



Welcome to Jarred

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Training

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Hi CBay Members,

Wow what a summer, but you can definitely tell winter is on its way as the mornings are so much cooler and the days are getting shorter. Definitely time to start thinking about winter sports conditioning to get you fit and keep you injury free on the sports field. We're pleased to introduce Jarred Gilmore our newest member of staff to the CBay Fitness crew; Jarred has provided an interesting article on the sport specific vs athlete specific training for those beginning training for winter sports.

We celebrated GRIT's first birthday in style at the Caroline Bay Sound Shell, and raised over \$200 for the Relay for Life. A big THANKS to the 80+ members and their family and friends who turned up to #witnesstheGRITness. March release with new moves and new music has kept us busy and our 60 Day Body Transformation Challenge participants are now over half way and they're seeing some amazing results. Well done team!

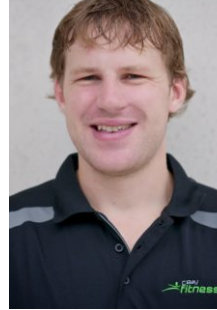
The Easter long weekend and school holidays start next week, so please find included our reduced Easter class timetable. Make sure you keep that handy. If you are heading away for the Easter break travel safe, and if you do eat one or two chocolate eggs don't feel too guilty, we'll be here to help you get back on track.

Happy Easter everyone!

From the CBay Fitness Team

# We'd like to welcome our newest recruit to the CBay Fitness Team

Hi, my name is Jarred Gilmore. Born and bred in the town of Levin, I've spent the last four years of my life down South completing my Bachelor of Physical Education at Otago University. I'm looking forward to putting the skills I've learned and my passion for fitness to work!



My areas of interest are rugby (my passion) and sport in general. I also enjoy athletic specific training, exercise rehabilitation and researching various exercises/training techniques which I can put to good use in my job. I love adventure and outdoor activities but this is balanced with a healthy dose of TV! I am always up for having fun and enjoy a good laugh!

I see my new role here at CBay Fitness as a great opportunity to fulfil this passion. I am very excited about this new chapter in my life. I look forward to meeting and getting to know you all in the near future.

Call (03) 687 7723 or visit us at reception to book in with Jarred for your next assessment, a new fitness programme, or to discuss the finer points of sport specific vs athlete specific training.

## Sport Specific Training vs Athlete Specific Training

The mainstream definition of 'Sport Specific Training' is 'training that duplicates or closely replicates the movements and individual performance tasks performed on the field. This can sometimes be a misguided perspective, resulting in people practising their sport specific movements in weighted vests, or adding resistance to individual skills/movements. The theory being that they will become stronger, more powerful and efficient on the field or court - if they can perform specific movements perfectly with resistance, then this should mean they will be above perfect on the field when there is no resistance, right? No, potentially wrong.

Unfortunately for the majority of the time this is not the case. When performing such 'Sport Specific' movements with added resistance your body's neuromuscular system compensates for the added resistance and learns new motor patterns for the same action. Although it may be difficult to notice the difference, these new motor patterns will be different to those in use when you practice without resistance. As a result of these newly developed motor skills there may be a change in your performance on the field, and it may not be the one you are after. More than likely you will lose accuracy, efficiency and the movement/skill will not be as fluent. This is because your body is memory compensating for the training resistance.

Another good reason to leave 'Sport Specific Training' on the training field is that you're already training at least twice a week, plus a game on the weekend. So this should be an ample amount of neuromuscular training to improve movements/skills. There is really no reason to practice them in the gym as well. Also over training in these movements/skills will have the same outcome that all over training does - burnout!

If you want to get better, faster, stronger or more accurate at your chosen sport then consider 'Athlete Specific Training' over 'Sport Specific Training'. 'Athlete Specific Training' is designed to exercise the specific muscle groups and energy systems that are critical to an athlete's performance. It also focuses on compound (multi-joint) exercises, rather than isolation (single-joint) exercises - your body never works in isolation on the field so why train muscles in isolation? 'Athletic Specific Training' is proven to help athletes get fitter, faster and stronger on the field, without being detrimental to sport specific movements/skills performance - Certainly a win-win situation in our books. Whatever sport you play if you are interested in learning more about 'Athlete Specific Training' talk to one of your CBay Fitness Instructors for a programme tailored to your needs.

