



SWEATCITY
FITNESS



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SweatChannel Drill of the Week

Happy October, SweatCommunity!

Summer's officially over and I can already see some fitness routines starting to slack! Just because you don't get to show off your six-packs at the beach quite as often doesn't mean you get to stop being healthy. Let's make the decision to push **EVEN HARDER** as we approach the holiday season, before you pig out and undo all that hard work you put in earlier this year. So let's get back on track so we can all fit into those sexy nurse costumes we have planned for Halloween!



SweatBusiness

We had a professional camera crew come to class last month to film our beautiful boot campers and the new video is finally finished! Check it out below and see what all this boot camp craze is all about!



Lateral Tuck Jumps
(lateral explosiveness, body control, balance)

Promotions

Spooky Special

- Scare away the extra weight!
- 10 [boot camp classes](#) for \$75

Early Bird Gets the Worm

- Semi-private morning training
- Westwood 6:30am Mon/Wed
- Nutritional coaching
- \$150 for 6 weeks

[Reply to this Email to claim promotions](#)



Sweat City Fitness Boot Camp

Also as many of you know, October is Breast Cancer Awareness Month! The key word here: "Awareness". The number 1 protector against breast cancer is to catch it early! So ladies, go get checked! For more info and education, check out <http://www.nationalbreastcancer.org>.

To help the cause, Sweat City will be donating \$5 towards Breast Cancer Awareness for every bootcamper that wears some PINK at any of our weekend classes this month. For any bootcampers that get a mammogram this month, just tell us and we will donate \$20. And if anyone wants to donate themselves, just

Shout Outs

Congrats to our **Irvine Slammers FC** **GU12** soccer team for winning 3 consecutive tournament championships last month! Unstoppable!

Props to **Tre Watson**, our 10 year old stud footballer who had 6 tackles, 2 sacks, a fumble recovery, and a 2 pt conversion in the same game! Unleash the beast!

You're a beast, **Brycen Tremayne**! 3 interceptions in one game to help his team to victory. Better not throw his way anymore, QB!

bring your donation to class and we will match your donation up to \$100!



Fitness Sweatducation

You Don't Do This Enough

Stand up with your feet together. Now reach down and touch the ground without bending your legs. If you couldn't do it, I've got news for you-you probably don't stretch enough.

Your back aches, your legs feel stiff, and you don't move around quite as fluidly as you once did. But don't worry guys, Coach Chris is here to rescue you from your misery once again.

Just like anything fitness related, the key is to establish a routine. The easiest way to make something routine is to create a context that reminds you to do something. So the context we will use for you to stretch is a set place and a time.

Let's use a place that everyone visits every day: your bedroom. From now on, you are going to associate your room as your place of comfort, relaxation, and flexibility. Aches, pains, and soreness are no longer welcome in your room. Check those at the door.



Now let's set a time that you're going to do your stretching. Ideally, the best time is right when you wake up so that you can lengthen your muscles to start the day. Realistically though, you're probably rushing around in the morning to get to work/school. So let's be more realistic and move on to the next best time to stretch: before you go to bed. And let's get even more specific so we can create a trigger in your brain: stretch right after you brush your teeth.

Stretching before going to bed will help you fall asleep faster and have a better night's sleep. Stretching relaxes the muscles and eases the tensions from your long, stressful day. You'll wake up feeling better rested and not quite as stiff and sore when you get out of bed.

Alright so now that you have your schedule, let's figure out a quick, easy stretching routine. First off, it's always better to stretch when you're warmed up. You probably don't want to go running around right before you try to fall asleep, but you can try taking a warm shower, doing some arm circles, and/or a couple trunk twists to loosen up a tad. Also, hold each stretch for at least 10 seconds or it won't do you much good. 20 seconds is even better.

Here's a few good pre-sleep stretches to pick from. The more you can incorporate, the more flexible you'll become. Your goal is to lengthen all your muscles.

1.) Stand with feet together and try to touch the ground. This will work your whole posterior chain: hamstrings, glutes, and lower back. You can spread your legs and stretch to each side for a little extra.

2.) Kneel on one knee like in a lunge position. Shift the weight of your front leg forward so you feel a stretch down the front of your hip on your back leg. This

will help to lengthen your hip flexors and quads.

3.) Lie on your back, twist one leg across your body. Try to keep your shoulders on the ground. This will stretch your hips, glutes, and back. This is the best stretch before bed and will help loosen up your spine.

4.) Stand up and reach for the stars. Stand as tall as you can and stretch out your abs, obliques, and arms. Lean back a tad to get a little more range of motion. Tilt to the left and right to get your sides and hips as well.

Take 10-20 seconds to do each of these 4 stretches and it should take you no more than 2 minutes!

Remember, you just brushed your teeth, now it's time to stretch! Do this for a week or two and it'll soon become routine! You're welcome, my flexible friends.



Athletes and Coaches Sweatducation

Gameday Nutrition

Pregame: Carbs, carbs, carbs!

3-6 hours before game

Complex carbohydrates provide lasting energy to the body and include whole grains, brown rice, pasta, spinach, beans, broccoli, and wheat bread. Complex

carbs energize the body for long periods of time, allowing you to store and call upon energy when you need it deep into the game.

**Recommendation: Eat a hearty meal of whole grain pasta and veggies 3-6 hours before game/workout for long-lasting energy.*

1-2 hours before game

Simple carbohydrates provide energy quicker, and are good to consume an hour or 2 before gametime. Simple carbs can be found in more sugary foods like fruit, yogurt, cereal, energy bars and sports-drinks. Simple carbs offer less nutritional value than complex carbs, but provide instant energy. Avoid heavy servings of protein, as it takes longer to digest and can slow you down. No more than 2-4 oz of meat before a game. Eggs aren't terrible but don't overdo it.

**Recommendation: Eat a couple pieces of fruit (bananas also help prevent muscle cramping) an hour or 2 before gametime for faster-digesting energy. Also good at halftime.*

Gametime: Hydrate!

During a game, it is important that you hydrate your body with enough water to replenish what you sweat out. To aid hydration, consume drinks with electrolytes in them. Great

sources of these are in drinks like Gatorade and Smart Water. If an individual feels light-headed or their muscles start cramping, they are dehydrated and need some water and electrolytes.

**Recommendation: Drink water and sports drinks (with electrolytes) to avoid dehydration and muscle cramping.*

***Instant Cramp Relief: for players unable to overcome muscle cramps, have them drink some Pedialyte. It's meant for infants with dehydration, but it is packed with electrolytes for instant hydration.*

Fit or Treat!

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