

September Challenge Alaska

Strength & Muscle "Exercising Consistency"



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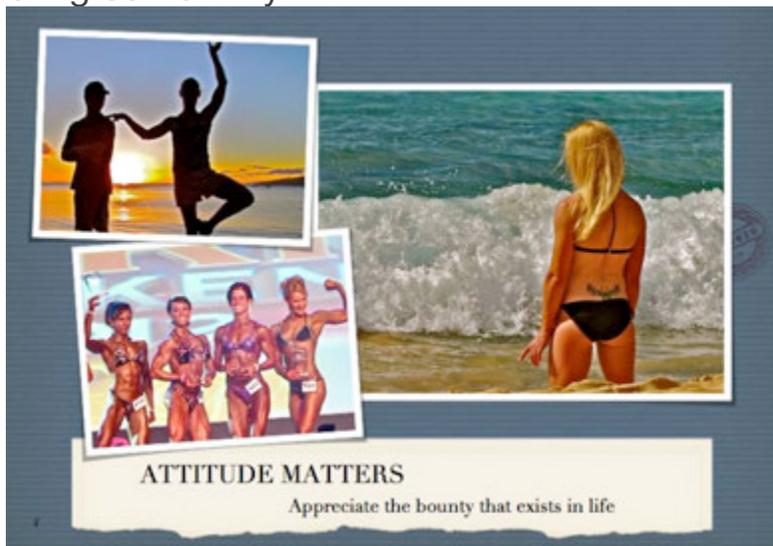
By MB Redington, MAT

Consistency is the application of conformity in order to reach a result. Even the freest of spirit need structure and consistency in order to be creative. As I stood in my closet this weekend pulling out and packing up sun dresses, shorts and tanks and light pastel colors in trade for the darker richer tones of fall I pondered this months' focus. Out with the old and In with the new was a natural connection for September.

Recently, I had the pleasure of attending a keynote speaker, Flip Flippen, at our District wide professional development day. Flip had me from the beginning when he talked about his work with professional athletes. "What makes a champion?" Flip asked and

then provided his own wisdom and experience as a piece of the answer. Consistent actions in alignment with your greater purpose were one key element.

For example, if my greater purpose is to be healthy yet breakfast habits throughout each week vary from starving to eating an egg white omelet and oatmeal, to lattes and donuts, my actions are not in alignment with my greater purpose. There is just too much variation. Some days I could say my choices were healthy - other days no. Variation in habits of course leads to variations in results. This is a stumbling area for all of us if we dare to look carefully and honestly at our own actions. So instead of trying to change everything all at once I challenge you to take an honest look at one portion of your day. Look for inconsistency and challenge yourself bring conformity.



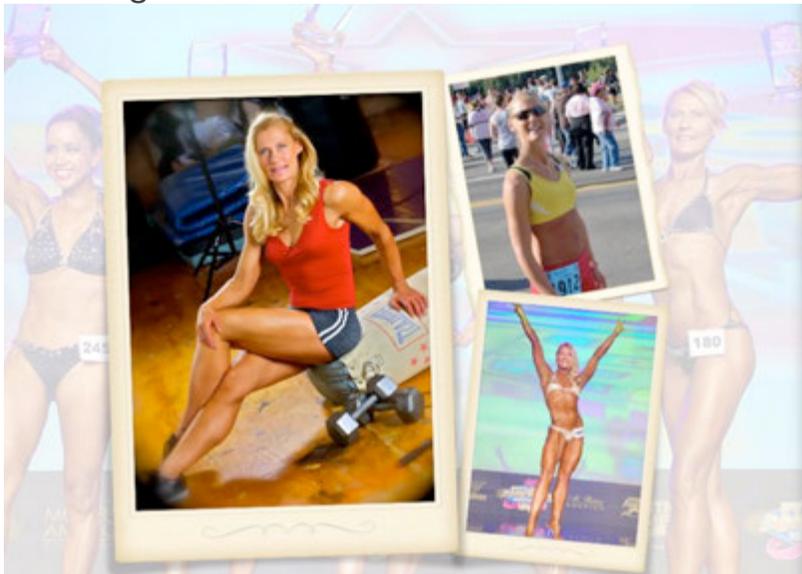
Personal Challenge

Of course I use myself as a guinea pig in all challenges and the area I narrowed into was my own cardio training. Confession, I have been holding onto the treadmill handles in some capacity for 2 years. I tell myself it's a "light" hold for "safety", but the reality is, it's a safety blanket for me. I have been afraid to let go, afraid that I could not handle 40 minutes hands free. When I honestly think

