

NEWSLETTER

LA JOLLA SPORTS CLUB

JANUARY/FEBRUARY 2014

Happy Heart Month!



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Announcing Ralston Gracie and brother Clark

We are pleased to announce that we have Ralston Gracie adding on to our teaching crew along with his brother Clark. He is a great instructor and very technical explaining in detail making it easy for anyone to learn the best self defense on the planet, Gracie Jiu jitsu. He is the son of Jiu jitsu legend Carley Gracie and has recently relocated to La Jolla to continue his passion of teaching his family's art. Come try a free class with him or his brother Clark week nights at 7pm, get a feast workout and let Jiu jitsu change your life!

Jiu Jitsu

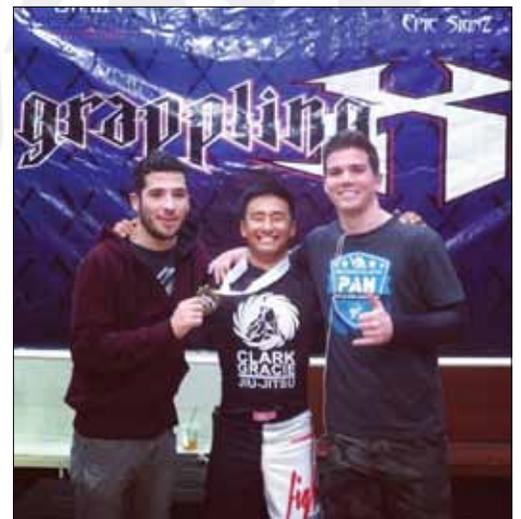
Grappling X First Place Winner Allen Bahng

Dedicated student Allen Bahng took first place the Grappling X tournament. He won the final match via submission in the white belt division. He has been training just under a year and this was his second tournament. Last tournament he took the silver medal and is now hooked on the competition lifestyle of Jiu jitsu. We are seeing his style evolve everyday and if he sticks with it he will surely go very far as an athlete. Along his side in the photo are his teammates brown belt Brandon Walensky who was there in his corner coaching him during the matches and newly awarded purple belt competitor Harryson Franz.

New Hours Added:

Adult Jiu Jitsu Tuesday & Thursday 2-3pm Rm1

Kids Jiu Jitsu Tuesday 3:15 - 4:00pm & Thursday 3:15 - 5:00pm Rm 1



For Information contact Clark Gracie Phone: (619)261-3944 Email: clark@clarkgracie.com

Got Holiday Poundage?

Malley can help you shed those extra pounds

It has been rumored that the average person gains five to ten pounds over the holidays. This begins with the glut of candy from Halloween, and continues with the gorging on Thanksgiving. The final weeks of December act as a capstone of gluttony to the holiday season, with most people eating and drinking more, and spend longer periods of time on the couch. Although we do gain weight around the holidays, the reality is that we only gain an average of 1.05 lb according to a study by the New England Journal of Medicine published in 2000. One pound may not seem like a lot, but it appears that it can play a significant roll in weight gain over a lifetime.

This makes it that much more important that we get into the gym and work off those extra calories. A consistent workout can help tremendously with your ability to lose that weight. You will see your best result when you combine exercise with a nutritious low calorie diet. An ideal weight loss diet is low in carbohydrates, and high in protein and vegetables. The goal of the low calorie diet is to burn more calories than you take in. It takes 3500 kcal to burn off one pound of fat. That means that if you take in 500 kcal less per day, you will lose one pound per week.

When you are working out you want to be monitoring your heart rate. The ideal heart for maximal fat burning is 60%-80% of you maximum heart rate. You can calculate your theoretical maximum heart rate by subtracting 220 minus your age.

