



J & S FITNESS

MEMBERS'

Newsletter

VOLUME 9, ISSUE 4

Developing Your Workout Strength Program:

Creating Training Splits (Part 2)

In our previous newsletter edition (Volume 9, Issue 3), we discussed 3 training splits: (1) Whole -Body Training Splits; (2) Upper Body - Lower Body Training Splits; and (3) Two - Day Training Splits. In this issue, we will continue with 4 other training splits.

Push-Pull Training Split

The Push-Pull Training Split is a three-day training split which splits the major muscle groups into three separate workouts; a push day (trains muscle groups involved in pushing movements – e.g. chest, shoulders, triceps), a pull day (trains muscle groups involved in pulling movements – e.g. back, biceps) and a legs day. Abdominal exercises, if they are included, are usually trained with the ‘legs day’ or every other day in such a split. Dividing the body into three separate workouts allows you to further increase the volume and intensity of the workouts compared to any of the previously mentioned training splits, while also giving the muscle groups a longer time to recover between workouts. For these reasons this is a common training split used by many bodybuilders.

Table 3: Example of Push-Pull Training Split

Day #1

Muscle	Exercise	Sets	Reps
Chest	Bench Press	3	8
	Incline Dumbbell Bench Press	3	10
	Cable Crossover	3	12
Shoulders	Dumbbell Shoulder Press	3	8
	Smith Machine Upright Rows	3	10
	Dumbbell Bent Over Flys	3	12
Triceps	Seated Triceps Extensions	3	8
	Triceps Pushdowns	3	12

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Quote to Remember:

“The greater the obstacle, the more glory in overcoming it”

Moliere

15 - Minute Workout

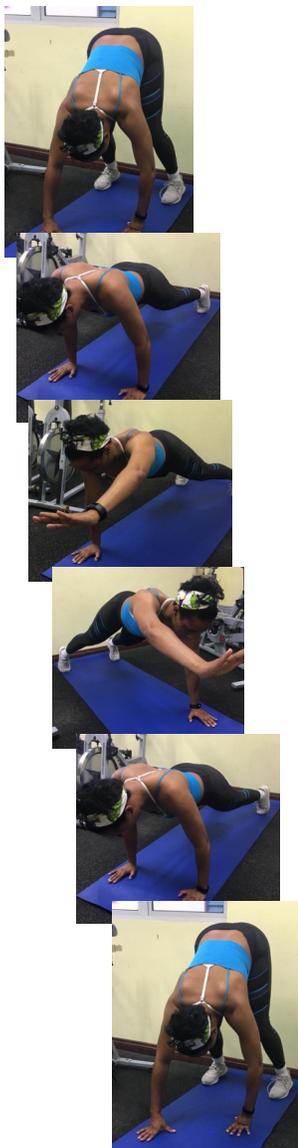
Short on time? However, don't let that be an excuse for not getting in a workout. Check out this 15 - minute workout which can give you a nice burn in a limited amount of time.

Instructions:

- ◆ Set your timer for 4 minutes
- ◆ Perform each exercise for 8 repetitions
- ◆ Perform as many rounds as possible in 4 minutes (1 set)
- ◆ Rest 1 minute between sets
- ◆ Complete 3 sets

Workout Exercise Order	
(1)	Jumping Jacks
(2)	Crawl Out with Arm Raise
(3)	Air Squats
(4)	Push Up to 2 Plank Jacks to T-Plank
(5)	Pulsing Lunges

