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Client of the month - Dana Le

Dana Le is a 120 pound young athletic female member at FIT, but don't let her small size fool you because she packs some serious strength and power. She trains during the evenings in Gabe Rinaldi's nightly group strength and conditioning class. Dana typically lifts weights 3 to 5 times per week. She is very determined and always gives 100% effort. Last October she took part in the 40th annual Golden West Open weightlifting competition. At a bodyweight of 120 pounds she Snatched 45 kilograms (99 pounds) and Clean and Jerked 57.5 kilograms (126.5 pounds). In other words, she is able to lift more than her body weight above her head at lightning speed! Don't mess with Dana. To give you an idea of how serious she is about her lifting, she recently went to Europe for vacation and while in Germany she sought out a top German weightlifting coach who trained her on the olympic lifts. For her dedication, determination, and just generally being bad ass, Dana Le is the February client of the month.



[For more information](#)

Group Strength and Conditioning class

Gabe Rinaldi has started a new group strength and conditioning class next monday. The group classes will be held 5 nights per week from 6:30-7:30pm. The cost is 250 per month and the group is limited to the first 10 hard working people to sign up. This group is open to non FIT members as well.

If you're interested or would like more info please send an email to:

Gabe@FocusedTrainers.com



Josie's Saturday Circuit

Here's a little sample from the first class:



Warm up / Dynamic Stretch

Short circuit of 8 exercises, repeated once. Each exercise was 60seconds on/off. This circuit comprised of lower body, upper body and core exercises.

Intense cardio circuit of six different exercises. 60 seconds on/transition time off. This comprised of Treadwall, jump rope, burpees (8 count), rower, UBE and hiking treadmill. It was killer, but enjoyed by all.

Cool down.

Contact Josie@focusedtrainers.com for more info.



Thomas Inch Dumbbell Challenge

HISTORY::

During the first half of this century from about 1910 until the early 1940's there was a professional strongman by the name of Thomas Inch who conducted stage shows of strength in Great Britain and Europe. He was known for his enormous grip strength and included in his show was the famous "Challenge Dumbbell". Inch offered almost \$1000 (200 British Pounds) to anyone who could lift the dumbbell off the floor with one hand. At the conclusion of each show, Inch would lift the dumbbell to show it could be done.

CHARITY::

The Thomas inch dumbbell has made it's way to FIT - Can you lift it?

Win \$50 if you can lift the Dumbbell!
All proceeds benefit the "Young Survival Coalition"

[More about the "Young Survival Coalition"](#)



www.TraceyandThom.com

Many of you have asked about Tracey and how she is doing, so we've put together a website to keep you informed. Thank you all for your support and overwhelming kindness.

www.TraceyandThom.com



Patella Femoral Pain Syndrome (PFPS) or Chondromalacia: Defining what we all feel.

If you sit on a plane, the back seat of a car, or any cramped quarters and feel the sudden need to straighten your legs, then you have some level of PFPS. If your knee cap, the patella, is out of balance or the underside is damaged in the slightest, it can result in pain. The typical complaints of pain occur when climbing/descending stairs, squatting or sitting for a period of time.

What is happening? PFPS is typically considered an overuse injury. Our bodies all adapt to the physical load or stress that we place on it by breaking down and then rebuilding new tissue. The knee cap sits in a groove that acts as a lever or fulcrum to allow the quadriceps muscles to produce the highest levels of force, or in the case of Johnny Nguyen- superhuman strength.

Every squat that we perform during the day drives the patella into its groove. So when we alter our workload or training dramatically, the break down of the underside of the patella cannot be matched by the rebuilding process, resulting in eventual pain.

During a cycle of overtraining, compensation patterns may develop in the body that increases the tendency of tracking problems in the groove. The muscles that typically get weak are the inside quad muscle, or the VMO and the gluteus medius. This allows the knee cap to track toward the outside of its groove, increasing the risk of wear and tear.

In order to prevent or rid your self of this pain you must:

1. Restore or maintain good flexibility
2. Exercise the gluteus medius- specifically (see your trainer or therapist for details).
3. Master the squat by ensuring proper lower extremity alignment of hip-knee-foot over a stable base of support. Ensure that your knee do not translate forward past your toes.

Obviously, if greater structural underlying abnormalities exist, then a more complicated formula may be necessary.

When your patella is out of balance or the patellar cartilage is damaged, you can have knee pain while climbing stairs, running, standing up from a bent-knee position, squatting, or even sitting for a period of time. This kind of pain, called anterior knee pain or patellofemoral pain syndrome, is sometimes caused by a common kneecap problem known as patellar tracking disorder.

For more info or to schedule and appointment with a Physical Therapist please Call: 650-565-8090

Visit www.AgilePT.com

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