

SO LONG SUMMER!



BLOCK PARTY

We want to extend a heartfelt thank you to all the incredible individuals who made our first ever Block Party an overwhelming success! We were thrilled to see the enthusiastic turnout from our vibrant community, coming together to support the cause we have chosen this year - Waikato Westpac Rescue Helicopter. Together, we managed to raise an astounding \$530! Congratulations to all who triumphed in our mini comps!

You can donate to Westpac Rescue Helicopter at Fastlane reception any time.



Fastlane Vacancies

We are looking for someone to help with some extra pool cleaning & maintenance, including backwashes (fortnightly) this potentially could combine with another parttime role, or could be good for a semi retired person who wants a bit of pocket money and a free membership! If you know of anyone please get in touch with us at admin@fastlane.kiwi.



HOT YOGA

For the entire month of June, we're offering an incredible deal exclusively for our current Fastlane Members only! Book in and attend one Hot Yoga class for just \$10. To receive this sweet deal, you must book in with our reception team. Don't miss out on this opportunity to experience the rejuvenating benefits of Hot Yoga at an unbeatable price!

Heres to good health!



Summer Swimmers are made in Winter

Start private swimming lessons now with Fastlane Swim School! Shannon, our coach will help you gain confidence and skills in a fun environment. Learning to swim requires repetitive practice so get started now - don't wait until summer arrives. Email swim@fastlane.kiwi to book or visit our customer portal <https://fastlane-fitness-swim-school.accounts.ud.io>

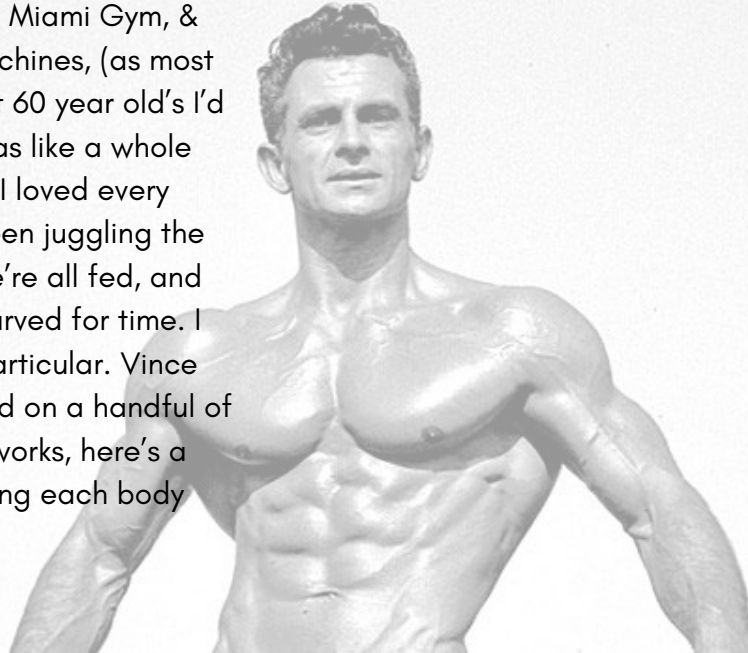
FEEDZONE

Supercharge your workout with pre-workout coffee. Enhance focus, boost endurance and maximise performance with a delicious cup of coffee!! Come see us at the Feedzone to grab your mojo today!



TIM'S SIMPLE WHOLE BODY PROGRAMMEWHY NOT?

The year is 1988, I'm based on the Gold Coast, I'm a member of Miami Gym, & I'm excited. I'd just completed 8 consistent weeks using the machines, (as most novices do) and I was booked in with Rex, (one of the strongest 60 year old's I'd ever me) to take me through a three day split programme. It was like a whole new world, using free weights was like starting over again, but I loved every minute of it. Thanks Rex. These days life is very different, between juggling the responsibilities of being a parent, earning enough to ensure we're all fed, and committed to my four-legged training partner, I'm definitely starved for time. I came across a few whole body programmes recently, one in particular. Vince Gironda's 8 x 8 routine caught my eye. It was very simple, based on a handful of exercises. In case you're questioning whether this programme works, here's a pic of Vince from the 1950's. Basically, you're going to be training each body part 3 x a week.



One exercise per body part, no more than 7 exercises. Where it gets interesting is how the load or intensity is increased. Instead of increasing the weight you reduce rest times. You start with 45 or 60 seconds of rest between sets and every time you successfully get all 8 reps for all 8 sets, you cut the rest period by 5 seconds. You'll be starting out at around 50-60% of your normal rep range, so it's a good ego killer too. Don't be deceived by the simplicity of this routine, once you get the hang of it, you'll be completing 56 sets in under an hour.

Here's a sample routine.

- Lat pulldown
- Flat dumbbell press
- Front squat
- Stiff leg deadlift
- lateral raise
- Barbell curl
- Narrow press up

You'll notice you won't require too many machines, as you don't want to be spending your rest time running from one end of the gym to the other. I modified the programme to do at home by simply substituting the lat pulldown for a barbell row.