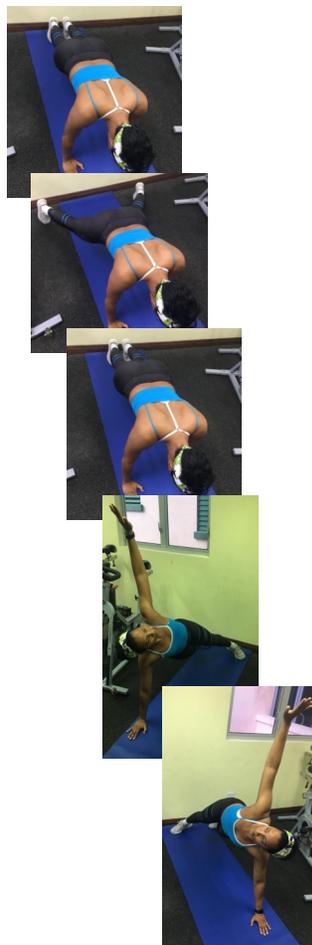
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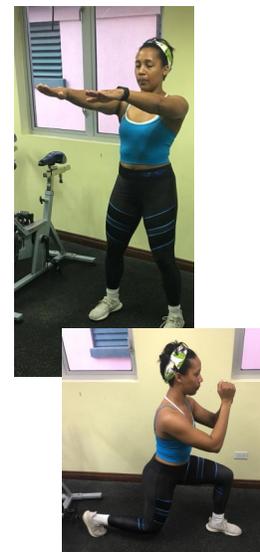
(3)



(4)



(5)



For Fitness Tips Follow
@barebodyfitness246 on Instagram

Children Think Food Taste Better From Cartooned Packages



According to Roberto, a post-graduate student at Yale University and the Rudd Center for Food Policy and Obesity, “the food industry spends \$1.6 billion on youth-targeted marketing and, of that, 13% is dedicated to character licensing and cross-promoting”. The youth-targeted marketing mainly focuses on including persuasive promotional characters, either in the form of mascots created by food companies themselves (e.g. Nesquik Bunny) or other copyright movie or TV animated characters (e.g. Shrek) on a broad range of food and beverage products found in the supermarket. Of these items a staggering 70% of foods featuring promotional characters were unhealthy foods. The inclusion of these characters on food packaging is "designed to access certain feelings, memories, and associations” with children and it is successful as the study showed that between 50% - 55% of the children said that the food with the character packaging tasted better than the same food in the plain package, and between 73% - 85% of the children selected the food in the character packaging as the one they'd prefer to eat as a snack.

Organic Does Not Automatically Mean Healthy



In short, organic means no synthetic fertilizers, no pesticides, and no sewage sludge in foods. However, it isn't black and white as there are 3 classifications of a product being organic:

- 95% - 100% organic - most of the ingredients used are organic
- 79% -95% organic - up to 30% of the ingredients are non-organic
- Less than 70% organic

The third and final category allows a company the ability to use more than 30% non-organic ingredients, as long as the product label lists the non-organic ingredients on the product, but it can still be called organic.

Longer Rest Intervals Better For Gaining Strength and Hypertrophy



Time under tension is the most important factor in determining the effectiveness of a weight-training program on strength and muscle hypertrophy. Failure training using minimal rest intervals is a popular training method. However, with short rest intervals, athletes don't recover adequately and don't develop maximum tension during subsequent lift. A study led by Brad Schoenfeld from CUNY Lehman College in New

York found that resting 3 minutes between sets produced greater changes in muscle mass and strength than resting 1 minute. Therefore you should rest longer between sets so that you can use heavier weights and gain strength and mass faster.

Ask Yourself Answers

1. True
2. False - As little as 2% dehydration can affect your attention, memory and cognitive skills
3. True
4. True - The most effective, scientifically determined dose of caffeine is approximately 300mg; any more than that and performance can possibly be impaired.
5. True

....Continued from Page 1

Day #2

Muscle Group	Exercise	Sets	Reps
Quadriceps	Hack Squats	3	8
	Leg Extension	3	12
Hamstrings	Lying Leg Curls	3	8
	Dumbbell Straight Leg Deadlifts	3	12
Calves	Standing Calf Raises	3	20
	Seated Calf Raises	3	20

Day #3

Muscle	Exercise	Sets	Reps
Back	Lat Pull Down	3	8
	Barbell Rows	3	10
Biceps	Chin Ups	3	12
	Barbell Curls	3	8
Forearms	Dumbbell Hammer Curls	3	10
	Wrist Curls	3	12