FOR EXAMPLE:

If you are 40 years old, you would calculate your theoretical maximum heart rate by:

$$220 - 40 = 180 \text{ beats per minute (bpm)}$$

$$60\% (180) = 108 \text{ bpm}$$

$$80\% (180) = 144 \text{ bpm}$$

Therefore, your target heart rate would be 108-144 bpm

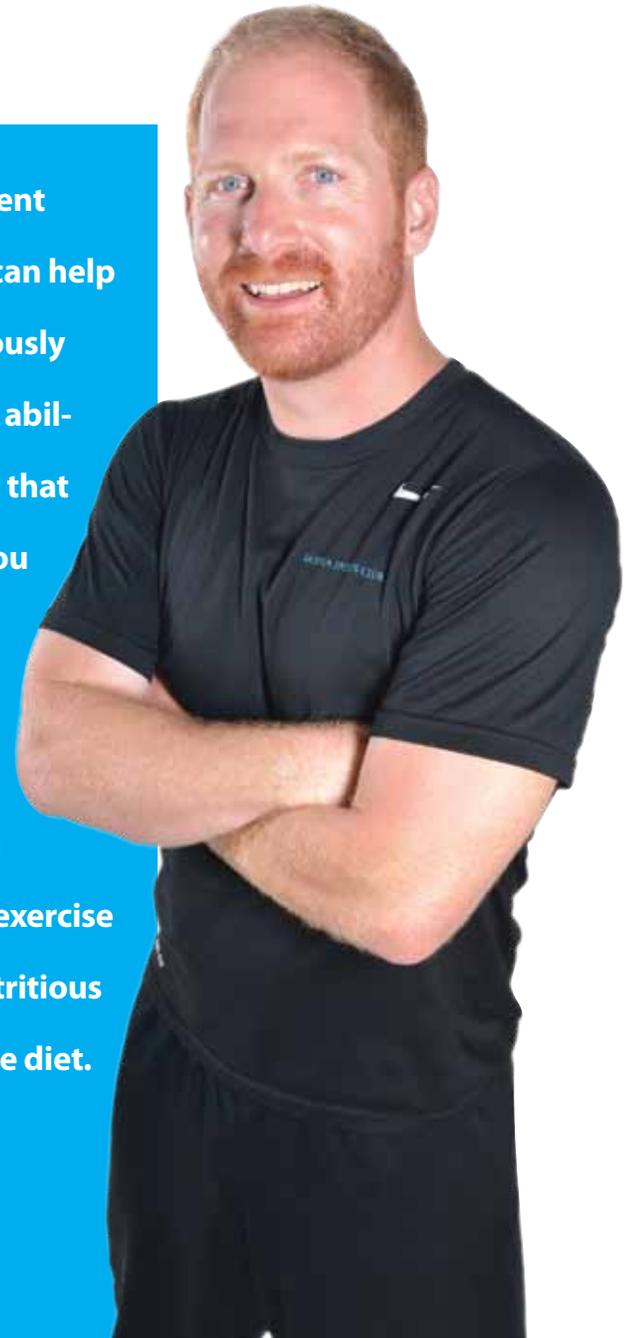
While you are working out you should periodically check your pulse to see if you are maintaining your target heart rate.

For the most effective weight loss you should workout 5 days per week, and keep a regular routine. Some people find it is easiest to workout first thing in the morning, while others like to do it on their lunch break, and others still prefer to do it after work. Once you have chosen a time, now it is time to create a program. I find it most effective to do resistance training on Monday, Wednesday, and Friday, and cardio on Tuesday and Thursday.

A good place to start a resistance training regiment is with muscular endurance. A muscular endurance program revolves around performing 15-20 repetitions for 2-3 sets, and taking short rest

periods. The length of your rest period should be determined by your by heart rate. If your heart rate is higher than your target heart rate, you should take longer rest periods. If your heart rate is lower than your target heart rate, your rest periods should be shorter. Start out with one minute of rest between each exercise, and then adjust your rest periods according to your heart rate.

