

PERSONAL TRAINING

WEIGHT TRAINING TECHNIQUES FROM ANDREW

Stop the slop! Lifting technique explained.
Weight training is more than just moving a weight from point A to point B. There are many considerations to make it both effective and safe for anyone. Just because someone can move a weight, doesn't mean they're effectively gaining strength or improving their muscle mass.



Number #1

Using momentum

Swinging, rocking, thrusting, and bending.

A stable body needs to be observed while lifting. If you cannot maintain proper form during an exercise, consider two possibilities: the exercise is too advanced for your current ability, or the weight is too heavy to isolate the target muscles.

Number #2

Incorrect muscle activation- not using your brace!
Stand or sit up, center your head, pull your shoulders back, flatten your back, and maintain an effective stance with your lower body. Next tighten your torso and lock your rib cage to ensure torso rigidity. This is the platform to really build strength and stability from. Often, this is only an afterthought when it should be the first thing to set up when properly lifting weights.



Number #3

Mind muscle connection

Slow down: 2 seconds lowering, 2 seconds raising the weight. Don't just move, feel the correct muscles strain against the weight and focus on this body part. Knowing which muscles produce movements and focusing on those as the prime movers will be essential to maximize strength while maintaining proper form.

Ultimately, weight training must focus on the moving body part. One must brace with supportive musculature, and lifting only when correct form is possible considering mobility, load amount, and exercise selection.



LIFE IS GOOD. GIVE BLOOD.

Blood Drive

Wednesday, April 1st

11:00pm - 4:00pm



**Sisters Athletic Club
Group Ex Room**

SPRING BREAK

March 16 - March 29th

There will be no swimming lessons at SAC during Spring Break.

*There may be additional families in the pool during the day.

Saturday Morning Spin Class



The last Saturday morning
Spin Class will be
March 21st

8:30am - 9:30am

*sign up in the spin room

Member Spotlight

**HAPPY
BIRTHDAY**



STAFF:

ROSIE H: MARCH 17TH

NICK E: MARCH 19TH

MEMBERS:

112

Upcoming SAC Challenge



MARCH MADNESS

March 16th - 29th

Score points by completing activities located on the March Madness sheet. Participants have 14 days to score as many points as possible. Score over 50 points and receive a guest or wellness pass. Score over 100 points and receive a prize.

***Sign up at the front desk.**

LAURA FRIDINGER



LAURA FRIDINGER

"I grew up in Kent, WA, just outside of Seattle. I spent every summer there at the pool-rain or shine. This kicked off my love of swimming and I joined my first team at 8 years old.

After graduating with a business degree from the University of Portland, I went to work in banking. I followed my husband to Alaska and spent a few years getting to travel around the state as a training consultant for the bank. It is a gorgeous state, but I definitely preferred traveling in the spring and fall over the cold winters!

I joined SAC last fall just after moving to Sisters with my husband and two young boys. My husband served 15 years of active duty with the Navy and while we loved exploring the world, we are thrilled to be back in the northwest.

My favorite part of SAC is the community. Members are always supporting each other and it makes it more fun to get stronger together. I also love how all of the instructors are encouraging and push us every single class. I am always up for a competition, so the challenges that Amy creates are an added bonus.

I spent 6 years living in Japan and my oldest son was born near Tokyo. While there, I climbed Mt. Fuji twice. Let's not put too much weight in the Japanese proverb, "a wise man will climb Mt. Fuji once, but only a fool would climb it twice."

In my free time, I love to be out hiking, skiing, and working on my vegetable garden. This summer I plan to do some backpacking through the cascades with my family."

Laura, we are so happy that you are a SAC member and we love seeing your smiling face and your enthusiastic spirit when you come in.