Four-Day Training Split

The Four-Day Training Split divides all the major muscle groups of the body into four separate training days. This allows you to train fewer muscle groups each workout, and by doing such you can increase the volume and intensity, both of which are important factors for continued progress as your training experience grows. A common way to break up the body's muscle groups in this training split is by pairing larger muscle groups with smaller ones that assist them. An example of this type of split would be training (1) chest & triceps, (2) legs & abs, (3) back & biceps, (4) shoulders, trapezius & abs. When doing this the most important rule is that larger muscle groups are trained before the smaller muscle groups that assist them, because if you train the smaller muscle group first, they will be fatigued when you are training the larger muscle group and will limit the strength on the exercises for the larger muscle group. Another option would be to split up the muscle groups into those that perform opposite actions. An example of this type of split would be training (1) chest & back, (2) legs & abs, (3) biceps & triceps (4) shoulders, trapezius & abs. This option allows you to train two muscle groups together that don't fatigue each other (e.g. chest & back or biceps & triceps). This helps to prevent fatigue of the second muscle group trained, but it can also enhance muscle strength.

Table 2: Example of Four-Day Training Split

Day #1

Muscle	Exercise	Sets	Reps
Chest	Incline Barbell Bench Press	3	8
	Incline Dumbbell Flys	3	10
	Dumbbell Bench Press	3	12
Triceps	Push Ups	3	15
	Lying Triceps Extensions	3	8
	Dumbbell Triceps Kickbacks	3	10
	Overhead Rope Extensions	3	12
	Triceps Dips	3	15

Day #2

Muscle Group	Exercise	Sets	Reps
Quadriceps	Hack Squats	3	8
	Leg Extension	3	12
Hamstrings	Lying Leg Curls	3	8
	Dumbbell Straight Leg Deadlifts	3	12
Calves	Standing Calf Raises	3	20
	Seated Calf Raises	3	20
Abdominals	Bicycling	3	20
	Front Plank	3	30 sec

Continues on Page 5

ASK YOURSELF True or False ?

Score: _____ out of 5

- | | | |
|--|------|-------|
| 1. The average person consumes approximately 21% of their daily calories from beverages | TRUE | FALSE |
| 2. Dehydration does not affect your attention, memory and cognitive skills | TRUE | FALSE |
| 3. Water-soluble forms of fibers (e.g. legumes, oat brans, pears, apples, most vegetables) are most beneficial to glycemic control | TRUE | FALSE |
| 4. Consuming too much caffeine before a workout can impair performance rather than improve it | TRUE | FALSE |
| 5. The healthier food options are generally found on the perimeter of the supermarket | TRUE | FALSE |

....Continued from Page 4

Day #3

Day #4

Muscle	Exercise	Sets	Reps	Muscle	Exercise	Sets	Reps
Shoulders	Barbell Shoulder Press	3	8	Back	Lat Pull Down	3	8
	Dumbbell Lateral Raise	3	10		Single Arm Dumbbell Rows	3	10
	Barbell Front Raise	3	10		T-Bar Row	3	10
	Single Arm Reverse Flys	3	12		Reverse Grip Pull Ups	3	12
Traps	Dumbbell Shrugs	3	10	Biceps	Ez Bar Curls	3	8
	Dumbbell Lateral Raises	3	10		Cable Crossover Rope Curls	3	10
Abdominals	Hip Thrusts	3	15		Twisting Dumbbell Curls	3	12
	Cable Crunches	3	15	Forearms	Dumbbell Wrist Curls	3	10

*** Please note that some exercises (especially in the case of compound leg exercises) will work more than one specific muscle group but has been classified under only one muscle group for the purpose of simplification**

Five-Day Training Split

The Five-Day Training Split allows you to train most muscle groups solo. This therefore means that in each workout you can focus on one major muscle group. Training in this fashion allows you to radically increase the intensity factor of your training and the total volume you perform. The method also allows each muscle group to be trained when it is well rested and at its strongest. A sample five-day training program example is; (1) chest, (2) back, (3) legs, (4) shoulders and trapezius (5) arms (biceps, triceps & forearms). In this split abdominals are commonly trained on any two days once there is at least 1 day rest in-between. Rest days with this type of split are more a matter of the person's schedule, however it is common that persons utilizing this split train Monday - Friday with the weekend being used as the rest days.

