

THE PLANK EXERCISE

Have you ever seen a tree with branches stronger than its trunk? We haven't either. Having a strong core allows you to be stronger from every angle and gives you the physical stability you need to do just about anything in your life. From getting in and out of a car to downhill skiing, your core is your powerhouse. Strengthen it. You'll be happy you did!

Planking, is a simple but effective total-body exercise. Holding the body stiff as a board develops strength primarily in the core — the muscles that connect the upper and lower body — as well as the shoulders, arms, and glutes. This static exercise — meaning the body stays in one position for the entirety of the move — is especially awesome because it requires no equipment and can be performed just about anywhere (well, use your judgment).

1. Place the forearms on the ground with the elbows aligned below the shoulders and arms parallel to the body at about shoulder-width distance. If flat palms bother the wrists, close the hands into fists or hold them in a prayer position. Another way to perform a plank is to plant the hands directly under the shoulders (slightly wider than shoulder width apart) like you're about to do a push-up.
2. Ground the toes on the floor and squeeze the glutes to stabilize the bottom half of the body. The legs should be working in the move too, careful not to lock the knees to hyperextension.
3. Neutralize the neck and spine by looking at the floor about a foot in front of the hands. The head should be in line with the back.

THE MOST COMMON MISTAKES... AND HOW TO FIX THEM

The Mistake: Collapsing the lower back.

The Fix: Instead of compromising the lower back by dipping the bum, engage the core by imagining your belly button drawing in toward the spine. This will help keep the torso flat, and in turn, the spine safe. If you want to get super technical, have a friend gently place a broomstick or yardstick on your back — the top of the stick should make contact with the head, and the bottom of the stick should rest between the buttocks. The stick should also make contact right between the shoulder blades for proper alignment.

The Mistake: Reaching the butt to the sky.

The Fix: Planks aren't supposed to look like a downward dog. To really get the core working the way it should in the plank position, keep the back flat enough so the abs feel engaged from top (right below the sternum) to bottom (directly below the belt). But of course, don't dip the tush too far toward the ground.

The Mistake: Letting the Head Drop

The Fix: While the focus may be on keeping the hips, butt, and back in the proper position, form isn't all about the core and the lower body in this move. It's important to think of the head and neck as an extension of the back. Keep eyes on the floor about a foot in front of the hands to neutralize the neck.

The Mistake: Forgetting to breathe.

The Fix: It's human nature to hold your breath when in a strenuous position for a period of time. But breathing is especially important because holding it for too long can bring on dizziness or nausea, which is especially dangerous for those with blood pressure issues.

The Mistake: Focusing too much on the stopwatch.

The Fix: Quality trumps a ticking stopwatch when it comes to the plank. When your form begins to suffer, it's time to call it quits. If the back begins to bow or the shoulders start to sink in, take a break.

SAAARGES EASY TO COOKBEEF & BARLEY SOUP

INGREDIENTS

500g Chuck Steak .Trimmed of fat
1 cup Barley (Pearl)
11 cups water with 10 Chicken Stock Cubes
8 Spring Onions chopped
3 Carrots diced
3 Sticks of Celery chopped

METHOD

1. Brown the meat
2. Add all the ingredients and bring to boil
3. Skim surface and reduce heat
4. Simmer for 2 hours
5. Add pepper to taste
6. Enjoy ☺

FITNESSNRG HOODIES NOW AVAILABLE TO ORDER AGAIN

COST \$45 ..

HOODIES MUST BE PAID FOR WHEN ORDERING

Orders are being taken for FitnessNRG hoodies. These are at cost price at the moment. So get in now. It may not be this price again. Must pay when ordering. Sizes are unisex XS, S, M, LRG, XL, XXL and XXXL. They come in a crew neck or zip. The feedback is that they are really warm !!! Fantastic to wear to training on these cold nights or wear them out and about.

Check them out below. Modelled by the Milligan boys !! ☺





FITNESSNRG MOTHERS DAY RYANS ROAD CHALLENGE 2015



WHEN SAT 9TH MAY
TIME 9.30AM
WHERE MEET HALF WAY ALONG RYANS RD BELGRAVE HEIGHTS
(PLS NOTE THERE WILL BE LIMITED PARKING. CAR POOLING FROM THE BARRACKS WOULD BE HELPFUL)
BRING DRINK BOTTLE AND A SMILE
COST \$20 FOR CASUALS NOT IN CURRENT BOOTCAMP WHICH GOES TO THE BREAST CANCER FOUNDATION AND A DONATION FROM BOOTCAMP TROOPS

It's on again!!! The Bootcamp Troops will be challenging themselves to run/walk Ryans Road Belgrave Heights on Saturday 9th May. We will dress in pink tshirts and the road will have pink ribbons along the way placed on trees to motivate you for the cause. If you don't own a pink tshirt we can supply you with one FitnessNRG will be collecting donations for the Breast Cancer Foundation on the day and everyone is invited. If you are not enrolled in the current Bootcamp, you are invited to come along and support the troops with a casual fee of \$20. This participation fee will go to the Breast Cancer Foundation.. I hope you all give it a go ☺

