

TRAINING DAY **NEWSLETTER NOV 2016**

Thanks for staying tuned and keeping up to date with the newest around TD. Lots of news this month! New classes and events heading towards Xmas, read on!

News & Events

New Class - Military Fit



We're so excited about this new class, your instructor is an Ex serving Australian Defence Force member with extensive military experience. So expect to be pushed to your limits!

"Military Fit is not your normal boot camp, in fact we are far beyond it! The training is intense and pushes you to your limits helping you gain excellent results. Our training methods focus on core, cardio, muscular strength, muscular endurance and more importantly, TEAMWORK. You will get the results you desire, you will receive ongoing support and advice, plus you will become mentally and physically stronger 100% guaranteed. If you're up for the challenge, a change, weight loss or to gain extreme physical results come on down and give it a shot."

First class starts this Sunday the 20th of Nov at 9:30am.

Weekly times:

Thu - 6:45pm

Sun - 9:30am

Duration: 45-60min

Open to all TD members, first in best dressed, come on time!

Melbourne Rebels



We are super happy to announce our official partnership with the Melbourne Rebels Under 20s rugby team! Training Day was selected as their official Performance Training Facility for their Elite Pathway Program.

Every Monday, Wednesday and Saturday morning between 6:30am to 8:30am are their official training times. If you usually come in at those times, need not to worry, these times are open to all members as usual, as the players are aware they are not to be treated differently to any other member. So feel free to train side by side with them, or come down one morning to watch them train.

TD's Strongest

Due to popular demand, we are going to run this:



According to our signup sheet on the hall way wall, our males competitors are:

Andrew Cashion
Athan Dritsas
Dean Dritsas
Chris Akritidis
David Olding
Chris Nanfra

Cam Robinson
Dino DeOliveira
Issac Mau
Rhys Anderson
Yuhang Cao
Adam Savas
Bob Jane
Aaryn Campbell
Dave Santalucia
Cain Williams

Last chance to sign up, before the 25th of November. Please email us if your name isn't on this list, and wish to join. Or if your name is on here by mistake, please let us know also.
Unfortunately due to small numbers, the female's competition is no longer running.
There will only be one weight class, however two winners.

Winners / Prizes:

Best Strength to Weight Ratio: \$100 gift voucher + Trophy

Most Weight Lifted: \$100 gift voucher + Trophy

Competition Date & Time: **Sat 3rd December 11:30am**

Weigh in: anytime between Friday 2nd, to before the competition starts.

A Race for Men's Health

**A RACE FOR
MEN'S HEALTH**

\$1 = 1 METRE

**DISTANCE DEPENDS ON THE AMOUNT RAISED,
AND WILL REMAIN UNKNOWN UNTIL THE RACE**

DONATE \$10 OR MORE TO ENTER



**TRAINING
DAY WRAMPS**

You can win \$100! The race will be on **December the 3rd.**

\$1 raised, = 1m added to the race, the final distance won't be released until the morning of the race.

The first male and female to finish the race will win \$100!

To enter, simply donate \$10 or more by clicking on the link below:

<https://au.movember.com/mospace/12389113>

Deakin Sign Up Special

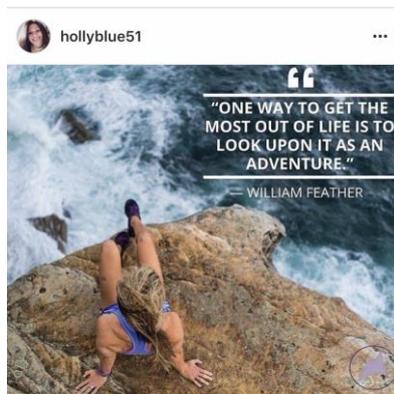
For a limited time, we have a sign up special for all Deakin Uni students. Simply forward this email to a friend, click the link below and use **promo code: IAMADEAK** to receive \$0 sign up + an exclusive TD Snapback Hat.

<https://express.ffapaysmart.com.au/WebLink/WebLinkDDRSearch.aspx?AID=88CA966241E0E6B3>

@trainingdaygym Monthly Mentions

Here are our favourite Instagram / Facebook posts of last month.

Keep us updated with your training and progress. Tag us @trainingdaygym or #TDfitfam



Support member Holly on her 60km hike! Raise funds for the Fred Hollows Foundation, to help restore sight for those in impoverished countries. Make sure to leave her some words of support too! Click on the link below to donate!

<http://melbourne.coastrek.com.au/fundraisers/hollycardamone>



If you've been a member with us for awhile, you would've known that Ralph (aka. Wreck It Ralph) was our deadlift king. However over the past year his throne had been taken over several times by many other challengers. He is now officially back with this 3.11 x Bodyweight deadlift at equal first place along with David Olding. Click on the link below to see the video.