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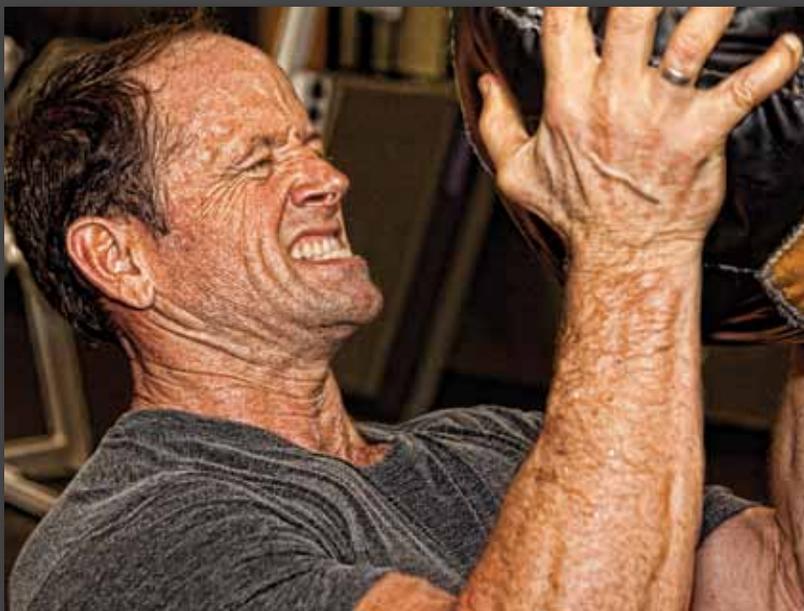
Power Barre with Justine



Power Barre is a technique that lifts, tones, stretches & improves posture. It's safe on joints and target's all the important areas for women including arms, core, glutes, and inner & outer thigh.

This class combines barre work, bands, lightweights & you also get a cardio workout due to continuous movement. Every Thursday at 12:15 pm in Rm2. The fun and energetic music will keep you motivated and the results will bring you back for more! No dance experience needed! Instruction by Justine La Rose-Green

Get your SWEAT on with LJSC



Send us your most sweaty picture of 2013, inside or outside the gym and show us what exercising really means! Please submit on facebook by February 28th

**FOLLOW US ON
FACEBOOK & TWITTER!**





Kettlebell Russian Style

Every Wednesday at 6pm and Saturday at 9 am

With Maurizio Tangari



KETTLEBELL SPORT or GIREVOY STYLE (GS)

Today, kettlebell sport, also known as Girevoy Sport (GS), is a power/strength-endurance sport that requires athletes to work under a submaximal load, completing as many kettlebell lift repetitions as possible in a set time frame of ten minutes. The sport is now contested worldwide, with organizations such as the International Union of Kettlebell Lifting (IUKL), the World Kettlebell Club (WKC), the American Kettlebell Club (AKC), the International Kettlebell & Fitness Federation (IKFF), & the Canadian Kettlebell Sport Federation (CKSF) among others. Kettlebell training, trains many parts of the body simultaneously, while providing great anaerobic conditioning. Kettlebells can be used in ballistic (explosive) swinging. Kettlebell exercises are whole-body exercises requiring full body integration and core stabilization. There is no such thing as isolated muscle work in kettlebell training!

The intensity of the session can be modified by using different training methods such as varying time, tempo, repetitions or the weight of the kettlebell. For this reason beginners and those with experience can participate in the same class. Kettlebell training will build lean muscles, improve strength and power in the upper body, core and lower body and increase co-ordination, joint mobility and overall muscular endurance. In this class we will adopt the Ghirevoy Training System, the original Russian method of learning how to use the Kettlebell.

So you think you can DANCE!



Private Dance Lessons, Latin and Ballroom by Shanna, a US Professional semi finalist and World quarter finalist competitor.

Buy a 3 lesson series: Shanna and the La Jolla Sport club will donate the proceeds from your first lesson to **K9's for Warriors**, a non profit organization which rescues dogs scheduled to be killed at shelters and trains them to become service dogs for returning military members with PTSD! www.k9sforwarriors.org

Book at the service desk or contact Shanna (858) 349-6388 Email: shanna@shanna-dance.com Lessons expire within 60 days of purchase.

La Jolla Sports Club News & Events

- ▶ Thank you members, for your generous donations to Toys for Tots and the San Diego Food Bank in 2013.
- ▶ Congratulations to our Jacobs Ladder Winner! Arna Vatuk, she was the most consistent and most improved.
- ▶ Honorable Mention! Contestant Melanie Gilmore for covering the most distance in 2 minutes.
- ▶ Ballet is back on Thursdays at 11AM.
- ▶ Happy Heart Month please join us for Member Appreciation Day February 18th
- ▶ Member Social at Rappongi's on March 19th. RSVP will be ready on March 1st.
- ▶ Check out our new Group Training Schedule. Posted at the Service desk and Trainers desk.

