



## FIT News - Happy summer to everyone!

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### Client of the month - John Bastistich

This month's client of the month is 85 year old John Bastistich. When he first came in he could barely walk on knees that were replaced more than a dozen years prior. His only request of FIT was to have his legs stretched because he could barely bend the knees, and perhaps to get some blood to circulate through the limbs so that maybe he can feel them again. Beyond those things he didn't think we could offer anything else, and he even doubted our ability to bend his knees and put feeling back into his legs. Johnny told him we could do better, however, like getting rid of the cane he leaned on. And so he purchased a few sessions, broke them into half hours because he was sure he could not last longer than a few minutes at a time, and then he gave his first session a go. He had trouble sitting down on the 36 inch tall plyo box and standing up; he kept using his cane.

"When I took the cane from him he cursed at me and then used his hands to push off on the box with repeated attempts until he leaned just right and got lucky enough to stand without losing his balance." says Johnny.

That was three years ago.

"He still buys 5 sessions at a time, still feisty, and if I'm a couple minutes late (by his watch which is always too fast) he'll let me know with a few well-chosen expletives."

But those are the only things about John that haven't changed. He has since thrown away the cane and now performs explosive box squats on the second-to-the-smallest plyo-box with no assistance, does clean-pulls from the blocks, races through the ladders, and participates in quasi-judo competitions with Johnny. And so far Johnny hasn't been able to knock him down, his feet are so fast.

"If you see us on a Thursday afternoon you might think that we're dancing, and perhaps it is just that: two-stepping one second and the waltz another -- it seems all fun and games to John while I'm trying my best to put this old fella on his back, but he just won't let me."

[Click here for more info](#)



### 2004 Relay For Life

We'd like to thank everyone for their contributions and support to this years Relay For Life.

"Words can never adequately describe Relay For Life®. You just have to experience it. It's a combination of sights, sounds, and activities and an outpouring of emotions — fun, hope, community, victory, celebration, triumph, and tender memories of those we have lost to cancer."



### Be like Lance... Yeah right!

Ever wondered what kind of numbers the boy can generate? Lance's coach, Chris Carmichael sent us these key stats for LA:

Resting heart rate: 32-34  
VO2ml/kg: 83.8  
Max power at VO2: 600 watts  
Max heart rate: 201  
Lactate Threshold HR: 178  
Time Trial HR: 188-192  
Pedal rpm's during TT: 95-100  
Climbing rpm's: 80-85, sometimes faster when attacking  
Average HR during endurance rides (4-6 hrs): 124-128  
Average watts during endurance rides: 245-280 watts  
Training miles/hours, endurance rides: 5- 6 hrs / 100-130miles

[Click here to visit www.lancearmstrong.com](http://www.lancearmstrong.com)



### Jump Camp for ages 10-18

"Advanced training designed to enhance performance in explosive sports."

DESIGNED SPECIFICALLY FOR

- Grammar School Athletes (Ages 10-14)
- High school Athletes (Ages 15-18)
- Athletes looking to enhance their performance
- Anyone interested in Olympic Weightlifting

June 14th - August 13th

Session 1 M-F (3:30pm - 4:30pm)

Session 2 M-F (5:00pm - 6:00pm)

[Click here for more info](#)



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