

# THE MAXIMAL PULSE

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June 2018 / Issue 1

## MONTHLY CHALLENGE:

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**June ~ 2 min. max rep  
burpees!**

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**April Squat Challenge  
Winners:**

**Eric Benner**

**Jen Martelli**

## WHATS HAPPENED:

Classes are running smoothly in the Parks and Home gyms. We have been able to get outdoors and have some fun. We have channeled the big kids inside of us with the limbo, hokey pokey & sliding board races. We have eaten some bugs, it's okay they are protein. We have been stopped & questioned by the fuzz, complained about by a local resident (because apparently it is extremely unsettling to be running on a public sidewalk carrying things like coffee tables, trees and small children) all the while making the best of our situation, welcoming new friends and becoming stronger athletes.

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*“It’s not about the 4 walls you walk into. It’s about the people there encouraging you to be your best.” ~ Laura Benson Smeltzer*

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## MAXIMAL EVENTS:

May 28 ~ Murph Challenge 2018

We had a great turnout for our Annual Murph Challenge. Everyone really turned it up & earned the fantastic BBQ put on by Mike & Casey Cono!



## CONGRATULATIONS!!

We would like to Congratulate Dave & Shelby Keller as they welcomed a baby girl ~ Logan Raylee & Siobhan & Rich Delgato on their May Nuptials!!!!

## NEW HOME:

We are continuing to search for Maximals new home. We have a few options we are currently looking at in Sellersville & Perkasie, it won't be long...





*Pulled BBQ Jackfruit on an Ezekiel Pita*

## **DINNER BELL 2 BARBELL**

We all know by now just how important our nutrition is for our performance and overall health, so let's keep our group going by posting our meals and swapping recipes. Each month we will feature one of our athletes' family recipes! Make this a hard decision for us - so keep the posts coming! For May the Thomas's take the trophy. Kristine & Eric never disappoint with their vegetarian menu. Check out their May 6<sup>th</sup> post for the recipe.

## **NUTRITION CHALLENGE:**

Now that we have all tried tracking everything we eat let's try and make 1 positive change to our diets. Just one. It doesn't matter if it is the flavored creamer in our coffee, soda, the candy bars we hide in our desk - anything. Stay committed for the month. If you're feeling the itch to fall off the wagon look to your coaches or fellow athletes for support. Keep logging your food and let's see what happens.

## **KEEP HYDRATED:**

With the warm weather upon us remember to keep hydrated. Drink half your bodyweight in fluid ounces of water a day to keep your bodies hydrated and reduce fatigue.



## **WE LIFT:**

Lately, we've been spending most of our barbell time on the Olympic lifts and their various components. Why the Olympic lifts instead of just squats, deadlifts, and overhead strength? The simple answer is that by practicing the various positions in these movements, we also encompass variations of squats, deadlifts, and overhead press. This way, we get a little bit of everything. The Olympic lifts also work to increase our maximum power output, range of mobility, body awareness, and general coordination. We don't need to move maximum weight loads to reap these benefits either. The largest benefit is gained through quality repetitions, focusing on form and speed around the bar. By stepping back and rebuilding this foundation, we are providing ourselves a greater opportunity to improve in the long term. And, this is a long-term game. So, don't worry about not hitting PRs right now (those will come again with time), but instead, lighten the load, improve the form, and get ready to take greater steps forward.

