

THE MAXIMAL PULSE

February 2019 / Issue 5

MONTHLY CHALLENGE:

February ~ Max L-Sit

WHATS HAPPENED:

So many things have happened, we don't know where to start! We survived the Gobble till you Wobble and Twelve days of Christmas workouts. Maximals, you made a lot of children smile on Christmas morning through your generous contributions to the Between Friends Outreach. We celebrated with some super cool Maximal swag and great food, drink & conversation at our

Christmas Party. You made it out of bed early for a New Years Day class. We have implemented Kids Classes, Boot Camps and an even earlier morning class. We played bean bag toss, got new bands, rings, plate holders, a box & a ridiculously big white board. We set new goals, hit PR's and most exciting - welcomed many new members to our family! Welcome: Jess, Cheri, Melissa, Tiki, Justin, Jessica, Teresa, Deborah, Mark, Alyson, Laura, Brittany, Marissa, Kyle Matt, Doug & Mary Grace.

MAXIMAL EVENTS:

Master's Artic Blast – January 26

Congratulations & great job to Eric Benner, Tim Wallace & Kevin Tomascik.

UPCOMING COMPETITIONS:

AMRAP for Autism – Bucks County CrossFit - April

Maximal will be looking to get as many teams together as possible, traditionally teams have been M/M, F/F & RX or Scaled, we will keep you posted as more info. becomes available.

Test Your Metal – Easton CrossFit - Summer

NEW PRICING

We have implemented a new pricing structure for NEW members: Unlimited Membership is \$100/month and we no longer offer the 3x/week package. If you already have the 3x/week monthly package you are grandfathered, if you are a current trial member you may still sign up for the 3x/week @\$80. If you would like to sign up for the 3x/week or already have that package and wish to sign up for the new unlimited pass, please contact your coaches or info@maximalsc.com.



The most relatable meme I have ever seen



DINNER BELL 2 BARBELL

Our facebook group which was started to exchange healthy recipes and clean eating tips has turned into a group chat of silly picture, videos, funny memes (some of which many don't understand), pickled flavored anything, meal prep, cheat meals, attempted moon walks and an occasional healthy recipe – & we love it!

If you are not part of this facebook group ask one of the coaches to add you and feel free to post! If you are looking for great Vegetarian dishes, our resident chefs, Eric and Kristin Thomas, always post amazing recipes - look for their posts! Pictured: Mushroom and lentil burger on top a salad –

Seriously please host a cooking event!!



WARM UP:

Bands are now staples in our warm ups to go along with foam rolling and a dynamic warm-ups to get our body prepared for the work in class. We use them to provide active resistance, so the supporting muscle fibers warm up and can provide support and stabilization to our bigger muscles that take over during our workouts.

Shoulders:

1. Place green or blue band around your wrists and hold arms at 90 degrees with your elbows by your sides.
2. Pull hands apart keeping wrists straight. Drive your elbows into your sides not letting pull away from your body
3. Control the motion and don't race through it
4. 15-20 reps 2-3 times

WE LIFT:

What's with all the bodyweight movements?

At the beginning of the new year, we asked what goals you have for 2019. There was a common theme among the responses – pull-ups and push-ups. How do we get better at pull-ups and push-ups? By doing pull-ups and push-ups, of course! By using resistance bands, negative repetitions, rings, and boxes, we can adjust the level of difficulty to gradually work towards your goals. This will be a process, and there are no shortcuts. Be patient, take note of your progress, and trust the system. Remember, a lack of external loading does not mean a movement is easy.

Beyond striving toward our goals, these basic gymnastics movements are excellent for increasing strength, endurance, and midline stability. They also serve as great reinforcement of proper movement patterns that directly transfer into barbell work (pretty air squats turn into pretty back squats).