# FORTITUDE - November 2007 - Issue #16

Welcome back everyone! We have a jam packed newsletter for you this month!

**Thank YOU**

I want to thank my great friend Dominick whom has helped me in organizing and setting up for our Long Island Kettlebell Club event held on November 17th. Dominick was also extremely kind enough to bring his van so we were able to lug all our kettlebells to the park! I want to also thank you all for giving me feedback on my newsletters! Keep them coming as we can use it to help us improve our quality for you.

**Client Review - Dominick**

Dominick has been training with me since February 17th of this year. He has been a consistent client since and has not missed one appointment! He is making great progress in his strength and cardiovascular conditioning! GREAT job Dominick! Here is a picture of me training Dominick at The FORTITUDE Fitness training studio Friday 11/16, he is performing a front squat:


FORTITUDE
45LBS
BARBELL

**FORTITUDE Fitness Training Studio**

FORTITUDE Fitness is growing everyday. Check out these pictures below of our training studio:


WEIDER
INTERNATIONAL
22 LBS
WEIDER
33 LBS
15 KG
INTERNATIONAL
FORTITUDE
CARLO ROSSI


**Exercise Drill of the Month**

Being in the middle of the Fall season we shall take our training up a notch. This month we'll continue with some explosive movements. Remember explosive movements currently require you to be in advance skill level which will take your fitness to the next level. Remember you **MUST** possess perfect technique on basic and intermediate exercises before you perform these movements!

So for this month:

1a. Alternating Dumbbell Hang Power Clean 4x8-arm
1b. Alternating Dumbbell Push Press 4x8-arm
2a. One Arm KB Swing 3x15-arm
2b. Clapping Pushups 3x15

This is an advance power style superset drill. The first exercise, 1a, is the alternating hang power clean done with a pair of dumbbells held in your hands about knee height with a moderate challenging weight for 8 repetitions. Make sure you maintain perfect technique! Those of you working with me know the proper power alternating clean technique. The second exercise, 1b, done immediately after the alternating hang power clean is to perform alternating push press also with a pair of dumbbells with a moderate challenging weight for 8 repetitions. Then after your alternating push press rest for about 1 to 3 minutes as this is the power stage so make sure you are well rested to perform the next

set. So here you will be performing 4 sets of 8 repetitions for alternating hang power clean and alternating push press in each arm.

For the third exercise, 2a, is the one arm kettlebell swing which you will be hold a kettlebell on one arm and performing 15 repetitions on each arm. The technique is the same as the double arm swing shown in my video: http://www.youtube.com/watch?v=g3IsA-YzUEU
The only difference is that you will be holding the kettlebell on one arm during the set. The fourth exercise, 2b, is clapping pushups. You can do this on the floor or if it is too hard you can perform them on a raised object such as a plyometric box or kneeling.

Please make sure you maintain perfect technique for all these exercises as I cannot stress this enough!

## Optimizing Health and Fitness for Women – Part 1 of 2

This two-part series will discuss details for women to be healthy and beyond. Part 1 will discuss benefits of exercise and detailing a 6-week conditioning program for women. Part 2 will discuss nutrition and anti-oxidants for women.

Women are constantly looking for ways to remain healthy in their life, but exercise will always remain true in maximizing your health and vitality! Research has even proven this, as well as all my clients after they train with me they feel great! Here we will discuss women whom are cancer survivors, that performing exercise will improve their lifestyle tremendously.

