



PREFACE

This newsletter is a bi-monthly publication of J & S Health, Fitness and Sports Academy— a gym located in St. James, Barbados. The main purpose of this newsletter is to keep members of the gym informed about current health and fitness trends.

Quote to remember:

If you don't do what's best for your body, you're the one who comes up on the short end.

Julius Erving

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HIIT - Push Your Limits to Get The Results

What if I told you that there is a way in which you could burn more calories, lose more fat and improve your fitness level while significantly reducing your cardio workout time? Sounds too good to be true? Well, for once, it is true. Welcome to the world of **HIGH INTENSITY INTERVAL TRAINING (HIIT)**.

What Is HIIT and How Does It Work?

HIIT is a form of specialized high intensity, interval training that involves short periods of maximum (or near maximum) intensity exercise alternated by periods of lower intensity exercise. It is the incorporation of maximum effort periods that truly separates HIIT from other forms of cardio training, and that allows HIIT to be considered one of the most effective methods of cardio training. During the periods of maximum effort your anaerobic system is used as your muscles requirement for oxygen exceed the amount you can supply by breathing and via your blood supply. This incorporation of your anaerobic system puts a great strain on your body which results in an **increased metabolic rate for up to 24 hours post-exercise**. This extended period of increased post-exercise metabolic rate is not present after steady state workouts; thus, using HIIT your overall post calories burnt is relatively high compared to steady state workouts. Hence, HIIT allows for significant weight loss with reduced workout times.



Picture by Marv Gamble

Additionally, HIIT provides a unique combination of anaerobic and aerobic taxation on the body. This unique combination has the ability to drastically increase the participant's maximum oxygen consumption (VO₂max). Which results in significant improvement in cardiovascular fitness, endurance and stamina. Such improvements normally occur at a faster rate than when steady state training is used alone.

Who is HIIT Suitable For?

As previously described, HIIT is designed to be a high intensity, physically demanding workout and, as such, **HIIT is NOT suitable for everyone**. In fact, **persons who have any cardiovascular problems, health concerns or risk factors, that may limit your ability to exercise at high intensities should not attempt HIIT unless they have been specifically cleared by a physician. (Please note, individuals should consult with a physician before commencing any exercise program.)** Similarly, if you are relatively new to aerobic exercise or lack a general baseline of fitness it is also recommended that you do not attempt HIIT. It must be noted that due to its high intensity nature HIIT poses a greater risk of injury. Therefore persons who are injury prone and, or overweight or obese, should use caution when incorporating HIIT into a workout. Nevertheless, programs can be developed to reduce the risk of injury and, thereby, allow such individuals to fully benefit from HIIT. In fact persons who can safely attempt HIIT can obtain the maximum benefits from the workout, as long as they are giving maximum effort during the high intensity segments.



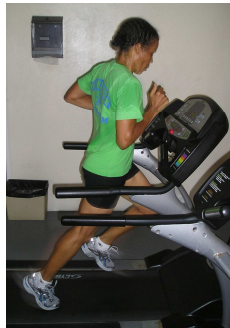
Into what Cardio Exercises can HIIT be Incorporated?

When one thinks of HIIT the form of exercise which best comes to mind is running/sprinting. However, there is a wide range of activities into which HIIT can be incorporated. When choosing an activity it is best to choose one which:

- (1) uses a large percentage of muscle groups in your body - the more muscle groups being exercised the better; and,
- (2) is safe, suitable and comfortable for you - if you don't like to run or don't feel comfortable running, that's ok, use an elliptical, stepper or rower instead, the principle and the potential benefits are the same.

Persons who are overweight, or obese should be especially observant when choosing which exercises to incorporate HIIT into as they are at a higher risk of becoming injured. However, as previously mentioned this risk of injury can be minimized, based on the type of activity chosen. Below are a list of exercises, or pieces of gym equipment, that commonly used to incorporate HIIT.