about how inconsistent I am with my hand holds (some days I'd let go, some days hold on for dear life and some days about draped over the handlebars) I have to admit that I have too much variability to align with the purpose I have to compete for a Top3 spot at Musclemania World Championships, natural muscle division. So over two weeks ago I just made myself let go. I adjusted my speed to a slow enough pace that I knew I could handle. There were and still are times I want to grab the handholds - but I don't and I have surprised myself in how quickly my strength has built. I am almost back up to the same speed only now its all leg power getting me there. I honestly didn't think I could do it.

What I learned - Once again I learned that my body is stronger than my mind - until I practice making my mind stronger than my body!

Here's a little piece of me to share with you. Happy September-Challengers!



Family Challenge

You will need yourself and your family (or friends/co-workers) and one weekend day.

Sit down at dinner tonight and pick one healthy family adventure and

a weekend to execute the fun. Let your personal budget determine the activity. Bowling, hiking and berry picking are all affordable or free, or perhaps your family would like to try it's first 5K. These community events welcome runners and walkers at all levels and usually raise funds for worthy causes. Me - I'm going to suggest a family trip to H2Oasis, an indoor Water Park located in Anchorage. We'll see how that is received and I'll be sure to stay flexible to other ideas too. I encourage posting pictures and sharing ideas!

Strength Challenge

Week 1 - Glutes

Monday 20 squats w/overhead dumbbell press **Tuesday** 20 pile squats with bicep curls **Wednesday** 20 jump squats **Thursday** 10-30 second wall squats **Friday** 5 reps of globe jumps (4 jumps = 1 rep)

Week 2 - Abs

Monday 20 sit-up to standing **Tuesday** 20 sit-up to standing with weight **Wednesday** 20 Spiderman climbers **Thursday** around the world planks, 30 sec. each turn **Friday** 20 flutter kicks

Week 3 - Total Body

Monday 20 burpees **Tuesday** 20 pike push-ups **Wednesday** 20 pylo jumps **Thursday** 20 burpees **Friday** 20 split jumps

Week 4 - GO HARD

Combine any 2 weeks

Add this Challenge to your normal routine and modify as necessary!

Ripped Goddess ~RG STEP IT UP CHALLENGE!

September 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GLUTES! 1	20 squats w/overhead dumbbell press 2	20 plie squats with bicep curls 3	20 jump squats 4	Wall squat :30 5	5 globe jumps 4 jumps = 1 rep 6	7
ABS! 8	15 sit up to standing position 9	15 sit up to standing position w/weight 10	10 spiderman climbers 11	Around the world plank :30 secs each turn 12	20 flutter kicks 13	14
TOTAL BODY! 15	10 Burpees 16	15 pike pushups 17	Suicide drills :60 18	15 plyo jumps 19	15 split jumps 20	21
GO HARD! 22	25 squats w/overhead dumbbell press 23	20 sit up to standing position w/weight 24	20 plyo jumps 25	Renegade rows :30 26	Burpees Amrap :60 27	28
REFRESH! 29	Corpse pose :30 30					

✓ Add this challenge to your normal fitness routine. Feel free to modify as needed – break into sets, but ALWAYS challenge yourself.
 Make sure to have a timer available (most phones have this feature) and make sure to maintain proper form throughout the exercises.
 Stay hydrated and NEVER do anything if it causes pain! Challenge yourselves but never damage yourselves ;-)
 For demonstrations on proper technique, feel free to Google the exercises.
 Ready? Let's GO!