Each year, over 1 million women worldwide are diagnosed with breast cancer. [2]

In one study evaluated 16 previously untrained women whom were survivors of breast cancer from 41 years old to 59 years old were put on a simple cardiovascular exercise program of walking a maximum of 30 minutes, three days per week. [1] This study has shown to improve these women's quality of life. *In fact, recent research has shown the positive impact that exercise training has on the quality of life of patients with breast cancer or of long-term survivors of this disease.* ***In addition, participation in exercise programs can improve body mass index, anthropometric measures, and patients' psychological attitudes toward exercise, all of which are associated with improved quality of life and reduced risk of cancer recurrence.*** *The position of oncologists toward exercise also is changing, in that most of them now have a favorable attitude toward recommending exercise to patients with cancer.*[1] Therefore, this study emphasizes the need for women survivors of breast cancer to engage in a programmed aerobic exercise involving large muscle groups of indoor cycling, walking (including uphill walking), swimming, or group aerobics at submaximal intensities, 70–90% of maximum heart rate, to improve cardiovascular health and quality of life. [1]

In another study evaluated 34 survivors of breast cancer ages 50 years old to 65 years old the effectiveness of an 8-week full body resistance with 8-12 repetitions sets and aerobic exercise program with prior upper-body conditioning.[2] *Significant improvements were*

*observed in upper-body strength, 35.6 ± 16.4%, and endurance, 167.4 ± 55.4%, lower-body strength, 50.7 ± 32.3%, and endurance, 273.1 ± 120.7%, $\dot{V}O_2$peak, trunk flexibility, and flexibility of the ipsilateral (surgical) and contralateral shoulder joint. Psychological quality of life and overall quality of life, evaluated via the World Health Organization Quality of Life Assessment Scale–Abbreviated Version.* ***These findings suggest that survivors of breast cancer can safely benefit from engaging in a full-body exercise regimen.*** *Sum of skin folds, waist girth, and hip girth were significantly reduced post-training, although body weight did not change.* [(2)]

*The consequences of prolonged inactivity, both during and following breast cancer treatment, may include the reduced ability to tolerate activities of daily living and recreational pursuits, as well as impaired psychological health. Healthy women have been identified as being at particular risk for the progressive decline of physical fitness and the concomitant loss of health status and quality of life. However, women diagnosed with breast cancer may be at even greater risk for these negative outcomes compared to their non-cancer counterparts, because the effects of cancer treatment and its associated sedentary existence may accelerate physical and psychological deterioration.* [(2)]

*Weight gain observed during breast cancer treatment reflects an increase in general body adiposity, which elevates cardiac risk factors, including atherosclerosis, obesity, cardiovascular disease, and type II diabetes. Increased adiposity during breast cancer treatment has also been associated with increased risk of recurrence. In the present study, SO5S, waist girth, and hip girth all significantly decreased, reflecting a decrease in general body adiposity. These adaptations occurred without significant change in body weight, suggesting that the loss of adiposity may have been concomitant with muscular hypertrophy. Winningham et al.* [(3)] *demonstrated that body adiposity can be reduced with lower-body aerobic training in this cohort, whereas a study by Kolden et al.* [(4)] *demonstrated that such benefits could be achieved with combined aerobic and resistance training.* [(2)]

*Both upper body and lower body muscular strength significantly improved, 35.6 and 50.7% respectively, after the 8-week training intervention. This strength increase may be attributed to neuromuscular adaptation and/or muscular hypertrophy, both of which have important implications for survivors of breast cancer, because cancer therapy can result in peripheral neural impairments and associated muscle atrophy. The greatest training-related improvements in the present trial occurred in upper body and lower body muscular endurance, 167.4 and 273.1%, respectively. Gains of this magnitude would be expected to be associated with enhanced ability to perform activities of daily living. It has been observed that interventions that optimally develop muscular endurance may have the greatest positive influence on physical functioning.* [(2)]

*Cancer treatment can reduce shoulder joint flexibility, as can inactivity. The present training program induced significant improvements in shoulder extension, flexion, and abduction. These subjects also improved lower-body flexibility by 9.5%. Greater flexibility is generally considered advantageous for health, athletic performance, and activity of daily living. The results of this study emphasize the importance of*

*incorporating flexibility training into warm-up and cool-down procedures for any exercise program developed for survivors of breast cancer.* [2]

According to the World Health Organization, the psychological domain of quality of life increased and overall quality of life increased by 7.7% and general health increased 9% which are significant to women's health! [2]