- (1) Treadmill Sprints
- (2) Stair Sprints
- (3) Rowing *
- (4) Steppers *
- (5) Elliptical or Arc Trainers *
- (6) Stationary Cycles *
- (7) Spinning *
- (8) Jumping Jacks
- (9) Skipping
- (10) Burpees



Treadmill Sprints



Spinning

* Activities which are better suited for individuals who are injury prone, overweight or obese

Next Issue: HIIT - Push You Limits to Get The Results (Part 2)

- ◆ Creating Your HIIT Workout
- ◆ Varying the Intensity of HIIT Workouts
- ◆ HIIT Programs on Cardio Equipment at J & S Health, Fitness and Sports Academy

TIPS CORNER

Weight loss tip: *Avoid Drastically Cutting Calories*

Quick and drastic calorie reduction can result in rapid weight loss, however, it can also lower your metabolism. Due to this decreased metabolism your body would not be burning as many calories as it previously was, and once your drastic calorie cutting stops, and your daily calorie intake increases, you will gain weight more easily.

TIPS CORNER

Muscle Building tip: *Use Periodization Techniques*

Periodization is a concept in which you use cycles to break up your training into daily, weekly and monthly workouts. By using periodization to map out your training you will avoid overtraining, decrease the potential of reaching a plateau, and keep your muscles in a continued state of adaptation.

This program focuses solely on your arms and is targeted towards more experienced weightlifters. The aim of the program is to increase your arm size as well as strength .

This workout was constructed to be the 'biceps & triceps' workout in a 3 or 4 day training split (For a 3 day training split this workout can be repeated as the second 'arms workout' of the week). This 'arms workout' can also be used for persons performing whole body training splits, or upper/lower body training splits; however, it is advised that if this workout is included in a whole body training split or an upper/lower body training split that the workout be modified slightly by decreasing the volume of work done. This workout is **targeted towards more experienced weightlifters**, however, intermediate and beginner weightlifters can attempt this workout safely, by reducing the sets performed to 2 and gradually increasing them all exercises can be performed for 4 sets. The weight used for each exercise should be such that you should not be able to perform more repetitions than specified without breaking proper form.

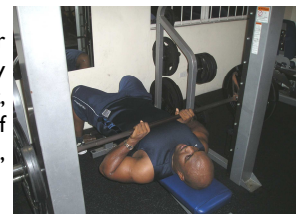
Exercise*	Sets	Repetitions Per Set
Close Grip Bench-press	4	8
Ez bar Curl (shoulder-width grip)	4	8
Preacher Curl	4	10
Arm Extension	4	10
Reverse Grip Cable Triceps Pushdown	4	12
Reverse Grip Cable Biceps Curl	4	12

* Exercises which occur next to each other and are in the same color should be superset (alternate exercises in superset until desired amount of sets for each exercise is completed)

Exercise Description



Close Grip Bench-press - Grip the barbell with an overhand grip, slightly closer than shoulder width apart. With your hands fully extended hold the barbell directly above your chest. Breathe in and slowly lower the bar towards the middle your chest, ensuring that your elbows are kept as close to your sides as possible. At the bottom of the movement your elbows should be a little lower than your shoulder. At this point, breathe out and press the bar upwards, returning it towards the starting position.



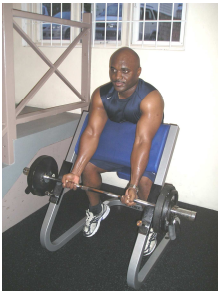
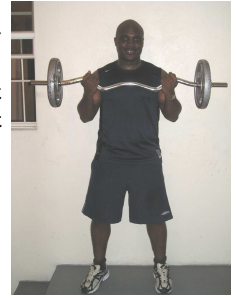
TIP - Less weight should be attempted with the Close Grip Bench-press compared to other Bench-press variations

Exercise Description cont'd



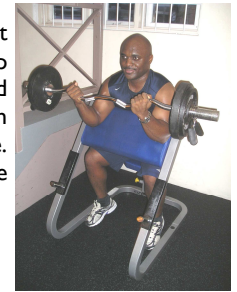
Ez bar Curl (shoulder-width grip) - Stand with your feet hip-width apart and with your knees slightly bent. Grip the ez bar with an underhand grip within the indentations provided. Extend your arms and let the bar hang to your thighs. Tighten your abdominals, and without swaying, slowly curl the bar upwards towards your shoulders. Pause at the top of the movement and then slowly lower the bar back to the starting position.