## Les Mills Group Fitness Class of the Month ... BodyStep

For the autumn edition we thought we'd take a look at BodyStep, our Group Fitness team's class of the month. Read on as we explain the inner workings for those who are yet to experience the energy of this amazing class.

Basically BodyStep is an energising and motivating group fitness class using a height-adjustable step and simple movements to choreographed music on, over or around the step to tone your legs and shape your butt, what more do you want!

Each of the music tracks in a BodyStep class has a specific exercise focus. Put together they create an energizing, full body workout with sing-a-long music and great moves. BodyStep caters to ALL fitness levels but it does usually take a few classes before you start to feel comfortable on the step, so don't give up! With each class you attend you'll feel more at ease. It pays to start on a low step height and really focus on your feet before bringing in the arm movements. If you get lost in a move, don't panic just continue stepping with a move that you feel comfortable with until you can pick up the move again.

BodyStep has been around for years and Les Mills Group Fitness enthusiasts from all over the world are eagerly awaiting the arrival of BodyStep 100 mid-way through the year! Yes that is 100 releases of BodyStep! If you'd like to know more grab a pamphlet from reception to check out the class layout, or come along and join Niamh, Laryna or Alicia and be prepared to have fun while you work out.



## 60 Day Body Transformation Update...

While some of you were having breakfast in bed, eating chocolate love hearts for lunch, out for dinner with your significant other, 30 CBay Fitness members were having their first 'weigh-in' and fitness test to set themselves up for their 60 Day Body Transformation Challenge. We're now in our fourth week and WOW, the results and measurements are progressing at a rapid speed.

Our transformers have been put through sand and water, run up and down Piazza steps more times than they'd like to count. Have run the pavements...and we don't doubt, sworn at their alarm clocks as they go off at 5.30 a.m. to get them up for team training. BUT the early results are starting to tell the story!

For those who don't know, our Transformers meet with their trainer once a week for a partner PT session, they attend two weekly outdoor group sessions (Bootcamp style) and a weekly run club over the 60 day period. Plus various challenges to complete to keep up the momentum. We know that almost everyone's goal is to "lose weight and tone up" and these go-getters are not only well on their way to achieving this, but they're also setting themselves up with some healthy habits that are maintainable long after 'D Day' on the 17th April.

We're just past halfway and you've got to admit these guys are really getting the gym atmosphere pumping! So if you happen to see one of the team gasping for breath with beads of sweat dripping down their forehead, give them a pat on the back and a kind word of encouragement!

Keep up the hard work team, and watch this space for the final transformations mid April!





# Easter Timetable

Easter Friday 3rd April - Easter Monday 6th April 7am-7pm



## Easter Friday 3rd April



9.30am RPM



9.30am BodyBalance

## Saturday 4th April



8.15am RPM



8.15am GRIT

## Sunday 5th April



9.30am BodyPump

## Easter Monday 6th April



9.30am BodyBalance



4.30pm CX Worx



5.00pm BodyAttack

EXCLUSIVE OFFER TO CBAY FITNESS MEMBERS ONLY!

# 10 ~~FOR~~ 30 PACKAGE

Purchase 10  
GRIT Training  
sessions for

# \$30

**THAT'S JUST  
\$3 A CLASS!**

Offer available for purchase from 5.30am Monday 16th March to Friday 10th April 2015. Please note 10 training session packages expire on Sunday 31st May 2015. Maximum three GRIT 10 for 30 package deals per member. Standard GRIT Booking/Cancellation Terms and Conditions Apply.



LES MILLS  
**GRIT SERIES**  
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

# YOU vs YOU

## Mike's Winter Warm-Up Soup

A quick, easy and nutritious soup to eat straight from the pot, or freeze into meal size portions to take to work or have handy for lunch or dinner after a busy day.

### Ingredients

- 1 chicken breast
- 2 x carrots
- 1 x cup pearl barley
- 1 x cup shredded spinach or silverbeet
- Water
- 1 x medium onion
- 3 x stalks of celery
- 1 x cup diced pumpkin
- Salt and pepper to taste



### Method

Dice chicken breast, onion, carrots and celery sticks and fry off with a little salt and pepper until they are sealed off. Add one cup of pearl barley (a natural stock found beside lentils in the supermarket or at Binn Inn) and cover with water and simmer for one hour. 30 minutes into simmering, add chopped pumpkin and shredded spinach or silverbeet. \*Perfect for cold days!