

THE MAXIMAL PULSE

October 2018 / Issue 4

MONTHLY CHALLENGE:

October ~ Pull up challenge!

WHATS HAPPENED:

We are in our new home 6 days a week now!! Maximals we are inching closer to having a full schedule! We are excited to have our rig back and of course those wall balls! We are getting back to our old ways with our freshly painted walls already showing signs of wear, scuffed up from handstands and wall walks. We have made new friends and we are eager to expand this amazing community of ours. It should only be a few more weeks and we are open every day with extra classes and open gyms times.

"I do" ~ Mr. & Mrs. Plover

MAXIMAL EVENTS:

September 22, 2018 – Tim & Brett got married! ❤️

*Maximal Community,
I would like to say Thank You for all of your support, words of endearment, cards and gifts that me and my wife Brett received from the group on our wedding day. It means so much to me as a coach and my family to be part of such a great community of people that genuinely care about each other's wellbeing. I cannot express enough how grateful we are and also how excited we are to start our new journey as husband and wife but also new gym owners to support the growth of this great group of people. Here's to new beginnings and Thank you from my family to yours.
~Coach Tim*



SHOUT OUT!!

Thank you to the Keller family for generously letting us use their barn for our barbell work! We appreciate the support through this transition.

Welcome new comers Melissa, Emma, Alyce, Krista, Kate & Jeannie!





Prepped lunch vs. all the sweets

DINNER BELL 2 BARBELL

Casey Cono wins the the resisting temptation award! The workplace often offers some serious challenges when it comes to our nutritional goals! Sweets are an office staple and it can be hard. We are sorry this happened to you Casey – sometimes bad things do happen to good people – way to stick with it!

NUTRITION:

Now that we are finally in our new home, it's time we reintroduce the zone diet challenge. Over the course of the next 6 weeks Henry, Tim & Sean will be partaking in the zone. We encourage anybody who would like to see changes in their workouts and body composition to join in on the challenge. Remember it's about the numbers on the whiteboard that count, not the numbers on the scale. Each one of us is going to have a different block prescription. For more info on the zone diet and what block prescription and menus to use reference crossfit journal article 21 and other links up on the newsletter page of our website. Of course remember us coaches are hear to help with any questions you may have, so please ask away or even email us. Give at least 2 weeks for this to take root as it will take time for your body to adapt. Lets see how great we ALL can really be. LETS GO!

WE LIFT:

DON'T DROP THE BAR

Barbells are back in session!

Rule #1: Do. Not. Drop. The Barbell. While the floors are not yet ready to handle the impact of a loaded barbell, they are plenty strong for us to perform lifts at sub max percentages. While we continue our efforts to reinforce our base, we will lower the weight and focus on tempo (controlled descents and pauses). Lifting with a prescribed tempo will teach us better control through the full movement (looking at all you dive bombers and chest bouncers), strengthen weak positions (getting stuck in the bottom of a squat), add some always welcome variety, and provide quality time under tension. By lifting with variety of tempos we will gain different responses from our muscle fibers, helping us build some strong, lean, and explosive muscle. So, who's ready for some gains?