*Appropriate full-body resistance training regimens should be considered in eligible survivors of breast cancer with prior upper-body aerobic conditioning. Resistance training may optimally enhance muscular strength and endurance in this cohort while augmenting adaptations of flexibility, $\dot{V}O2peak$, body composition, and quality of life. Comprehensive exercise programs involving both training modalities (aerobic and resistance) should be developed for patients with breast cancer and for survivors in an effort to enhance overall clinical and community care practices for this cohort. Access to such programs following the damaging physiological and psychological effects of breast cancer treatment is vital.* [2]

On another study 20 cancer patients ages 38 years old to 62 years old performed a 10-week fitness program increased their strength by 43%! [5]

Therefore, strength training and cardiovascular exercise will health improve women's quality of life tremendously.

So now were going to show you a six-week training total body basic conditioning program to begin your optimizing your health and fitness. This program incorporates basic exercises with mostly multiple joint movements:

**Woman's Health and Wellness Program**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| week 1 | 3x15 | | 3x15 | | 3x15 |
| | 5 minute warm up | Elliptical Trainer | 5 minute warm up | Elliptical Trainer | 5 minute warm up |
| | 1a. Leg Press Machine | 20 minutes | 1. Rack Deadlift | 20 minutes | 1a. Dumbbell Squat |
| | 1b. Lat Pull Down | | 2. Dumbbell Split Squat | | 1b. Neutral Grip Assist Pullup |
| | 2a. Step Up | | 3. T-Bar Supported Row | | 2a. Step Up |
| | 2b. Flat Bench Press | | 4. Incline Dumbbell Press | | 2b. Dumbbell Flat Bench Press |
| | 3a. Swiss Ball Crunch | | 5. Bar Skull Crusher | | 3a. Floor Crunch |
| | 3b. Cable Row | | 6. Bar Curl | | 3b. One Arm Dumbbell Row |
| | 4a. Partial Straight Leg Raise | | 7. 60° Leg Extension | | 4a. Cable Torso Twist |
| | 4b. Machine Military Press | | 8. Leg Curl | | 4b. Bar Military Press |
| | 5. 10 minute stretch | | 9. 10 minute stretch | | 5. 10 minute stretch |
| | 3x10 | | 3x10 | | 3x10 |

