit room
- New bench in the circuit room
- Lockers for members at the front of the gym
- Food & exercise diary including healthy eating tips for all PT clients
- And finally, a much needed surprise.....

“Nothing worth doing is ever easy”