<https://www.instagram.com/p/BMiBfkUDedl/?taken-by=trainingdaygym>

TD Class timetable

3 NEW CLASSES this month!

1. **Muay Thai Bodyfit** on Sat 10am; 2. **Military Fit** on Thu 6.45pm (replaced Combat Fit); 3. **Military Fit** on Sun 9.30am. All changes are effective as of now.

							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am	Outdoor Running						
6:30am	Beginner Circuit						
9:15am		Wraps			Wraps		
9:30am			Tabata		Tabata		Military Fit *NEW
10am						Muay Thai BodyFit *NEW	
11.15am						HIIT	
5:15pm				Weightlifting Open Coaching			
5:45pm		HIIT					
6pm			CORE				
6:15pm	Dynamic Yoga			CORE			
6:30pm			Outdoor Grind				
6:45pm		HIIT		Military Fit *NEW			

Beginner Circuit – Classic circuit training using bodyweight and light resistance (60min)

CORE – Functional movements targeting specifically the core (30min)

HIIT – High Intensity Interval Training using bodyweight and light resistance (45min)

Tabata – High intensity and resting intervals, the idea is more results in a shorter time (45min)

Dynamic Yoga – Lively and less static form of Yoga suitable for everyone (75min)

Outdoor Grind – Outdoor Boot camp style circuit, train in the wind, rain or shine (60min)

Combat Fit – Get fit with basic boxing and combat techniques, fun and beginner friendly (60min)

Wraps – stands for weight reduction movement projects, a form of high intensity training (60min)

Muay Thai BodyFit – High intensity training utilizing Muay Thai (Thai Kickboxing), including basic techniques and drills for a butt-kicking workout (75min)

Outdoor Running – As the name suggests, class includes outdoor running, followed by some classic circuit to get that heart pumping

Military Fit – High intensity session, instructed by ex-serving Australian Defence Force Member. Push both your physical, and mental limits, every training session is different, fun and tough. (45-60min)

Weightlifting Open Coaching – NCAS accredited weightlifting coach, who had the experience of training with professional weightlifting teams overseas. He specializes in weightlifting and strength training in general. Wayne will be available to help during this 60mins. Simply approach and ask.

Top 10 Visitors

Place	Name	Visits
1	Tameika Stapleton	27
2 (equal)	Matthew Dussin	26
2 (equal)	Chris Waltos	26
4 (equal)	Matthew Bertucci	25
4 (equal)	Shane Roberts	25
6 (equal)	Blake Noffke	24
6 (equal)	Dino De Oliveira	24
6 (equal)	Joshua McDougall	24
6 (equal)	Michael Irvine	24
10	Kayla Smith	23

Here are our most dedicated members of October.

Congratulations to the top 3, Tameika, Matt & Chris. We've got a small gift for you at the front desk. Keep up the good work to all of you. We hope to see you on this list again.

TD Fitness Board

For the past year this board had been constantly updated with new names and numbers. If you're talented enough to push the bar even higher for us, please be our guest! Just let us know before attempting, or film it and link us the video.

Updates on the board last month:

Males Squat 2nd place:

R. Pabelico - 2.41 x Body weight (162kg)

Males Deadlift 1st place (equal):

R. Pabelico - 3.11 x Body weight (210kg)

Males Bench Press 2nd Place:

A. Cashion - 1.49 x Body weight (120kg)

*See next page for full record board.



