



PushMore

Fitness Centre

Volume 1, Issue 1

December 2009

WELCOME TO PUSHMORE!

By Jonathan Wong, CEO

Woot! Our first newsletter!

The year has gone by fast! 2009 has been a great year of growth for PushMore, in terms of membership as well as training quality. A major milestone for us this year was becoming Malaysia's first Crossfit affiliate.

December will be a month to look forward to. We will be bringing in a more sets of barbells, weights and racks. We will be looking to incorporating more strength work into our program as well as having workshops on the basic barbell lifts. Stay tuned for updates!

And remember, our Christmas party is happening on the 13th December. Details are in this issue of our newsletter.

From the PushMore team and I, we would like to thank all of you for being a part of the PushMore family and allowing us the opportunity to train with you. All of you make PushMore *the place* to train at.

Train hard and train smart!

JW

INSIDE THIS ISSUE

- 1 PushMore Christmas Party!
- 2 Members' Birthdays
- 4 Important Dates in December!

PIPING HOT! READ IT HERE!

What's new y'all!

1) SCHEDULED CLASSES

We will have class timings to synchronize start-off times for all members. New timings for classes are:
5:30pm & 7:00pm every Wednesday.

The sample class flow is as such :

- 5-10 mins : Warm up
- 10-15 mins : Skill training/Recap
- 30-35 mins : WOD (depending on individual)
- 5 mins : Stretch & Cool Down

2) MORE BARBELLS!

By now you would have noticed our sets of Olympic barbells with bumper plates! And more will be arriving mid-December. Look forward to lots of barbell work in our daily WODs. Also, we are planning technique workshops for our lifts on a fortnightly basis. More details to come. Keep tuned in!

3) HOUSEKEEPING

There have been many instances of members leaving their personal belongings behind. To keep the surrounding areas neat & tidy, **any** items left in the gym for more than 3 days, will be disposed off immediately.

4) PLANNING YOUR WORKOUT TIMES

As your fitness levels increase, your weight selection would increase and this will affect your workout time as well. Do plan & allocate enough time to **learn any new exercises**, set up your workout stations, complete your workout and cool down each time you come to PushMore so that you don't have to rush through your session!

Failure to plan = planning to fail!

MEMBERS' BIRTHDAYS

PushMore wishes the following members a Happy Birthday!

6 . Boon
10 . Ming Hoe
14 . Julia
21 . Shen
26 . Soon, Shen-Lynn
28 . Nelson

CALENDAR OF EVENTS

1)PUSHMORE XMAS PARTY

December 13th, 2009(Sunday)

Place : Carnaval Brazillian Buffet Restaurant

Time : 6:30pm

Bring yourself and gorge in the spirit of Xmas! It's time to work up that appetite!

2)HOLIDAY! SULTAN OF SELANGOR'S BIRTHDAY

December 11, 2009 (Friday)

Please note that the gym will be open at 9am . 2pm.

3)HOLIDAY! AWAL MUHARRAM

December 18, 2009 (Friday)

Please note that the gym will be open at 9am . 2pm.

4)HOLIDAY! CHRISTMAS WEEKEND!

December 25th . 26th (Friday & Saturday)

Please note that the gym will be closed this weekend.

"THERE ARE NO SHORTCUTS TO ANY PLACE WORTH GOING."

BEVERLY SILLS

PUSHMORE XMAS PARTY!

It's the season to get together and a time of giving! This means you are invited to feast and enjoy a lovely and fulfilling Christmas buffet dinner on:

Date : **December 13th (Sunday)**

Location: **Carnaval Churrascaria, No. 77, Jalan SS22/19, Damansara Jaya (Near Maybank, Atria Shopping Center)**

Time : **6:30pm onwards**

Buffet fee: RM50 per person (to be paid by Dec 5th Saturday)

RSVP: By December 3rd, Thursday

Do feel free to bring your own drinks, corkage is at RM50 per bottle. As places are limited, do confirm your spot with anyone of our trainers and pay up quick!

WORLD-CLASS FITNESS IN 100 WORDS:

Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.

Practice and train major lifts: Deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds.

■ Bike, run, swim, row, etc, hard and fast.

Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense.

Regularly learn and play new sports.

PushMore TRAINER TEAM:



(L-R) JohnSon, Hans, JW, Lyn, Edmund, Ben, Pey, Danesh (pic TNA)

PUSHMORE FITNESS CENTER

A-01-15, Block A, Merchant Square, No. 1, Jln Tropicana Selatan 1, PJU 3,
47410 Petaling Jaya, Selangor, Malaysia.

Tel: 03 7885 0120

Email: info@pushmore.com.my