



Newsletter

Issue #19

Hi

How's life in your neck of the woods...

Summer is almost upon us...

As we drive towards Summer, gyms are getting busier and more and more people are trying to burn off those extra calories before the swim suit season.

It makes me wonder how some people think that they can get into top shape with only a couple of months of training. After they've been "chilled out" during the Winter. They train flat out, six or seven days a week in an effort to look tight, toned and terrific.

What they seem to forget is that getting into shape and training is all about consistency. In order to be at your best and look your best you need to make small improvements weekly which stack up one upon the other and eventually you get to your goal. There are no short cuts.

Most people know what they need to do, they know roughly what to eat, they know they need to rest and recover, they know that they need to do their resistance training and they know they need to do their cardio training. So why aren't they doing it? Too busy...not enough time? If you read some of my previous newsletters I revealed my "rules of life" and one of them was that we do what's most important to us...always. So it's not that they have no time for exercise. It's just that they chose to do something else which was more important to them at the time. It's not a matter of being right or wrong. That's just the fact.

So what's the answer to having a consistent training regime.

I think if you have a big enough reason for doing it or if you make it a habit.



Every single person I've coached who have made considerable steps towards realising their goals have done so on the back of big reasons, lifestyle changes or creating good habits and maintaining them over a prolonged period of time.

Remember that the human body was made for movement. If you work a sedentary job then what is considered a "gym junkie" should be the norm for you. People have got to understand that we should all do 30-60 mins of moderate movement each and every single day...

So forget the summer shape up, and implement a consistent long term training and eating program into your daily life.



Quote of the Day

"The fact is, that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can."

Robert Cushing

Don't Sweat the Small Stuff

...I've heard that you shouldn't have tuna in oil, but instead eat the ones in brine or water.

...Should I use the treadmill or the cross trainer.

...Isn't doing crunches better than sit ups

C'mon people do you seriously think that eating tuna in oil (after draining) compares to eating a tim tam biscuit for example. There is no comparison. The tuna wins by miles every time even with the oil. The way I look at it is that there is a lot of good and just a little bit of bad and if that what it takes to get it down, well go for it.

Tread or Cross? Just get out there and move consistently..walk on your head for all I care..well don't do that. But move...day in..day out..week in..week out...month in...month out..year in..year out. Try not to miss workouts and you'll reap the benefits. Don't procrastinate about which piece of cardio equipment to use just get on the damn thing and move. **CONSISTENCY IS THE KEY BABY!!**

We all love training abs...enough said.

The secret to getting into shape is not necessarily which exercise to do or how to do them. But rather **implementing** and **executing**. For example, anyone can start by actioning a weekly

walking program if weight loss is your goal. Walking is a very natural movement for the human body...we are designed to walk and implementing a walking program should be the basis of your routine. Whether it be power walking, speed walking, jogging, running, stair work, hill sprints, intervals. All these are excellent at keeping lean.



Sample Weight Loss Program

Here's a workout outline that you can use. I haven't gone into detail concerning the exercises... but I hope you get my drift.

Monday: Resistance Training
(done in interval style to keep heart rate up)

Tuesday: Cardiovascular endurance training or interval sprints

Wednesday: Resistance Training
(done in interval style to keep heart rate up)

Thursday: Rest day (take a 30-60 minute walk)

Friday: Cardiovascular endurance training or interval sprints

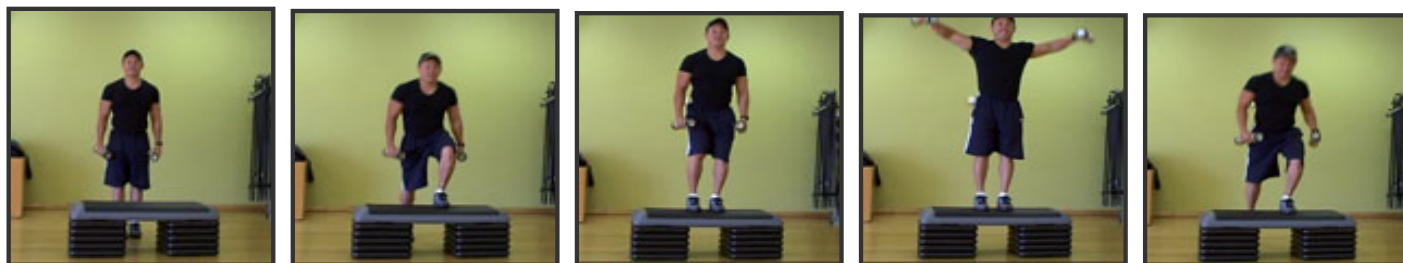
Saturday: Resistance Training
(done in interval style to keep heart rate up)

Sunday: Rest day (take a 30-60 minute walk)

Don't be afraid to substitute your favorite aerobic classes into the above program. There's nothing more motivating than doing stuff you like.

Exercise Library

Step-Ups with Dumbbell Lateral Raise



This exercise is performed in two parts. The first part is to step up on the step one leg at a time. When both feet are on the step raise the dumbbells to shoulder height out to the side then lower and step back down

This exercise works the legs and shoulders.



Summer Special

Half Price Personal Training

Due to the unbelievable response last time...

We're at it again and with my team growing rapidly we can now offer you this great deal. As a bonus to my readership I am offering half price Personal Training 15 packs (30 minute) with any one of my expert trainers.

There are only 5 packs on offer. These packs normally go for \$600. I'm offering them for \$300. That's 15 X 30 minute sessions. Which equates to \$20 per session.

I only have the best of the best. So don't miss out...this is an awesome opportunity to get back into shape or take your fitness to the next level ready for Summer. Every pack is accompanied by an exercise program which you'll do by yourself on your "off" days and a nutrition program which will be specifically tailored to your goals and needs.

My trainers can train you at Fitness First Bankstown, at your home or a park in the area. We supply all equipment if necessary.

Please shoot me an [email](#) if you'd to take advantage of this offer.

This offer ends as soon as the 5 packs are sold. Don't miss out on this opportunity to get you in the best shape of your life.

Chill Out with a Video Break



What an incredible young talent...

<http://www.youtube.com/watch?v=QWNoiVrJDsE&feature=related>

Memory Walk - Great Success

It was a privilege for my team and I to participate in the very first Alzheimer's Australia Memory Walk at Sydney Olympic Park a couple of weeks ago. All money raised went into buying a memory van which would cater for people with this debilitating condition.

It was our responsibility to warm the walkers up and give them a quick stretch. It was a great fun day for all of us.

We cut a small video of the days events. Please find below. And please don't comment on my singing skills...they are very ordinary.

It is the last video headed: **"Memory Walk - Alzheimer's Australia"**

http://www.xfitness.com.au/special_thanks.htm

P.S.

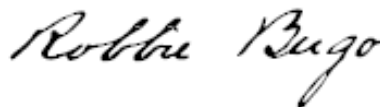
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We would love to hear from you...

Until next time,



Robbie Bugo Dip. Ex. Sc.

Certified Fitness Professional &
Body Transformation Specialist

"Dare to Dream...."

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