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Client of the month - Susan Felton

When she started, came in with one goal of becoming stronger. The first time Scott introduced her to squats with the bar, she was rather intimidated by the thought of 45 lbs on her back. Just yesterday, she squatted 100 lbs. 6 times. She has taken on Olympic weightlifting and starting to make strides toward improving her ability there. Today she is more agile, stronger, and powerful than what she has ever been her entire life. When she started, she was coming in 2 d/wk. Now, she comes in 5 d/wk. On the days that she is not training with Scott, she does cardio for a minimum of 30 minutes. All of that, and Susan always has a "bring it on" attitude for every visit. She's a champion in the making.



[Click here for the full story](#)

What's new at FIT

If you haven't been to our website in a while, your in for a surprise. Also new to the gym in August is the addition of Hammer Nutrition products. Since 1987, their products have helped tens of thousands of serious endurance athletes achieve superior performance with safe, natural, stimulant free, health promoting products.



[Visit our website](#)

Katy's Corner

31 weeks down, 9 to go.....maybe even less. I can look back now and say that time has flown by, but I have a feeling these last weeks will seem they are slowly ticking by. If you take into account the extra weight, swollen feet, lack of sleep, and excitement of the upcoming day, it makes each day seem like a week. We are not going to discuss the amount of weight gained this month, mainly because I don't really care anymore. It was out of my hands long ago, it just took me 7 and a half months to accept it. At least the doctor agrees that at least a couple of pounds can be contributed to fluid, hence the swollen fingers and feet. Luckily, it has not hit my cheeks yet (I am leaving it up to you to decide which cheeks I am referring to). I cannot even remember what a great night's sleep feels like. I guess if I only wake up 3 times a night to go to the bathroom, it's a good night. But even if my bladder doesn't wake me, rolling over in bed is now an act of physical exertion. I can no longer just roll over. It starts with moving all 3 pillows then actually rocking a little from side to side to maneuver



my body over. This is definitely an exercise worth training for. Now I just need to figure out what to call it. I am trying to continue a regular exercise program. Walking is definitely high on my list of exercise choices. I have been trying to rest a lot, too. I have been experiencing some harmless "Braxton-Hicks" contractions. You know, the ones that are "painless." Yeah, I don't really think so. If your uterus becomes so tight that you could bounce a quarter off it, it is just a little uncomfortable. But I also understand that this is probably only 1/1000th of the sheer pain I will experience in a few weeks. My uterus is just warming up, apparently. The excitement at this point is almost unbearable. I cannot wait to meet this little guy, to know that the weight gain, the water retention, the sleepless nights, the contractions are all worth it. I can't wait to see what he looks like, to dress him in all the cute little clothes we've gotten. The nursery is almost ready, it seems now we are just playing the waiting game.

Tips for this month:

1. Exercise: if you feel like it, walking is the best exercise at this stage. At least 20 minutes a day, which mean you may not have to go as far (your pace may have slowed).

2. Rest: because sleeping all night is an issue, several naps may be required throughout the day.

[Click here to read all of Katy's previous write ups](#)

Young Athlete Strength Program

Optimal sports preparation is a multi-dimension process that requires good physical training plans. While the athlete receives sport-specific skills and conditioning from practice and competition themselves, special strength must be enhanced through a regimented resistance-training program. The Young Athlete Strength program develops the special strength necessary to meet the demands of sports and athletics.



This program safely and systematically progresses the young athlete from increasing general strength to optimizing explosive power, all the while emphasizing flexibility strength. Each of the above motor quality is placed appropriately along a continuum of progression, emphasizing mastery of skills in the safe and effective execution of each exercise.

This program is for young athletes ages 11 and older. Each class accepts up to 8 members only.

This program not only prepares the young athletes for their respective sports, but also builds a life-long habit to staying strong and healthy.

[Click here for more information](#)

What you can expect and strive for -- as an aging athlete

By Robert Laberge/Allsport

How fast can I expect to get as a middle-aged (or older) athlete? Everyone asks him/herself this question, and they ask it at every age.

Everyone wants to know: "What is my theoretical top speed, if all my genetics are optimized through the most diligent training my body can take?"



But let us say you're 43, or 52, or 66 years old. Maybe you're fortunate in that you have a bit more freedom in your schedule than during your younger years, allowing you to get closer to your athletic potential. What sort of peak performances were

[Click here for full article](#)

FIT Lecture Series - September 4th

Save the date!

"Your Endurance Potential"

This lecture will focus on Improving/Maximizing your endurance potential. The most current research will be discussed by several guest speakers.

Topics will include: Nutrition, VO2 max, Training programs, and more. This is a lecture you won't want to miss!



email Miles to RSVP today: Miles@focusedtrainers.com

[Upcoming Events](#)

For more information regarding FIT:
Visit - www.focusedtrainers.com
Call - 650-947-9831

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