



# TEN10 FITNEWS

Week 1, Sunday 29<sup>th</sup> April 2007



Each week we will provide the program participants a report on the past week. This will keep you informed and gain motivation from what the others are doing. If you have any feedback that you would like me to add please send it through via email.

Week one was completed successfully with our first group session on Sunday. Attendance was down at these group sessions but those that completed the program were very good. Please find below a report for both Brisbane and the Gold Coast. Hopefully attendances will improve over the coming weeks. It is important to lock these sessions in your diary to get the maximum benefit out of the program. These group sessions are designed to take you out of you comfort zone and help us monitor your progress.

## Brisbane Crew - KANGAROO POINT KAOS

**Attendees** – Mark Rockley, Levi Maxwell, Cathie Rockley, Samantha Rockley, Katelyn Rockley, Kath Mitchell, Jason Keough.

**Apologies** – Dean & Julia Martin, John Currie, Wes Wilson, John Shillington, Jeff Wakefield.

### Content

Group Stretch

Run/Walk to Kangaroo Point Cliff Stairs

Cardio (each participant must complete the following)

- 3 x Stair climb (run/walk)
- 3 x 1min Boxing
- 3 x Core (2 sets of 10)

Group Run/Walk back to start.

Group Stretch

### Summary

This session provided Run/Walk content combined with some cardio work on the Kangaroo Point Stairs along with some boxing and core work. The balance of the program was good and the boxing provided something a little different for a few of the participants. Levi set the pace on the run while Jason was pretty handy on with the mitts. All participants reported to be sticking to the program during the week and are progressing well.

## Gold Coast Crew - THE MORNING ON MOUNT WARNING

After some inclement weather in the lead up, we were greeted by an outstanding day as we approached the glorious Mt Warning in the beautiful Tweed Valley. The Gold Coast group (Ben, Donna, Jason, Lauren and Brad) headed off at a rapid pace to the summit. The last 100 metres or so was very steep and rocky and all needed to haul themselves up with the aid of the chain. The summit was well worth the effort with absolutely magnificent views in all directions. After taking in the scenery, throwing down some nuts, muffins, caramel tart, crackers and bananas (all at once) and taking some snaps we headed back down. Lauren decided that it was probably faster to slide on her behind and did so at least 97 times. We all headed home very satisfied that we took up the challenge and the line of the day belonged to Lauren who claimed:

***“That’s the hardest thing I’ve ever done in my life!”***

Well done to all who made the climb. Well worth the effort.

**COUNTDOWN – 62 Days to Go!!**

