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FITNESS NEWSLETTER

So how about a gym little humor? If you've ever had occasion to visit a gym, you've no doubt heard people talking about "feeling the burn" and "pumping up." But did you ever wonder what people were really saying? Here are some common terms and phrases that will help you to learn what is really going on in the gym.

The Glossary of Terms

Just One More Rep: Said to a spotter during a set. Really means: "Lift the weight for me."

Hack Squat: The position a cat gets into when he's coughing up a hairball, commonly mistaken as a leg exercise.

Can I Work In With You?: Translation: "Can I remove all your weights and sweat all over your bench?"

I'm Maxing Out!: Translation: "I was going for 6 reps but I put too much weight on the bar and only got 1."

Cool-Down: Sit on a bench and drink from a water bottle while talking about how much more you'll lift next time.

Squat Rack: The loneliest piece of equipment in the gym.

It's All You!: Said by spotter during the last few reps of a set. Translation: "It's mostly me."

Clean And Press: Surprisingly enough, it's a shoulder exercise, not laundry instructions. A variation of it is even known as the Hang Clean and Press.

Skull crushers: An exercise where you make like you're going to bash your own head in with a barbell, a.k.a. lying tricep extensions.

Hold It At The Top: Said by a personal trainer when he or she wants to punish the client for missing a session.



-Article taken in part from

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Not that we like to brag, but.....



The Fit Effect is very proud of client Sam Parker-Smith. If you didn't see all the newspaper articles last month, Sam competed in his first bodybuilding competition and officially has the "bodybuilding bug". Here is a picture of Sam taken at the The NGA 2008 Southern States Natural Extravaganza.

If you would like to see Sam in person, he will be competing in the 2008 NGA Longview Jimmy Coby Classic on Saturday, June 14th in both the Men's Novice - Middleweight Division and the Teen Division.

Congratulations Sam! Keep up the hard work!

If you missed the many articles written on Sam, you can read them on our website, www.TheFitEffect.net

What are the benefits of hiring a personal trainer from The Fit Effect?

To get you There. Our many clients know that all things are possible. The Fit Effect personal trainers play many roles in the client/trainer relationship. We motivate, inspire, educate and coach all our clients to reach fitness levels once accepted as unattainable. Still want more information? Be sure to visit our website and check out the **Personal Training Results** page.



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Ray Bessette is a Graduate of the Professional Fitness Institute, NASM, ACE, NSCA Certified, and founder of The Fit Effect, LLC. With over 26 years of experience in the fitness industry, Ray is committed to exceed his client's fitness goals by utilizing his education, knowledge and experience through motivation, communication and perspiration. "By listening to every client's specific needs I am able to evaluate and develop a structured program that will enable you to reach your wellness and fitness goals. Certified trainers play many roles in the client/trainer relationship. I will motivate, inspire, educate, and coach you to levels once accepted as unattainable."

Ray is also a NPC National Bodybuilding Competitor.