

July 2008



Amy's Training Tip for Golf

To improve your summer swing, try adding this shoulder exercise to your workout routine. Many golfers are limited in their shoulder range of motion and flexibility. Lateral side raises are often used when performing exercises for the delts, but this exercise only strengthens the shoulders through half of the range of motion needed for a complete golf swing. A full overhead d-bell shoulder raise allows for the shoulder joint and muscles to be activated in a way that further mimics a golf swing allowing for improved performance on the course.

To complete an overhead d-bell shoulder raise begin with light d-bells that allow you to perform the exercise for three to four sets (10-12 reps) with correct form. Start standing with feet shoulder width apart and arms in front with palms facing each other (ie. like your golf swing). Raise straight arms extended out to your sides with palms facing down like a traditional side raise but instead of stopping at shoulder level continue through the range of motion and raise the weights up over your head rotating palms to face the mirror. Reverse the motion and return to starting position trying to maintain straight arms during the entire set.

Make sure to keep your chest up tall and abs and lower back tight to protect your spine. If you feel your arms bending or find yourself leaning backwards, lower the weights and finish the set correctly. Add this move into your workouts

and you'll be adding distance to your swing in no time.

For more training tips for golf or other workout programs please feel free to contact me at Endurance Fitness on Alpine at 616.784.9000 or crawleya@student.gvsu.edu.

*To your health,
Amy Crawley, MS, CSCS, NSCA-CP*



Jeff's Training Tips

Using Your Principles

No matter what your interest is in fitness there are 4 principles to consider when designing your workout. These principles must be considered when selecting the right exercises for each of the basic elements of fitness. These 4 principles are: overload, progression, specificity, and reversibility.

The first principle is overload. This principle says that you need to work at a level that is moderate to vigorous intensity. This should be hard and long enough to overload your body above its resting level in order to bring about improvement in your ability.

The second principle is progression. This means that when you start an exercise program it is better to start at lower intensities, frequencies or durations. Then over several weeks a slow increase in exercise capacity through increases of intensity, frequency or duration can be used to obtain a new level of fitness.

The third principle is specificity. The exercises you select for your

program must be related to what you are trying to achieve. If you are trying to decrease your 5K run time you would choose exercise related to running and not swimming. Although swimming will increase your cardiovascular fitness it does not transfer well to running.

The last principle is reversibility. This principle says you have to continue to perform the program in order to maintain the results you achieved. In order to maintain your fitness levels you have to keep exercising, the statement USE IT OR LOSE IT applies here.

Now apply these principles to your current training program and see the results. If you need help as always seek a qualified trainer.

Jeff Hosta
BS, CSCS

Recipe of the Month

Amy's Guilt Free Turkey Burgers

Prep time: 10 minutes

Cook time: 10-15 minutes

1 pound ground turkey breast
1/4 cup chopped fresh cilantro
2 cloves garlic, minced
1 teaspoon reduced-sodium soy sauce
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon black pepper

Combine ingredients in a large bowl. Shape mixture into 4 patties about 1 inch thick.

Cook on the grill with cooking spray over medium heat. Place burgers on toasted whole wheat rolls and top with low fat cheese, red onion, ketchup, or sliced avocado.

REPLENISH AND RECHARGE

According to the American College of Sports Medicine, active people should:

- Drink plenty of fluids during the 24-hour period before an event, especially during the meal prior to exercise, to promote proper hydration before exertion.
- Consume 14-20 oz (400-600 ml) of fluid about two hours before exercise to stay hydrated and allow time to excrete any excess water.
- Drink fluids at regular intervals during exercise, usually every 15-20 minutes depending on your sweat rate, to replace water lost.
- Drink 16oz of fluid for every pound of body weight lost during exercise to

rehydrate after your workout.

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EFCinfo@EnduranceFitnessCenters.com

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