

THE MAXIMAL PULSE

August 2018 / Issue 3

MONTHLY CHALLENGE:

August~ Max rep ring
pull ups/ring rows!

July 400m Challenge Winners:

Jared Reed

Laurie Hepler

WHATS HAPPENED:

Maximals you truly are the best there is! There are few words we can use to express our gratitude for the unexpected generosity of you all. You continue to astound us with your kindheartedness & commitment to us coaches, yourselves and the Maximal family, for that we can simply say thank you! We have put your bounteous donation to good use and are soundproofing the ceiling among other things. We are eager to get out of the elements the parks have to offer, get these doors open, and bring the Maximal family all together under one roof again.

“Our hearts are so happy!” ~ Coaches

MAXIMAL EVENTS:

Saturday Morning Classes: August 11 & 25

8/4 – Large delivery of materials at the new space that needs to be unloaded any volunteers would be greatly appreciated – refreshments & friendly banter will be provided.

SHOUT OUT!!

Kathy Discigil

Back Squat 1x20 | Thursday, Jul 26



120

LBS • RX

Kathy hit 120# on her 1x20 Back Squat!!! Thanks for inspiring all of us!

Welcome newcomers Theresa, Carol & Kelly!





Shrimp & Broccoli / Salmon & Beets

DINNER BELL 2 BARBELL:

Kathy Betz is the Meal Prepping Master! She prepps every Sunday and she always changes it up! She shows us that we can be creative and not so mundane with our prepped meals. Gone are the days of plain chicken breast and broccoli - check out Kathy's Sunday posts for new ideas. Keep posting!!!

NUTRITION:

When choosing meals and preparing for the week, we need to be careful with the selections we are making. Processed food, and food filled with nitrates and fillers (i.e. fast food, Hungry man meals, convenience shop foods, and foods high in sodium content) are not the ideal choices. These meals lack nutrients and cause us to feel hungry a short time after eating them. These types of meals are also full of saturated fats, trans fats, and loaded with artificial ingredients that our body cannot metabolize. In turn it gets stored as body fat that becomes hard to burn off as we continue to eat them throughout our lifetimes. Better ideas include grilled chicken, lean meats, fresh vegetable (flash frozen if you need to quickly heat up) and natural fruits. These foods contain positive nutrients our body can process and metabolize, allowing us to feel fuller longer and provide us with energy to be more productive throughout the day.



WE LIFT:

How about those 20 rep squats? Have you found your max? Are you having



nightmares about your next attempt? Don't worry, we're almost finished. These have been a test of physical strength, endurance, and absolute mental fortitude, and you have all done excellent. So, what's next? Complexes. Get ready to hang onto that bar through multiple lifts. Remember, hook grip is your friend...