



The Scoop

The Center's fitness e-newsletter



Volume 1, Issue 1
Early Fall, 2017

Is It Summer Yet?

David Jolovitz, Health & Wellness Director



Upcoming Events

Sept. 27 @ 7:00 PM
FREE nutritional lecture with Janell Fuks, of Healthtrition. See pg. 5.

Sept. 28 @ 6:30 PM
Crossfit competition
See pg. 5.

SALE! Sept. 5 to Oct. 4
Spectacular personal training specials.
See pg. 5.

Email DavidJ@scclive.org for more information.

Picture this: It's Fourth of July weekend, 2018, and you've just stepped onto the beach for the first time "next" summer.

To your right, a volleyball player flies high above the net to spike the ball down in a competitive volleyball game. Closer to the water, a fit couple jog shoulder-to-shoulder at a brisk pace. And finally, to your left, there's a group of guys gathered — waiting for their next set of pullups.

summer months, they had to put in the work during the cooler months. That starts now.

That's right. The same people you saw ducking through the rain and trudging through the snow on their way down Ocean Parkway to the Center are now working on their tans.

This fall, as you dream of summer, here are some things to keep in mind:

Mix it Up

Dare to venture out of your comfort zone with new workouts. Swim, bike, run, play basketball or tennis — as long as you keep your feet moving,

and your heart pumping. Although sweat isn't a guarantee that you're working hard (as some people sweat faster than others), it's a pretty good indicator, so keep working.

Allow Your Body to Fail

Many people will slow down or stop when they're body begins to hurt. Disclaimer: We're talking about the healthy "hurt" here. As long as you're safe about things, push yourself to the very end and you'll be the one rising to the top to spike down the volleyball. ❖

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What unites the people in our scenario? They've come to understand that for their bodies to be toned, flattened, and "beach-ready" in the

Stock Your Closet with New Center Tees

The Center has released its limited edition Fall Gym Collection, including soft polyester-and-cotton-blend tees.

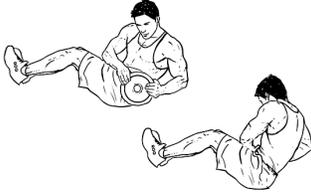
Our tees are a silky-smooth, form-fitting 50-50 cotton-polyester blend made by Bella + Canvas and are available in black and gray.

All items feature original and brilliant graphic designs that look great on anyone and have been falsely reported to increase strength by 31% (Source: CNN). ❖



Core Spotlight: Russian Twists

Gaby Shimonov, Fitness Staff



It's never too early to plan for warmer weather ...

Strengthen your core and tone it up by performing these tried-and-true exercises: **Russian Twists**.

- Sit down on the floor or a mat with your knees bent at a 90 degree angle.

- Lean your hips back into a 90 degree angle as well.

- Twist your torso to the right as far out as you can; then, do the same to your left side.

- Repeat for 4 sets of 20 reps with 30 seconds of rest.

Follow these tips and you'll be on your way to having amazing obliques.

Results can be directly tied to effort, consistency, and proper form.

Focus on staying committed: shop for healthy foods, eat well, avoid snacking, and put in work at the gym. ❖

For a flat stomach, keep this in mind:

- The quality of the form matters more than the total number of reps you do. In fact, you might have heard this adage repeated before: "Quality over quantity."

- We know that there's a lot going on during any given exercise, but try to pay special attention to the following body functions:

Your breathing, your range of motion; how hard you're contracting the muscles; and, how far you stretch them.

You Are What You Eat: Beef Meatballs w/ Spinach & Pasta

Gaby Shimonov, Fitness Staff

Effort equals results. Add to your diet the right amounts of protein, carbs, and fats – you'll look and feel great. The great thing about meatballs is that they can be cooked using various sources of meat: turkey, beef, lamb, vegetables, etc.

Prep: 20 Minutes

Cook Time: 15 Minutes

Meatballs

- 6 oz. lean ground beef
- 1/2 cup shredded raw spinach (for the shredded body)
- 1/4 cup diced red onion
- 1 tbsp. minced garlic
- 1/2 tbsp. cumin
- Salt and pepper for taste

Pasta

- 2 oz. pasta of your choice (go wild)
- 1/8 cup marinara sauce
- 1 1/2 cup raw spinach
- 5 juicy cherry tomatoes

Cooking Instructions

Shape meatballs.
Cook at 405 degrees for 10-12 minutes.

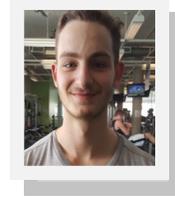


Lean sources of protein are key contributors to the amount of muscle mass your body can gain.

Do This: Quick High Intensity Interval Training (HIIT) Routine

Nate Ullman, Fitness Staff

Perform each exercise for 30 seconds; only take breaks when truly necessary.
For a better workout (and better results), repeat the exercises for multiple rounds.