| | | | | | |
|---|---|---|---|---|---|
| week 2 | 5 minute warm up | Elliptical Trainer | 5 minute warm up | Elliptical Trainer | 5 minute warm up |
| | 1a. Leg Press Machine | 25 minutes | 1. Rack Deadlift | 25 minutes | 1a. Dumbbell Squat |
| | 1b. Lat Pull Down | | 2. Dumbbell Split Squat | | 1b. Neutral Grip Assist Pullup |
| | 2a. Step Up | | 3. T-Bar Supported Row | | 2a. Step Up |
| | 2b. Flat Bench Press | | 4. Incline Dumbbell Press | | 2b. Dumbbell Flat Bench Press |
| | 3a. Dumbbell Walking Lunge | | 5. Bar Skull Crusher | | 3a. Floor Crunch |
| | 3b. Cable Row | | 6. Bar Curl | | 3b. One Arm Dumbbell Row |
| | 4a. Decline Sit Up | | 7. 60° Leg Extension | | 4a. Cable Torso Twist |
| | 4b. Machine Military Press | | 8. Leg Curl | | 4b. Bar Military Press |
| | 5. 10 minute stretch | | 9. 10 minute stretch | | 5. 10 minute stretch |
| | 1x12,10,8 | | 1x12,10,8 | | 1x12,10,8 |
| week 3 | 5 minute warm up | Elliptical Trainer | 5 minute warm up | Elliptical Trainer | 5 minute warm up |
| | 1a. Leg Press Machine | 30 minutes | 1. Rack Deadlift | 30 minutes | 1a. Dumbbell Squat |
| | 1b. Lat Pull Down | | 2. Dumbbell Split Squat | | 1b. Neutral Grip Assist Pullup |
| | 2a. Step Up | | 3. T-Bar Supported Row | | 2a. Step Up |
| | 2b. Flat Bench Press | | 4. Incline Dumbbell Press | | 2b. Dumbbell Flat Bench Press |
| | 3a. Dumbbell Walking Lunge | | 5. Bar Skull Crusher | | 3a. Floor Crunch |
| | 3b. Cable Row | | 6. Bar Curl | | 3b. One Arm Dumbbell Row |
| | 4a. Decline Sit Up | | 7. 60° Leg Extension | | 4a. Cable Torso Twist |
| | 4b. Machine Military Press | | 8. Leg Curl | | 4b. Bar Military Press |
| | 5. 10 minute stretch | | 9. 10 minute stretch | | 5. 10 minute stretch |
| | 3x15 | | 3x15 | | 3x15 |
| week 4 | 1. Bar Squat | Elliptical Trainer | 1a. Rack Deadlift | Elliptical Trainer | 1. Bar Squat |
| | 2. Stiff Leg Deadlift | 35 minutes | 1b. Machine Chest Press | 35 minutes | 2. Stiff Leg Deadlift |
| | 3. 60° Leg Extension Machine | | 2a. Bar Split Squat | | 3. 60° Leg Extension Machine |
| | 4. Leg Curl Machine | | 2b. Dumbbell Military Press | | 4. Leg Curl Machine |
| | 5. Medium Grip Assist Pullup | | 3a. Dumbbell Side Step Ups | | 5. Medium Grip Assist Pullup |
| | 6. Bar Bent Over Row | | 3b. Double Crunch | | 6. Bar Bent Over Row |
| | 7. Swiss Ball Sit Up | | 4a. Bar Skull Crusher | | 7. Swiss Ball Sit Up |
| | 8. Bicycle Crunch | | 4b. Bar Curl | | 8. Bicycle Crunch |
| | 9. 10 minute stretch | | 5. 10 minute stretch | | 9. 10 minute stretch |
| | 3x10 | | 3x10 | | 3x10 |

| | | | | | |
|---|---|---|---|---|---|
| week 5 | 1a. Rack Deadlift | Elliptical Trainer | 1. Bar Squat | Elliptical Trainer | 1a. Rack Deadlift |
| | 1b. Machine Chest Press | 40 minutes | 2. Stiff Leg Deadlift | 40 minutes | 1b. Machine Chest Press |
| | 2a. Bar Split Squat | | 3. 60° Leg Extension Machine | | 2a. Bar Split Squat |
| | 2b. Dumbbell Military Press | | 4. Leg Curl Machine | | 2b. Dumbbell Military Press |
| | 3a. Dumbbell Side Step Ups | | 5. Medium Grip Assist Pullup | | 3a. Dumbbell Side Step Ups |
| | 3b. Double Crunch | | 6. Bar Bent Over Row | | 3b. Double Crunch |
| | 4a. Bar Skull Crusher | | 7. Swiss Ball Sit Up | | 4a. Bar Skull Crusher |
| | 4b. Bar Curl | | 8. Bicycle Crunch | | 4b. Bar Curl |
| | 5. 10 minute stretch | | 9. 10 minute stretch | | 5. 10 minute stretch |
| | 1x12,10,8 | | 1x12,10,8 | | 1x12,10,8 |
| week 6 | 1. Bar Squat | Elliptical Trainer | 1. Rack Deadlift | Elliptical Trainer | 1. Bar Squat |
| | 2. Stiff Leg Deadlift | 45 minutes | 2. Bar Split Squat | 45 minutes | 2. Stiff Leg Deadlift |
| | 3. 60° Leg Extension Machine | | 3. Dumbbell Side Step Ups | | 3. 60° Leg Extension Machine |
| | 4. Leg Curl Machine | | 4. Machine Chest Press | | 4. Leg Curl Machine |
| | 5. Medium Grip Assist Pullup | | 5. Dumbbell Military Press | | 5. Medium Grip Assist Pullup |
| | 6. Bar Bent Over Row | | 6. Bar Skull Crusher | | 6. Bar Bent Over Row |
| | 7. Swiss Ball Situp | | 7. Bar Curl | | 7. Swiss Ball Sit Up |
| | 8. Bicycle Crunch | | 8. Double Crunch | | 8. Bicycle Crunch |
| | 9. 10 minute stretch | | 9. 10 minute stretch | | 9. 10 minute stretch |

