

THE MAXIMAL PULSE

July 2018 / Issue 2

MONTHLY CHALLENGE:

July ~ 400 meter run
for time

June Burpee Challenge
Winners:

Kevin Tomascik

Siobhan Delgato

WHATS HAPPENED:

Maximals you have a home!!!! ~Well Almost~ We are working hard (with a little help from our friends) to get to get this place ready. Some of our renovations include tearing down walls, raising the ceiling and adding support to the basement because we all know Maximals like to throw around some serious weight. As many of you already know the new location will be at 120 North Main Street in Sellersville & your coaches are already planning for a killer Grand Opening Workout!



“This hill is hooooorable!” (said in the sweetest voice ever) ~ Kathy Discigil

MAXIMAL EVENTS: 1776

July 4th ~ 8AM ~ Menlo

Wear you favorite patriotic gear and join us in the park before your Independence Day festivities start!



SHOUT OUT!!

A HUGE thank you to those who have been at the new space helping out: Justine Coale, Eric Benner, Tim Wallace, Tom Trainer & Felipe Polanco you guys are awesome!!!





Modified Cobb Salad

DINNER BELL 2 BARBELL

The Bucher's take it! Thanks for reminding us that we don't have to go crazy to get a nutritious meal. Opting to forgo the blue cheese crumbles and heavy dressing makes this salad protein packed and full of nutrients! Light & easy making it perfect for a summer dinner. Keep posting!!!

NUTRITION CHALLENGE:

The summer time is upon us where the nights are longer, vacations are taken and cookouts with food and drinks are more often, not always on the healthy side. This is ok because we have earned a few slip ups with all the hard work were putting into our training sessions. The food and nutrients we provide our body with are key components in recovery and overall daily life performance whether we are exercising, working, busy around the house or going on hikes and bike rides. These are all activities that can be taken place during the summertime so allow yourself some treats and don't feel guilty. Our metabolisms can handle occasional spikes in sugar on a rather clean nutrition plan or diet.

A clean diet can be described as a diet that has lean protein, vegetables, fruits and fiber as the daily make up of our food choices. If we can allow ourselves 4 to 6 small meals a day our metabolism will be in constant motion which means were burning fat and building muscle. A quick reference for meal size portions are: A fist size portion for carbohydrates and vegetables and a palm size portion for our proteins. These references are too specific to each individual and their body. This allows us to visualize the amount of food we should have on our plate to help keep our portions under control during our outings. If we do this the occasional nights where we eat, drink and snack a little more than we should won't hurt us in the long run. Enjoy the summertime and continue working hard towards your goals in the gym and a flexible diet will not deter your progress but may lead to some new PRs. Let's Get After It!!

KEEP HYDRATED:

The HEAT has arrived!! Sometimes it is hard to get down as much water as our bodies need. If you or the kiddos are struggling to consume the necessary amount of water try infusing it with some of your favorite fruits!



WE LIFT:

20 rep Squats. Squats are good. We love squats. They build strong legs, strong backs, and solid cores. But why would anyone ever want to do a set of 20?! Because it's hard. Doing hard things makes us stronger. So in conjunction with our Olympic lifting progressions (you didn't think we would just trade those in did you?) we have added a 20 rep squat routine. Our goal is to increase our overall strength, endurance, and mental fortitude. As the weeks progress these sets become a test of not only strength, but our constitutions. You will need to KNOW that you can stick through the work ahead of you. Each set will be slightly heavier. You CAN do it. Our bodies are amazing at adapting to different stresses, and we are going to test them. So, do you have what it takes to turn your 5 rep max into 20?