TIP - To gain maximum results from this exercise keep your elbows as steady as possible and minimize any excess movement of your upper arms and shoulders



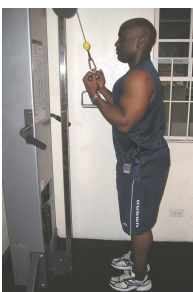
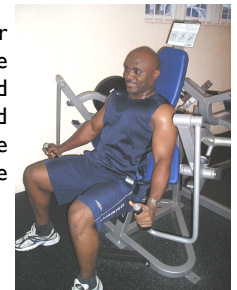
Preacher Curl - Adjust the height of the seat of the preacher curl bench so that when you sit down, the armrest is slightly below shoulder level. Place your upper arms over the armrest and grip the bar shoulder width apart, with an underhand grip. With the back of your upper arms pressed firmly against the pad, tighten your abdominal muscles and slowly curl the bar upwards and inwards in a smooth controlled motion, until your upper arms and forearms form an approximate 45° angle. Pause for a moment at the top of the movement before slowly lowering the bar, returning it to the starting position.

TIP - To gain maximum results from this exercise ensure that you extend your arms fully at the beginning and end of each repetition



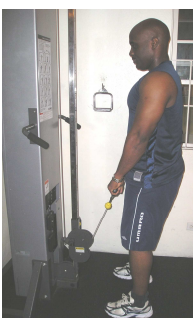
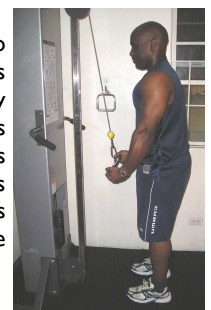
Arm Extension - Adjust the seat height of the arm extension machine so as to position your elbows in line with the pivot of the arm handles. Sitting with your back firmly pressed against the back rest grasp the handles with your palms facing inwards. Tighten your abdominal muscles and while keeping your upper arms firmly against the arm pads and your elbows steady, slowly extend your arms forward and downward in a smooth, controlled motion. Pause for a moment at the bottom of the movement and then slowly bend your elbows, returning the arm handles to the starting position.

TIP - To gain maximum results from this exercise ensure that you extend your arms fully at the end of each repetition



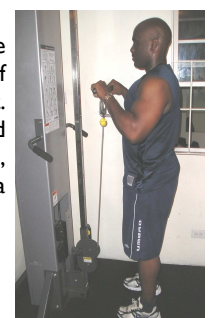
Reverse Grip Cable Triceps Pushdown - Adjust the pulley on one side of the cable crossover to the highest position, with the short, straight bar attached. Stand approximately 1 foot away from this tower of the cable crossover, facing it with your feet roughly shoulder-width apart and your knees slightly bent. Grasp the bar, hands shoulder-width apart, with an underhand grip. Tighten your abdominal muscles and position your elbows at your sides, pulling the bar downwards until your upper arms and forearms form an approximate 45° angle (this is the starting position for this exercise). Keeping your elbows stationary, slowly straighten your arms in a smooth, controlled motion, lowering the bar until your arms are fully extended. Pause for a moment at full arm extension, before slowly bending your elbows to raise the bar, returning it to the starting position.

TIP - Less weight should be attempted with the Reverse Grip Cable Triceps Pushdown compared to the Cable Triceps Pushdown



Reverse Grip Cable Biceps Curl - Adjust the pulley on one side of the cable crossover to the lowest position, with the short, straight bar attached. Stand approximately 1 foot away from this tower of the cable crossover, facing it with your feet roughly shoulder-width apart and your knees slightly bent. Grasp the bar, hands shoulder-width apart, with an overhand grip, tighten your abdominal muscles and position your elbows at your sides. Slowly bend your elbows, curling the bar upwards in a smooth, controlled motion, until your upper arms and forearms form an approximate 45° angle. Pause for a moment at the top of the movement before slowly lowering the bar, returning it to the starting position.