References:


*(1)* Fernando Herrero, Alejandro F. San Juan, Margarita Pérez, Silvia Cañete, and Alejandro LucÍa. “Is Cardio respiratory Fitness Related to Quality of Life in Survivors of Breast Cancer?” *The Journal of Strength and Conditioning Research: Vol. 20, No. 3, pp. 535–540*.

*(2)* Birinder Singh B. Cheema and Catherine A. Gaul “Full-body Exercise Training Improves Fitness and Quality of Life in Survivors of Breast Cancer” *The Journal of Strength and Conditioning Research: Vol. 20, No. 1, pp. 14–21*.

*(3)* Winningham, M.L., M.G. MacVicar, M. BonDoc, J.I. Anderson, and J.P. Minton. “Effect of aerobic exercise on body weight and composition in patients with breast cancer on adjuvant chemotherapy.” *Oncol. Nurs. Forum.* 16:683–689. 1989.

*(4)* Kolden, G., T. Strauman, A. Ward, J. Kuta, T. Woods, K. Schneider, E. Heerey, C. Burt, L. Millbrandt, N. Kalin, J. Stewart, and B. Mullen. “A pilot study of group exercise training (GET) for women with primary breast cancer: Feasibility and health benefits.” *Psychooncology.* 11:447–456. 2002.

*(5)* Eric P. Durak and Paula C. Lilly "The Application of an Exercise and Wellness Program for Cancer Patients: A Preliminary Outcomes Report" *Journal of Strength and Conditioning Research, 1998, 12(1), 3-6*

**Holistic Healing**

Keep your spine in great health! See my great Chiropractor **Doctor Michael Smatt** for Chiropractor care and Contact Reflex Analysis, http://www.crahealth.org/, to stay in great physiological health. For over seven years I have not taken any antibiotics or medication because of these two amazing holistic mechanisms! Please go see Doctor Michael Smatt to learn more about the amazing benefits of Chiropractic and Contact Reflex Analysis:

**MADISON AVENUE CHIROPRACTIC CENTER**
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**Long Island Kettlebell Club Update**

We had a great workout today! Please go to: http://www.meetup.com/Long-Island-Strength-Club/
to become a member of this club and read up on all details. It is free to join.

We had a total of 10 people today! See pictures below.

**CONGRATULATIONS** to our ***"After Burner Competition"*** Winners:
**Womens Class:**
**FIRST PLACE:** Bernadette Olsen
**SECOND PLACE:** Kelly Stadelmann

**Men Class:**
**FIRST PLACE:** Anthony Scalera
**SECOND PLACE:** Mike Olsen

***FIRST PLACE** winners receive a free one-hour One-on-One personal training session with Christian.
****SECOND PLACE** winners receive a free 30-minute One-on-One personal training session with Christian.

EVERYONE keep up with your training so you can be the next winner!

Our next meeting is on Saturday December 15th at 1pm at Peter A Nelson Park located at 401 Oakwood Road in Huntington Station, NY 11746.

Hope to see you all there!

Below are some photos of today's Long Island Kettlebell workout:


LONG ISLAND
KETTLEBELL
CLUB


**Quote of the Month**

As London born philosopher Francis Bacon (1561 – 1626) once said: "*A healthy body is a guest chamber for the soul: a sick body is a prison."*

HAPPY THANKSGIVING TO EVERYONE!

Enjoy!

**Christian**

***"My heart and soul is vibrating like a volcano, and I am breathing like a dragon, The Fire of Life."***