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NEWS

**Next Phase Boxing Group
* Round 2 *
Have you had a go???**

**Improve your performance &
results with nutrition
supplements, ask your trainer
for advice.**

Tell your friends about our
Website

www.next-phase.com.au

*Next Phase Boxing Group * Round 2 **, have you tried it yet? Boxing is an excellent workout, it dramatically improves heart & lung fitness and is a massive calorie burner. Better still you get to let out some frustrations.

Next Phase is excited to offer our clients the opportunity to purchase some of the very best performance based supplements on the market directly from us. We have established a working relationship with **Endura**, so we can source you some excellent products to help you with your results. These products include their well known hydration formula Endura, N Acetyl Carnitine (aids in fat loss), energy bars and gels plus more.

They will be on display in the studio very soon

BENEFITS OF STRETCHING

Stretching doesn't have to involve a huge time commitment, but it can give you huge results. Benefits that you can expect from a regular stretching program include reduced muscle tension, increased range of movement, circulation and energy levels and enhanced muscular coordination.

Stretching is important for people of all ages. One of the greatest benefits of stretching is that you're able to increase your range of motion, which means your limbs and joints can move further before an injury occurs. Post-exercise stretching can also aid in workout recovery, decrease muscle soreness, and ensure that your muscles and tendons are in good working order. The more conditioned your muscles and tendons are, the better they can handle the rigors of sport and exercise, and the less likely that they'll become injured.

Stretching comes naturally, you might notice that if you have been sitting in one spot for a long time, you stretch unconsciously. It feels good. In addition to that good feeling, a consistent stretching program will produce large gains in flexibility and joint movement. Ask your trainer for a stretching program to be designed for you if you like.

RECIPE OF THE MONTH – CHILLI CON CARNE

Ingredients

- 500g lean mince or chicken
- 1 can kidney beans
- 4 cups chopped mushrooms
- 1 pkt frozen or 3 cups fresh spinach
- 1 cup finely chopped parsley
- 1 can diced tomatoes
- 1 cup tomato paste
- ½ cup red lentils
- 1 finely chopped onion
- 2 finely chopped garlic cloves
- 2 tbsp curry powder
- 2 tbsp finely chopped coriander
- 2 cups water
- Pepper to taste

Method

Cook mince until brown, then add all ingredients into a large saucepan and cook for 20 mins on high, stirring occasionally. Then simmer on low for 20 mins until lentils are cooked.

Serve in lettuce leaves with steamed veggies or salad.

Serving size is 3 cups

Keep the rest in the fridge for snacks

NUTRITION SUPPLEMENTATION & PERFORMANCE

Do you lack energy, feel lethargic, can't be bothered? Well there is every chance that you might not be getting all the nutrients that your body requires. This is not ideal as our bodies need these important nutrients for fuel and to aid recovery, which helps us not feel this way.

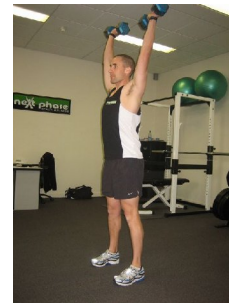
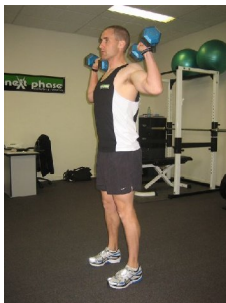
With today's fast paced world and our demand to have the things we want almost instantly there has been a decrease in the nutrient quality of our food. This is where nutrition supplements can help, it would be ideal if we could receive all the nutrients that we require from a well balanced diet but it simply doesn't happen these days. You have made an excellent decision to improve your health & wellbeing by exercising, so why not make the most of that and help your body function at it's best with the help of nutritional supplements.

The types, variety and number of supplements on the market today are phenomenal. They vary from vitamins & minerals to protein, slimming aids and strength enhancers. Some help give you an energy boost before a workout or an energy supply during longer endurance sessions. It can get very confusing.

If you would like advice on which type of supplements could help you perform at your best and aid your results then ask us. We will discuss what you are currently consuming, any concerns you may have and we will point you in the right direction.

EXERCISE OF THE MONTH – DB SQUAT PRESS

The Squat Press is a fantastic exercise that incorporates both your upper and lower body in one movement. It's great for getting your heart rate and metabolism firing. It works your leg muscles (quads & glutes) as well as your shoulder and arm muscles (anterior deltoid, medial deltoid & the triceps).



1. Start with the dumbbells at shoulder level and feet shoulder width apart.
2. Keeping your heels flat lower your body into a half squat position.
3. Then explosively push upward through the heels of your feet, keep your glutes and abs tight.
4. As your legs straighten start pressing the weights overhead until your arms are almost straight overhead.
5. Return the weights to the start position then repeat.

Perform 2–3 sets of 10–12 Repetitions

Variations

- Use a barbell instead of dumbbells.
- Single arm with a dumbbell.
- Single arm with a barbell.

Progression

Olympic lifts such as the power clean and the power snatch.