Exercise	Duration
• Run in place	:30 seconds
• Burpees	:30 seconds
• Mountain climbers	:30 seconds
• Squat jumps	:30 seconds
• Shoulder taps	:30 seconds
• Run in place	:30 seconds
• Burpees	:30 seconds
• Jump rope	:30 seconds
• Squat jump	:30 seconds

I ♥ BURPEES

The exercises, explained:

Run in Place / Run in place, but be sure to raise your knees high up (parallel to your hips). To increase difficulty, simply move your feet at a faster pace.

Burpees / Start from a standing position. Safely lower your body into a squat position. Place your hands on the floor in front of you, then kick your legs back into a push-up position. While in a raised plank, jump your feet forward towards your hands and leap into the air with your arms straight up.

Mountain Climbers / Start in a push-up position. Keep your core tight while repeatedly tucking one leg into your chest while the other is fully extended to balance your body. Now, alternate legs and repeat.

Squat Jumps / Stand upright with your chest out. Face forward and make sure your feet are shoulder-width apart; lower your body to the point where your hips are slightly lower than your knees. Once in this position, breath and jump up as high as you can. Repeat.

Shoulder Taps / Place your body in a raised plank position. Tap your right shoulder with your left hand, then place it back down. Now, alternate.

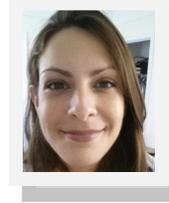
Jump Rope / Jump rope. If you do not have one, mimic the jumping motion. How? Leap off the ground quickly and repeatedly but without a rope. ❖

Pop Quiz: Test Your Knowledge

Ashley Rosen, Fitness Staff

Match the body part with the anatomically correct muscle names:

1. Chest
 2. Thigh
 3. Upper arm
 4. Lower back
 5. Rear end (tuchus)
 6. Shoulder
-
- A. Bicep and Tricep
 - B. Erector Spinae
 - C. Gluteal
 - D. Pectoralis Major
 - E. Deltoid
 - F. Quadricep and Hamstring



QUICK, DO THIS!

:15 seconds

Stretch by reaching for your toes five times.

:60 seconds

Practice filling your lungs with really deep breathing. Take 5 seconds to exhale.

:90 seconds

Close your eyes and meditate using positive thoughts. Be happy.

Answer Key:

1=D, 2=F, 3=A, 4=B, 5=C, 6=E

Holiday Building Schedule

9/20	Rosh Hashana, Building Closes @ 2:00 PM
9/21 + 22	Rosh Hashana, Building Closed
9/29	Erev Yom Kippur, Building Closes @ 2:00 PM
10/4	Erev Succot, Building Closes @ 2:00 PM
10/5 + 6	Succot, Building Closed
10/11	Erev Yom Tov, Building Closes @ 2:00 PM
10/12 + 13	Chag, Building Closed
10/21	First Saturday Night Opening



**The Center offers something for everyone.
Follow us on Instagram to stay connected:**

The Center's Official Channel
1901 Fitness
Group Fitness

@TheCenterSCC
@1901fitness
@sccexercise

Fitness Center Calendar – Fall 2017

Free for Members

FREE Nutritional Lecture with Janell Fuks

Wednesday, September 27th @ 7:00 PM

1st Floor Conference Room @ the Center

FACT: Your appearance is more greatly impacted by diet than even the most grueling workout. Attend this free helpful lecture with your friends and learn what to eat and what to avoid.

SEPTEMBER / Thursday, September 28th @ 6:30 PM

CROSSFIT CONTEST

A TIMED EVENT:

- | | |
|------------------------------|----------------------------|
| 1. <u>START</u> : ½-mile run | 4. 100 bodyweight squats |
| 2. 40 pullups | 5. <u>END</u> : ½-mile run |
| 3. 100 pushups | |

OCTOBER / Sunday, October 29th @ 12:00 PM

PULL-UPS

A test of back and biceps strength: Complete a set of pull-ups to exhaustion. The most pull-ups wins a fitness prize pack and Wall of Fame recognition.

Categories: <165; >165; men and women.

FUTURE CONTESTS / START TRAINING

- | | |
|--------------------------------|----------------------|
| ● Sunday, November 26 | Push-ups |
| ● December, December 24 | Core Strength |

The Chehebar Health Spa @ the Center

Massage Treatments

New prices!

30 Minutes	now \$40	was \$50
45 Minutes	now \$55	was \$65
60 Minutes	now \$70	was \$85
90 Minutes	now \$100	was \$105

Book Today

**Relaxing and restorative massages
in a private and serene setting –
right here, at the Center**

call Greg @ (646) 683-1851

“Those who book, get hooked”