TIP - Less weight should be attempted with the Reverse Grip Cable Biceps Curl compared to the Cable Biceps Curl



Pursuing A Healthy Diet

One of the biggest misconceptions about planning a healthy diet is the belief that some foods are 'good' (e.g. apples) , while others are 'bad' (e.g. chocolate bars). This way of thinking can commonly result in the over emphasis of 'good foods', which depending on how employed, can be just as unhealthy as the constant consumption of 'bad foods'. No single food, or food group, can adequately provide all of the nutrients your body adequately requires to function. So, when planning a diet ensure that it has the following 5 characteristics:

Adequacy - your diet contains adequate amounts of nutrients, fiber and energy (calories) in sufficient amounts based on your gender, age and activity level.

Balance - your diet provides a wide range of food types or nutrients such that there is no overemphasis on any particular food type or nutrient at the expense of another.

Calorie Control - your diet supplies the amount of energy (calories) you need to maintain a desirable weight as a balance is maintained between the energy intake and energy expenditure.

Moderation - your diet does not contain excess amounts of unwanted constituents (e.g. fat, salt, sugar). A common approach to achieve this is the 80/20 rule - this is where you eat low-fat, nutrient dense foods at least 80% of the time and splurge occasionally the remaining 20%.

Variety - your diet contains a wide range of foods rather than the same meals day after day. This is essential as a limited diet can supply excess amounts of undesirable substances, while totally neglecting other nutrients.

When attempting to plan a healthy diet for yourself the most important thing to remember is that IT IS THE OVERALL DIET THAT REALLY MATTERS.

Questions & Answers



Is there an advantage to using free weights (dumbbells & barbells) over weight machines?

The main advantages of free weights over weight machines are:

- (1) *Versatility* - free weights allow you to perform many different exercises, for all the muscle groups in your body, with as little as one piece of equipment
- (2) *Practical body movements* - many exercises with free weights allow your joints to move in a more natural or practical motion thereby strengthening them in a way that is relevant to your motions in real life
- (3) *Use of stabilizing muscles* - during the use of free weights exercises muscles other than the target muscles must be used to help balance or stabilize the weight, therefore giving you a more complete and challenging workout
- (4) *Time reducing* - a full body workout performed with free weights can be accomplished in a significantly less amount of time due to the fact that exercises which work multiple body areas at once can be performed



It should be noted however that depending on; (a) how experienced you are in weight training, (b) what muscles you are targeting, (c) how much weight you are attempting to lift, and (d) what exercises you are trying to execute, weight machines have certain advantages over free weights..... And both free weights and weight machines have individual disadvantages, so all such factors should be taken into account when choosing between free weights or weight machines.

Have a question you want answered? Read something you disagree with? Send your questions or comments to jamiljones@jandsacademy.com and we will try to answer them for you in our next issue.

NEWS, UPCOMING NOTICES AND EVENTS

HOLIDAY OPENING HOURS

- ◆ Kadooment Day (2nd August) - Gym Closed
- ◆ Emancipation Day (3rd August) - Gym Open 7 am - 12 pm

SPIN CLASS CHANGE

- ◆ Commencing in August the previously introduced Wednesday 6:00 pm Spinning Class will now be held on Mondays at 6:00 pm. Please see the Class Schedule posted in the gym, or the gym website (www.jandsacademy.com) for the full schedule of classes.

PAST NEWSLETTER EDITIONS

- ◆ Remember all past editions of J&S Academy's Health & Fitness Newsletter can be downloaded from the gym's website (www.jandsacademy.com)

CONTACT US



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WANTED...

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Let Us Know What You Thought Of This Issue

Read something that you disagreed with, that you did not understand or that was really helpful? Send your feedback to

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