New Group Training Classes

- ▶ Kettlebell
- ▶ Bulgarian Bag
- ▶ Krush
- ▶ TRX

Arna's Ladder

Jacobs Ladder is a new machine that I both love and hate. It is probably the most challenging piece of cardio equipment I have ever tried. The first 15 seconds are great; even fun. You think, this is easy, I can do this! A few more seconds go by, and your heart rate begins to climb. You look at the time, and at 30 seconds you're breathing faster, your heart rate continues to rise and your legs are starting to burn. You're determined to make it to two minutes, but at this point you're wondering if you can make it to one minute. At one minute, your heart is beating faster than you thought possible, you're almost at your goal speed of 150 steps per minute, and you feel like every fiber in your body is working. You make it to a minute. You can't keep up the speed any longer. You slow down somewhat, you feel like you might throw up, and maybe pass out. Keep going. You can do it! Forty more seconds. Come on. Try to muster a final burst of energy. The last 30 seconds you're just trying not to fall off the machine and you're wondering if your heart is going to burst out of your chest. Your legs feel like limp noodles. At two minutes, you coast to the bottom of the ladder, unsnap the belt and fall onto the floor, trying to catch your breath, willing your legs to get up and walk.



The next day, you think, I'm going to try again. I know I can do better this time, and you do it again. It's addicting. I did it for 30 days in a row. I tried different things. Going as fast as possible for a minute, then slowing down. Keeping a steady pace for the full two minutes. Starting off slowly and building up speed. Same results every time; felt like I was going to die when I finished. But my speed and stamina increased, my legs feel stronger and my running endurance is better. I'm going to keep doing it. Who knows, maybe I'll make it to three minutes.

I've been a member of La Jolla Sports Club since January 1, 2005. I started working out by myself and have also taken many of the classes, including Spin, stretch, Body Pump, Muscle Max, Boot Camp, Kelli's Krush, Ballet and others. I love the staff and all of the trainers, especially my trainer, Eddie, with whom I've been training with for about six years. He's smart, knowledgeable and fun, and makes working out something I look forward to every day. I always feel welcome at LJSC and even when I don't feel like working out I will find something there to motivate me. The location is convenient – across the street from my office– so I don't have any excuses not to go.

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CORPORATE WELLNESS PROGRAMS

You want it and we got it

Corporate Wellness...it's not just a buzz word, it's a corporate way of life. What does that mean to you and your employees?

It's simple:

- Keep the healthy people healthy
- Improve the health of those that need it
- Effectively keep productivity and wellness of the company ongoing

We can help build an employee wellness program tailored to your budget and individual needs. From discounted memberships to personal training, spa packages, nutrition programs and more. Now is the time to make the commitment of wellness to your employees. Who doesn't welcome the gift of health?



Contact our Corporate Wellness Director
Tiffany Hofstetter for more information:
Tiffany.Hofstetter@TheSportingClub.com
Call: 858-336-6150



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GOT HOLIDAY POUNDAGE-ARTICLE CONTINUED FROM PAGE 3

THIS IS AN EXAMPLE OF A VERY BASIC RESISTANCE WORKOUT:

- 1. Leg Press**
- 2. Prone Leg Curl**
- 3. Lunges**
- 4. Plank**
- 5. Crunches**
- 6. Chest Press**
- 7. Seated Row**
- 8. Lat Pulldown**
- 9. Dumbbell Lateral Raise**
- 10. Barbell Bicep Curl**
- 11. Cable Tricep Extension**

Run through each of these exercises in order. Once you complete all eleven exercises, repeat the workout beginning with

exercise number 1. On your cardio days you should choose your favorite piece of equipment and use it for 30-45 minutes. Be sure to monitor your heart rate to ensure that you are staying within your target heart rate. If your heart rate is higher than your target heart rate, slow down or take a break. If your heart rate is lower than your target heart rate, speed up, increase the resistance of the machine, or increase the incline of the machine.

Gaining weight over the holidays has become as much of a tradition as the holidays themselves. You don't have to fall prey to the annual cycle of weight gain. You can lose that holiday weight and take control of your body. All it takes is a little knowledge and a genuine commitment to your goal.

If you have any questions about this routine, or if you would like a more advance routine, please feel free to ask me. I would be more than happy to provide personalized instruction.

Tim Malley 858-456-2595



LA JOLLA SPORTS CLUB