	Female		Male		Staff	
	Name	Score	Name	Score		
Squat	1. D. Liang 2. S. Tang	1.92xBW(100kg) 1.44xBW (75kg)	1. C. Osborne 2. R. Pabelico	2.49xBW(195kg) 2.41xBW(162kg)	1. Wayne 2.37xBW(195kg) 2. Anthony 2xBW (165kg)	
Deadlift	1. E. Bisdee 2. R. Tran	2.16xBW(105kg) 2.15xBW(110kg)	1. D. Olding 2. R. Pabelico	3.11xBW(205kg) 3.11xBW(210kg)	1. Anthony 2.75xBW(220kg) 2. Wayne 2.56xBW(210kg)	
Bench	1. E. Bisdee 2. S. Tang	1.09xBW(52.5kg) 0.87xBW (45kg)	1. C. Drake 2. A. Cashion	2.14xBW(155kg) 1.49xBW (120kg)	1. Wayne 1.73xBW(140kg) 2. Anthony 1.70xBW(155kg)	
Clean & Jerk	1. C. Pretty 2. J. Edwards	0.84xBW(55kg) 0.75xBW(45kg)	1. D. Interlandi 2. C. Patten	1.34xBW(112kg) 1.21xBW(113kg)	1. Wayne 1.71xBW(140kg) 2. Anthony 1.56xBW(130kg)	
Snatch	1. C. Pretty 2. OPEN SPOT	0.61xBW(40kg) OPEN SPOT	1. C. Patten 2. K. Cybulski	1.04xBW(96kg) 1.03xBW(70kg)	1. Wayne 1.40xBW(115kg) 2. Anthony 1.34xBW(115kg)	
500m Row	1. O. Marson 2. H. DeGuingard	1min 41s 1min 43s	1. D. Playsted / D. Interlandi 2. A. White	1min 26s 1min 26s 1min 27s	1. Campbell 1min 26s 2. Allistair 1min 30s	
2km Row	1. P. Mercer 2. D. Lawrence	7min 59s 8min 38s	1. A. Pattison 2. A. Playsted	6min 24s 6min 56s	1. Allistair 7min 40s 2. Campbell 7min 56s	
3km Run	1. H. Sutton 2. J. Hood	13min 43s 23min 25s	1. M. Cashion 2. S. Bowles	10min 03s 10min 08s		
Push-Ups 1min (chest to ground)	1. C. Trinh 2. J. Edwards	29 Reps 27 Reps	1. R. Anderson 2. H. Wong	69 Reps 67 Reps	1. Anthony 101Reps 2. Wayne 86 Reps	
Pull-ups 1min (strict)	1. E. Pozenel 2. S. Tang	9 Reps 8 Reps	1. C. Osborne & 1. A. Dritsas	30 Reps 30 Reps	1. Anthony 41 Reps 2. Wayne 30 Reps	
Standing Vertical Jump	1. S. Tang 2. O. Marson	54cm 52cm	1. M. Dussin 1. F. Wilson	84cm 84cm	1. Wayne 86cm 2. Anthony 78cm	
Running Vertical Jump	1. O. Marson 2. S. Tang	60cm 58cm	1. F. Wilson 2. M. Dussin	92cm 90cm	1. Wayne 100cm 2. Anthony 88cm	
Plank	1. S. Gunsberger 2. OPEN SPOT	8min 06s OPEN SPOT	1. A. Jensen 2. T. Golding	10min 1s 7min 1s		
Stork Balance	1. O. Marson 2. OPEN SPOT	6min 07s OPEN SPOT	1. A. Playsted 2. D. Playsted	6min 04s 5min 58s		

“BW” stands for “bodyweight”. Without having many different weight divisions, TD’s way of measuring strength, is in relation to the percentage of bodyweight one shifted.

Workout of the Month

This is a new section we've added in the monthly newsletter. Every month, it will include one of our staff's actual workouts. Needless to say all of our staff enjoy training, however all with slightly different objectives and specialties. Over the next few months a large variety of workouts will be posted here in this section, and on the hallway wall. Feel free to approach the staff when appropriate to discuss further about this workout if you have any questions.

Team member: Wayne

Objective: Strength; Lower body power (advanced)

Warm up: Dynamic stretching; light squats, gradually increase weight (15mins+)

A. Heavy Back Squats

6 sets x 3 reps (@80% 1rm)
rest 2-3min between sets

B. Heavy Shallow Squats (front or back)

6 sets x 3 reps (@120% squat 1rm)
rest 2-3min between sets

C. Box Jumps

6 Sets x 3 reps (as high as possible on soft plyo box)
rest 2-3min between sets

D. Hanging Toes to Bar

5 sets x 10 reps (or to failure)
rest 1min between sets

E. Foam rolling (important)

3min+ on each quadriceps
3min+ on each hamstring & glute
2min+ on lower back

TD Healthy Tips

Squatting Tip: Stability

Stability is another key factor that may affect your squat. Here are a few exercises you can consider to work on if you think your squat stability needs improvement...**To continue reading, please click on the link below:**

<http://www.trainingdayhc.com.au/journal/2016/5/5/top-tip-for-a-better-squat-stability>

We hope you've enjoyed the newsletter.

If you haven't already done so, we would really appreciate 3 minutes of your time to tell us how happy you are with our service. Your answers will be anonymous, simply click on this link:

<https://www.surveymonkey.com/r/trainingdayservice>

If there is anything specific you want to tell us, just email us at: info@trainingdayhc.com.au or message us on Instagram or Facebook @trainingdaygym.

*If you would like to stop receiving our monthly newsletters, please reply **STOP**, and we will remove you from our list.*