

The Building II Online

March 2009. We're getting closer. You can almost hear birds chirping in the morning. The sun is out longer at night. And, if you like that sort of thing, NASCAR has begun. We are waking from our hibernation, most of us. Our Biggest Loser contest is a month old now. Contestants are doing fairly well. Some are getting "buff", "shredded", or "ripped". Do you have any clue what I'm talking about, well after this issue of our newsletter you will. In this issue we'll talk about some things you may hear around the gym, or "gym lingo". As usual, we'll have a recipe, exercise, and stretch. If you wanna get "totally ripped" you'll try the recipe and do the exercise.

What's New At The Building II - FM Transmitter

If you have a set of FM head phones or can get FM signal on your I-Pod or MP3 player, bring it in. You can listen to the TV without interruption. Just tune to 107.9 and enjoy. We hope to set the rest of the TV's and the Sirius radio to do the same in the next few months.

Biggest Loser

Over the past month Building II members have been competing in the 2nd Annual Biggest Building II Loser. There were two ways to do the competition, Transitions Lifestyle Systems and Biggest Loser only. After the first couple weeks the results were impressive for both sets of competitors. Those doing it on there own lost 32.8 lbs. 1.43% of their body weight with an average weight loss of 3.6 lbs per person. Those on Transitions did a little better losing 50.6 lbs, 3.3% of their body weight, an average 6 lbs per person, 1.7% body fat, and an average of 6 inches. We'll keep you posted on how everyone is doing.

Carleen's Progress - One Month

Carleen agreed to have her results posted, very brave, by the way. Carleen posted a weight loss of 6.2 lbs, 3.1% body fat and 8.5 inches overall. Very good.

Walk For MS - April 19th Hollidaysburg High School.

Sign-up now. Maybe you don't want to walk or have another pressing matter that day. If so, make a donation. Anything is accepted, \$10, \$20, \$100, \$1,000 whatever you can give. Both the sign-up and donation sheets are at the front desk. You have been warned, so bring some money with you when you come to the gym. Thanks in advance.

Gym Lingo - "What did he just say to me?"

Most of you have been in gyms before. Some of you may have even asked some of these questions, or used some of these phrases. But there are a good number of people who look at gym regulars like they have an extra eye, when they ask "Can I jump in?" They're not being rude, actually they are being courteous.

Here are a list of phrases that can be heard in most gyms and weight rooms, and a couple that can only be heard in our gym.

"Can I Jump In?" - "To jump in" means to alternate with someone else on one piece of equipment. If you're using a machine and someone asks that question, then sits on your

bench, don't be intimidated and leave. They're asking politely to use the equipment with you. Just step aside, let the person do the exercise, step back for your turn and alternate quickly until done. Don't be afraid to ask that question if you need a particular machine that's occupied. Just wait until the person is taking a break and, like a weight-lifting pro, pop the question: "Can I jump in?"

Reps - Short for repetitions, meaning the number of times you do an exercise. Usually 6-15 reps make a set.

Sets - A group of repetitions. Usually you do 1-3 sets per exercise. (A man working on bicep curls might do 3 sets of 10 reps. This translates to 3 full rounds of 10 bicep curls each.)

"He's/she's ripped." - A major compliment about a "dudes" or "chicks" defined physique.

"How many more sets do you have?" - Someone is getting antsy to use the weight machine and doesn't particularly want to "jump in" with you. This is a polite way of saying, "Are you planning on staying here all day? Maybe I can get you a coffee."

"Can I get a spot?" - Basically, someone is asking you to help him do an exercise with an amount of weight he is nervous about. Politely pass on this one if you don't know how to spot the exercise. Things could get ugly if a bad spot ruins his set (or worse, the bar chokes him).

Juice - Slang for steroids. If muscle-heads are said to be "juicing," you can be sure they're not talking about fresh produce. This is a bad thing by the way.

Guido Workout - Going to the gym and doing nothing but maxed out bench pressing (Usually a grand total of 3 reps every set), and bicep curls with dumbbells. Not too mention being near mirrors...ALOT

Six Pack - term for visible abs which appear as 6 sections due to low body fat.

Feeling the Burn - Term for the burning sensation felt from lactic acid as one does high rep workouts.