Twice-a-Day Training Split

This is a demanding split that offers several advantages for the most advanced lifters. In this split persons train at two separate times a day. Typically one muscle group is trained earlier in the day and a second muscle group is trained later in the day. The break between the two training sessions is usually at least six hours. Depending on your goal, this training split allows you to train more frequently or get more complete rest days. With twice-a-day training you can train all the major muscle groups of the body in three or four days, thus either allowing you to incorporate more rest days into your program, or as is the more frequent case with this training split, train each muscle group up to twice per week.

Eating healthier does not have to mean eating boring. In our 'Healthy & Great' recipe section we will introduce you to some incredible recipes which are lower in sugar, fat and calories compared to their 'traditional' counterparts but are still full of flavour.



Triple Chocolate Cheesecake

Method

1. Preheat the oven to 350°F. Lightly coat a 9-inch pie pan with cooking spray.
2. In a medium bowl, combine the graham cracker crumbs, 1 tablespoon of the cocoa powder, 1 tablespoon of the sweetener, the margarine, and oil. Add the egg white and stir well. Press the crumb mixture into the sides and bottom of the pie plate. Bake for 8 to 10 minutes, and set aside to cool.
3. Place the chocolate in a small microwave-safe bowl and heat for 1 to 1½ minutes, or until it appears shiny and looks partially melted. Remove and stir. Set aside.
4. Using an electric mixer, beat together the cream cheeses in a medium bowl for 2 minutes, or until creamy. Beat in the melted chocolate, and the remaining 2 tablespoons of the sweetener and ⅓ cup cocoa powder. Gently beat in the whipped topping.
5. Spoon the filling into the cooled crust and smooth the top. Refrigerate at least 2 hours or until set. Before serving slightly warm the fudge sauce. Stir well and drizzle over the pie.

MAKES 10 SERVINGS

- ◆ 1 cup chocolate graham cracker crumbs
- ◆ ⅓ cup plus 1 tablespoon cocoa powder, divided
- ◆ 2 tablespoons plus 1 tablespoon Stevia granulated sweetener, divided
- ◆ 1 tablespoon margarine or butter, melted
- ◆ 1 tablespoon canola oil
- ◆ 2 teaspoons egg white
- ◆ 2 ounces semisweet baking chocolate, chopped (or ⅓ cup semisweet chocolate chips)
- ◆ 8 ounces light tub-style cream cheese at room temperature
- ◆ 4 ounces nonfat cream cheese, at room temperature
- ◆ 1 (8-ounce) tub light whipped topping, thawed
- ◆ 3 tablespoons sugar-free fudge topping
- ◆ 2 ounces sugar-free chocolate, for garnish

DARE to COMPARE

The original recipe for this pie had 420 calories, 32 grams of fat, 20 grams of saturated fat, 35 grams of carbohydrate and 25 gram of sugar.

NUTRITIONAL INFORMATION PER SERVING

Calories: 225 / Carbohydrates: 25g (Sugars: 12g) / Total Fat: 10g (Saturated Fat: 7g) / Protein: 7g / Fiber 2g / Cholesterol: 10mg / Sodium: 260mg

Recipe obtained from "Eat What You Love" - By Marlene Koch

Contains more than 300 incredible recipes which are low in sugar, fat and calories and are great for weight loss & diabetic diets

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NEWS, NOTICES AND EVENTS

GYM CLASSES

♦ All gym classes resume Monday 8th January 2019

PAST NEWSLETTER EDITIONS

♦ Past editions of the J&S Fitness Newsletter can be downloaded from the gym's website at <https://www.jscompanyltd.com/newsletter-archive>.



Thank You

Dear Members,

We hope that you have enjoyed the ninth installation of the J&S Fitness' newsletter and that you have continued to find it informative and insightful. We want to take this opportunity to thank all those who have contributed to the newsletter over the past year. Without your help this Newsletter would not have been possible. In addition, on behalf of the J&S Family, we wish you Happy Holidays and a blessed and prosperous New Year.

Sincerely

Jamil & Janielle Jones



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