

# Current Newsletter

**February 2008**

## In This Issue

[Nuts & Bolts of Building Your In Home Gym!](#)

[Are You Good To Your Back??](#)

[Welcome To The Team](#)

[Limited Time Valentine's Special!!](#)

[Free Goodies](#)

[Exercise Of The Month - Bent Over Fly](#)

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## NUTS & BOLTS OF BUILDING YOUR IN-HOME GYM!

### Three factors to consider..



During the Metro Toronto Home Show if you missed it, I was speaking about how to create an in-home gym and what factors you need to consider when it comes to creating your home gym.

Most people think that in-home gyms need their own room and every piece of equipment that sport swaps offers. This is really not the case. It can be as small as one box under the coffee table. In-home gyms are not for lifestyles of the rich and famous, and I am about to show you how.. [read on...](#)

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## ARE YOU GOOD TO YOUR BACK??

### CHIROPRACTOR

**Akuklinik Yorkville Centre for Intergrated Health**

Chiropractic is a branch of the health sciences that works to ensure that your nervous system, muscles and bones function together optimally.



Dr. Melvine Baird treats all varieties of patient complaints, from headaches to sports injuries. As a dancer and sports enthusiast, she is aware of the many stresses and strains that physical activity can put on the body. Through chiropractic care, the use of... [read on...](#)

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## WELCOME TO THE TEAM



The Train by Tina team would like to extend a warm welcome to Lisa....

Lisa Creelman has been studying various forms of martial arts since 1991. She holds a 2<sup>nd</sup> degree black belt in Chito-Ryu Karate and is also a Registered Yoga Teacher... [read on...](#)

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## VALENTINE'S SPECIAL

This year, forgo the chocolate and say "I love you!" with a personal training package. Surprise your Valentine with a dozen pink long stem roses and 3 Personal Training Sessions for only \$265.00 +GST = \$278.25.



Call 416.216.0976 or email [bisa@trainbytrina.com](mailto:bisa@trainbytrina.com) by 7pm Friday February 8<sup>th</sup> to order this special gift for your loved one.

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## FREE GOODIES



Want some goodies on us?

Email your mailing address to [trina@trainbytrina.com](mailto:trina@trainbytrina.com) and we will send you coupons for free Nordica Cottage cheese with real fruit bottom... mmm!

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## EXERCISE OF THE MONTH - BENT OVER FLY

Level I: Do 1-2 sets

Level II: Do 2-3 sets

**Target area:** Upper Back (Trapezius, Rhomboid Major, Rhomboid Minor)

**Equipment at the Gym:** Cable Machine

**Equipment at Home:** Cable Machine

**Set up:** Stand with your feet slightly wider than shoulder width apart. With dumbbells in your hands, keeping your legs straight, hinge at your hips until



your torso is parallel to the floor and your arms are straight out from your chest just hanging.

**Movement:** Engage your core; with straight arms but not hyperextended, lift your arms up to shoulder height. Palms face the floor. Pause for a moment then slowly lower your arms down to starting position. Exhale with the lift and inhale on the way back to your starting position. Continue breathing and squeezing for an entire set of 12 repetitions.

**Tip:** Keep your core strong and parallel. This is a good exercise for your posture.

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