



# PushMore

## Fitness Centre

Volume 1, Issue 9

August 2010

### ***Attitude – It can make or break your life!***

Seriously, what do you think of the first thing you wake up in the morning? Do you wake up ready to seize the day? Or do you wake up dreading what's to come? Having the right thoughts and mindset when you awake can make a huge difference to your actions for that day. And the same can be said when it comes to working out. Do you look forward to your workout or do you drag your feet into the gym because you feel guilty for eating too much over the weekend?

Having the right frame of mind and an attitude of abundance can reap huge benefits for us whether in the gym or in life. When you are looking for goodness, you will find it. Likewise, when we spend our time mulling over spilt milk, we start ourselves on a downward spiral.

A strategy that one can use to make this “shift” is really just a simple thought process. For example, the following two phrases:-

“I don't want to be fat.”

“I want to be fit.”

In the first phrase your mind will focus on the word “fat” thus affecting your actions and thoughts towards that direction. Whereas the second phrase, the key word is “fit”. Thus your mind and body will move towards that goal. So, starting right now, find your magic keyword and stick with it. You might be pleasantly surprised with the results.

Think “FIT” now!

**JW**

***“Winning begins with an attitude”***

*~Anon*

~~~

***“The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck! “***

*~Author Unknown*



## PIPING HOT! READ!

- PushMore is pleased to welcome another new trainer into the family – **Jonson Tan**. An avid Crossfitter for the past 2 years and representing his varsity in volleyball, he has graduated and now taking an active role in fitness training at PushMore.
- Our Foundation Series is being revamped to facilitate better learning and follow-through for new members. The new program will consist of 10 classes on Tuesdays, Wednesdays and Fridays at 7:45pm. The classes will gradually develop confidence and expectations through the foundational Olympic lifts, gymnastic and bodyweight exercises.
- We are revising our rates for the first time visitors and per entry visits to RM25. (**WEF 1 August 2010**)

~~~~~

Wishing the following members of the PushMore family a Happy Birthday!

1<sup>st</sup> – Kai Bin, Luxanne

14<sup>th</sup> – Jon Choo

18<sup>th</sup> – Pey

22<sup>nd</sup> – Ben Ooi

23<sup>rd</sup> – Sheng

~~~~~

## IMPORTANT DATES

### • AUGUST 14<sup>th</sup> (Saturday)

#### PushMore's Open Day

Classes: 9:30am, 10:30am, 11:30am

Location: PushMore Fitness Centre

Classes will be run throughout the morning. If you have any friends who are keen to experience Crossfit, do *make a booking with Lyn ASAP, as spots are limited!*

### • AUGUST 21<sup>st</sup> (Saturday)

#### Pose Method Running Clinic

Time: 9:00am – 4:00pm

Location: PushMore Fitness Centre

Cost: RM60 per person.

PushMore will be introducing the POSE Method of running - a way to run fast, efficiently and injury free. Read more about the Pose Method on the next page. Interested? Do contact Lyn or JW to book your spot! Open to Pushmore members. 10 spots only! First come, first serve!

\*Please note that the gym will be closed for this clinic.

### • PUBLIC HOLIDAYS

Aug 27<sup>th</sup> (Fri): "Nuzul Al Quran"

Aug 31<sup>st</sup> (Tues): Independence Day

For both dates, PushMore will be open from 9:00am till 2:00pm.

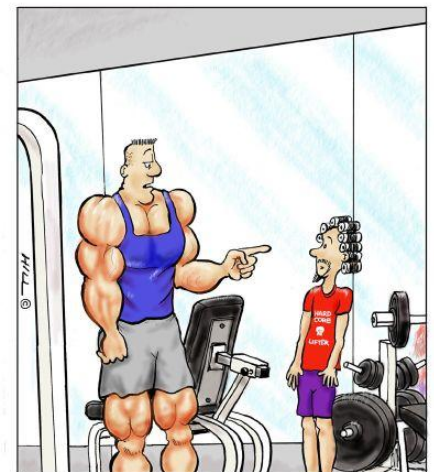
## PUSHMORE TRAINERS' TEAM



(L-R) JONSON, PEY, JW, LYN, EDMUND, DANESH, KIRK

## PUSHMORE FITNESS CENTRE

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](mailto:info@pushmore.com.my)



\*Image taken from [BlackHuff](#)

## WHAT IS POSE METHOD<sup>®</sup>?

The Pose Method<sup>®</sup> is a system for teaching of human movement developed by a 2-time Olympic Coach Dr. Nicholas S. Romanov in 1977 in the former Soviet Union. The name of the method comes from the word "pose" or "body position".

If you analyze the movement of any body through time and space, you will clearly see that the body passes through an infinite number of positions. Most of the positions (or poses) are transitional movements and are the result, not the cause, of proper positioning.

**THE MINI RUNNING CLINIC is for everyone** who wants to run (or jog) without pain and injuries that are commonly associated with running. This mini Running Clinic runs for 1 day on Saturday. Clubs and running groups are welcome to contact us for special pricing info and if other arrangements are required.

The objective of the Running Clinic is to teach the participants the proper [running technique](#). We limit the number of people attending each clinic, since we'd like to give as much personal attention as possible. At this time we allow the maximum of 10 people.

### Program includes:

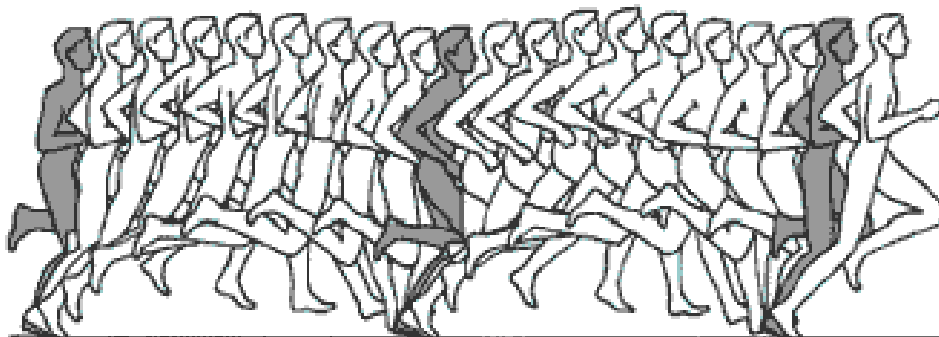
- Presentation of the Theory of Pose Method of Running
- Practical lessons for the Method that include concepts, drills, strength and flexibility exercises, video analysis of each participant's running style, and technique assessment
- Exercises that are innovative and specifically geared to increase flexibility, coordination and strength to build stability and prevent injuries
- Teaching participants to self correct, retain and control their own technique in order to maintain injury-free, better and faster running

### **REDUCE IMPACT ON YOUR KNEES BY 50% - SCIENTIFICALLY PROVEN**

Pose Running technique reduces the impact on the knees by 50% and it has been scientifically proven. It is currently the only running technique in the world that can make this claim.

### **GET RID OF COMMON OVERUSE INJURIES**

What are "overuse injuries"? Otherwise known as cumulative trauma disorders, the overuse injuries are described as tissue damage as a result of repetitive forceful use. The term itself clearly suggests the act of "over-doing" something, i.e. not doing it right. So, learn how to do it right.



Running Stride – as a sequence of poses  
(Dark color indicates the pose)

\*For more info on Pose Method of Running, do contact JW or Lyn.