Plateau - A real or imagined point at which one can not improve from either in terms of strength, endurance, or muscular size. When plateaus are reached people often change their exercise routines or try to do something differently to try to bring new enthusiasm and new stimulus to overcome.

Supersets - A type of weightlifting training in which one does different exercises targeting the same muscle group with minimal rest between. Doing barbell curls followed by dumbbell curls, followed by one arm barbell curls would be an example of a superset or giant set.

Guns - Slang term for upper arm mass; biceps and triceps

Pythons. See Guns

Now some of my personal favorites heard only here at the Building II.

"Where's Wayne at today?" - Usually uttered by Sherri or Carleen, inquiring about Wayne Santone, and why he skipped the gym that morning.

"What time does your dad get here?!" - Normally asked by someone who can't believe Carl gets here at 4:30 in the morning.

"Who's here at the time?" - See "What time does your dad get here?"

"How does your mom put up with all of you guys?" - If you need an explanation then you haven't been here long enough

"Can you look this number up for me?" - Usually asked by one of the morning crew, who forgot glasses or can't see small print.

"Where did the fire start?" - Probably the most asked question in the past 8 months.

"What time are you open on (fill in your Holiday)? - We like that one

"Do you have any AA batteries?"- Uh...no we don't...sorry

"Did ja watch the game last night?" - We don't have time to watch all the games.

"GO STEELERS" - Nuff said

If you have any of your own gym lingo or etiquette questions, please feel free to write us, and we'll try to give you a "spot".

Exercise Of The Month - Quantum Bicep Curl Machine

- 1) Select exercise weight
- 2) Adjust seat height so when seated with chest aligned against pad, and grasping handles with elbows aligned with pivot point indicator, your triceps fully engage the angled pad.
- 3) Slowly pull handles up to desired position, pause then slowly return just short of the starting point.
- 4) Do not let the weight touch the stack until all reps are completed.

NOTE: Most of the Quantum Machines have a red dot which indicates the "Pivot Point". Example: if you are doing an arm exercise, the "pivot point" is the elbow. Leg curl, the "pivot point" is the knee.

Stretch Of The Month: Biceps Wall Stretch

- 1) Place palm, inner elbow, and shoulder of one arm against the wall.
- 2) Keeping the arm in contact with the wall, exhale slowly turn your body.
- 3) Adjust the hand position either higher or lower and repeat to stretch various biceps and chest muscles.

Recipe Of The Month From Amy's Kitchen: Open Faced Turkey Tacos

Serves 10 Tacos

Ingredients:

- 1 pound lean ground turkey
- 1 medium onion, chopped
- 1 (16 ounce) can fat-free refried beans
- 1 (16 ounce) jar salsa
- 10 (6 inch) flour tortillas, warmed
- 2 cups shredded lettuce
- 2 medium tomatoes, chopped
- 2 medium green peppers, chopped
- 2 medium sweet red peppers, chopped
- 10 tablespoons fat-free sour cream

Directions:

In a large skillet, cook turkey and onion over medium heat until meat is no longer pink; drain.

Add beans and

salsa; cook and stir until heated through. Spread 1/2 cup turkey mixture over each tortilla.

Top with lettuce,

tomatoes, pepper, and sour cream.

Nutritional information: 1 serving equals 264 calories, 6g fat (2g saturated fat), 38mg cholesterol, 588mg sodium, 36g carbs, 6g fiber
15g protein.

Aerobics Class Schedule for the Month of March

Monday	Tight N Tone with Phyllis	10:00-11:15am
	Step with Aimee	5:45-6:45 pm
Tuesday	Cardio Kickboxing with Lisa	5:30-6:15 pm
	Pilates with Lisa	6:15-7:00 pm
Wednesday	Tight N Tone with Phyllis	10:00-11:15am
Thursday	Step with Aimee	5:45-6:45 pm
Friday	Tight N Tone with Phyllis	10:00-11:15am
Saturday	Cardio Kickboxing with Lisa	9:00-9:45 am
	Pilates with Lisa	9:45-10:30 am

(Classes are included with your Building II Membership)

New Winter Hours:

Monday thru Thursday 4:30am - 9:30pm

Friday 4:30am - 8:00pm

Saturday 7:00am - 4:00pm

Sunday 7:00am - 2:00pm

We want your feedback. E-mail us at Thebuilding2@wvdsi.net

Visit our website for more information

www.thebuilding2.com