

Energy Fitness Memphis Newsletter
Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!
Personal Training Downtown Memphis Since 2002



February 2011 **A One Two Punch For Your Physique**

Hope you had a great Valentine's Day. If you ate a little too much chocolate than you should have, don't worry. I've got a special treat (a healthy one!) for you today. It's an easy technique you can start using in our workouts that will help you burn even more fat, AND build muscle at the same time -- giving you that "beach body" others will envy. This technique is INTENSE... but I promise you'll feel great after doing it. Enjoy! :)

Yours For Health,

Tonya Tittle, Memphis' Premier Health & Fitness Expert

Use this Technique to Burn More Fat and Build More Muscle If you want to go flab to fab, try this technique on for size...It's called supersets (and in a moment, you'll see why they're so super!) Simply put, a super set is when you do two exercises back-to-back, without resting in between. Here's a quick example: Let's say you do a set of bench presses. As soon as you're done, you'd follow it up immediately with a set of lat pull-downs. After you're done with that back exercise, then you can rest. (And believe me, you'll want to...).

Then, you repeat the process again. Working out this way burns TONS of calories. Mainly because of the intensity -- you're not resting in between sets. Supersets also stimulate the production of Growth

Hormone (GH) in your body. In case you don't know, GH is the "holy grail" of hormones. It helps you both burn fat and build muscle. Think of supersets as a one-two punch that works your muscles, your heart AND lungs (think cardio). Here's a sample superset workout you can start using right away.

Antagonistic Superset Workout For this workout, you're going to work opposing muscle groups.

A quick example -- you'll work chest then back... biceps then triceps... quads then hamstrings. So here's the routine I want you to give a try (as always, check with your doctor before starting ANY kind of exercise program).

Superset #1

Dumbbell Bench Press - Grab two dumbbells. Lie on a flat bench. Now press the dumbbells up towards the ceiling, as if you were doing a pushup. Do 10-12 reps with a medium weight.

Bent-over Barbell Row - Grab a barbell. Go light to medium light on the weight. Bend over about 45 degrees while keeping your lower back straight and flat. Grab the barbell palms down and let your arms hang straight in front of you. Now bend your elbows and bring the barbell towards your sternum. Do 10-12 reps.

Rest 60 seconds and repeat this superset 2 more times, resting 60 more seconds at the end of the superset.

Superset #2

Biceps Dumbbell Curl - grab two light to medium-light dumbbells. Stand and let your arms hang to your side. Now curl both dumbbells up at the same time, and as you do, turn your palm to face your body. Then bring the weights down. Repeat 10-12 times.

Triceps Pushups - Get into a pushup position. Now bring your hands close together, so that your thumbs are basically touching each other. Slowly go down and then come back up. Do 10-12 reps. Rest 60 seconds and repeat 2 more times, resting 60 seconds after completion of the superset.

Superset #3

Jump Squats - get your feet shoulder width apart and squat down. Now jump up as hard as you can, and put your hands up, as if you were trying to touch the ceiling. Repeat 20-30 times.

Lying Leg Curls - this will have to be done on a leg curl machine. Ask someone who works at your gym if you're not familiar with it. Do 10-12 reps at a medium weight. Rest 60 seconds. Repeat 2 more times, resting 60 seconds after each superset.

So there you go! Give this superset workout a try. Once you get comfortable with it, try adding new exercises.

Just make sure you follow the principle of opposing muscle groups for now.

You'll love how effective and intense working out this way is... and more than anything else, you're going to love the results!

And by the way ... if you're really serious about getting your dream body this year, why not take advantage of your FREE Fitness Consultation? (an \$87 value) During this consult, you'll receive detailed information on how to get fit and trim that's tailored to YOUR body and YOUR lifestyle. It's the new, stress-

free way to get fit. There's no obligation and it's totally and completely free. To sign up, click on the Free Consultation button on our website.

Quote Corner: "Time is more valuable than money, you can get more money, but you can not get more time." - Jim Rohn

Eat Yourself Thin - Recipe

Quick Lemon Dijon Chicken (Serves Two)

2 skinless, boneless chicken breast halves - cut into 2 inch pieces

1/4 lime, juiced 1/2 lemon, juiced

4 tablespoons Dijon mustard freshly ground black pepper

Creole-style seasoning to taste

1. Place chicken in a skillet over medium heat. Pour in lime and lemon juices, and stir in Dijon, black pepper, and Creole-seasoning. Cook, turning chicken occasionally, until the chicken pieces are done, about 15 minutes.

Prep: 10 mins Cook: 15 mins Ready: 25 mins

Amount Per Serving - Calories: 301 / Total Fat:

3.1g / Cholesterol: 137mg / Sodium: 984mg /

Total Carbs: 10.5g / Dietary Fiber: 1.7g / Protein 55g

Recipe from AllRecipes.com.