

September 2018

THE **TAKEDOWN** LOWDOWN



Takedown Gym 60-Day Challenge

The Fall Into Fitness 60 Day Challenge is a program that provides the daily support, resources and motivation for anyone looking to jumpstart their goals and live a healthier life.

Who?

Men and women (ages 16 and up)

When?

Weigh-In Weekend: September 14 - 16

Weigh-Out Weekend: November 9 - 11

Friday: 7 am - 7 pm

Saturday: 7 am - 12 pm

Sunday: 8:30 am - 12 pm

What's Included? (over \$500 value)

- Initial consultation with trainer
- Access to private Facebook group
- Weekly emails, videos, individual check-in
- Workout ideas and recipes
- Eight specialized seminars
- Eight Additional Takedown Classes
- Wristband & Prizes (valued over \$300)

\$75 for Takedown Gym members
\$150 for non-members

Fall Into Fitness 60-Day Challenge Registration Form

Name _____

Address _____ City _____ State _____

Phone Number _____ Email Address _____

Emergency Contact: Name _____ Phone Number _____

Date of Birth _____ Gender Male Female

I am a Takedown Gym Member Non-Member*

* If not a member, are you interested in learning more about becoming a member? Yes No

Total Enclosed _____ Form of Payment Cash Check Credit Card

WHAT'S HAPPENING AT TAKEDOWN?

Mike's Move of the Month: The Tire Flip

By Mike Holtan

Fitness and Recreation Advisor

Our Move of the Month is a Tire Flip! You've got to admit, it looks pretty awesome when you can flip a tire by yourself around the gym.

When flipping a tire, there are many different grips you can use - underhand or overhand. For this month's video demonstration, I'm doing it overhand on the lower strap.

Make sure you lower your butt. The higher your butt is, the more more you use your back. And that's bad. Head up, chest up, push through your heels and explode up. It should be an explosive hip movement to help with speed and power.

For a demonstration on the proper tire flip form and technique, check out the Takedown Facebook page.



What You Need To Know...

Look Who's New to the Takedown Team

Takedown is excited to announce the addition of Carlie Plantenberg to our team! Carlie earned her Associate in Arts degree at Central Lakes College and has intentions in the near future to return to school and further a career in fitness and nutrition.

Carlie is one of our fabulous Front Desk Reps! Be sure to stop and say 'hi' next time you're at the gym.

Pedal With a Purpose - Summer Break

After taking a summer break, Takedown Gym is bringing back the monthly Pedal With a Purpose event.

The third Saturday of each month, Takedown hosts one local non-profit to be the benefactor of a 45-minute indoor cycling ride. Participants pay \$25 to participate in the session and 100 percent of proceeds go back to the respective non-profit selected for that month.

September's benefactor will be the Mid-Minnesota Women's Center. The MMWC operates two programs - the Women's Center and the Alex and Brandon Child Safety Center. The organization's vision is to see an end to

domestic violence, and a mission to provide safety, advocacy, and empowerment for abuse victims and education about abuse for the community.

Please help us raise money for this incredibly powerful and important community resource by registering for the Saturday, September 15th Pedal With a Purpose event.

Register online or by calling the gym at (218) 454-1770.

Join Today. Pay in November.

Know someone who'd like to join? Now is a better time than ever! When new members sign up for a 12-month contract, they won't have to pay until November.

What's even better is if YOU refer them, you'll also receive rewards! Ask Chad at the front desk for details.

Takedown Wrestling Club

Did you know the Takedown Wrestling Club now has its own Facebook and Instagram accounts?

Find us online and 'like' us to receive important updates and hear about upcoming events scheduled for the Club and its members.

Venison Southwest Chili



Makes 4 Servings | Prep time: 10 minutes | Cook time: 20-25 min
Nutritional Info | Calories: 400 | Protein: 29 | Fat: 11 | Carbs: 30

INGREDIENTS

- | | |
|-------------------------------|----------------------------|
| 1 - 15 oz. can tomato sauce | 2 cloves garlic, chopped |
| 1 - 15 oz. can diced tomatoes | 1-2 jalapenos |
| 1/2 - 15 oz. can kidney beans | 2 Tbsp. chili powder |
| 1 can sweet corn | 1/2 tsp. cumin |
| 1 lb. ground/chopped venison | 1 Tbsp. oregano |
| 1/2 yellow onion, chopped | Pinch of cayenne, optional |

DIRECTIONS

1. In large pot, brown venison and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, corn, jalapenos and seasonings to skillet and cook over medium-high heat about 5-6 minutes. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.
3. Serve up in bowls and ENJOY!

THE COOL DOWN...

Shake of the Month: Peanut Butter, Oatmeal & Banana

Fall weather means sweatshirts, blankets, comfort foods... We're combining three favorites into one, delicious after-workout drink.

Indulge in the Peanut Butter, Oatmeal & Banana Protein Shake.

The September Shake of the Month is loaded with protein thanks to the peanut butter and banana. One serving of this shake packs over 14 grams of protein and over 4 grams of fiber.

Warm up to the change in seasons by grabbing one of these after your next workout!



Takedown Gym's MYTH OF THE MONTH

MYTH:

To lose fat, do cardio on an empty stomach.

REALITY:

"Let's first just get this out of the way," Al Smith, sports nutritionist and personal trainer says. "If you are exercising at a maximum capacity (i.e. sprints, hills, HIIT), you are going to be underperforming if you do not eat before. PERIOD. It is true that you will burn more body fat in the fasted state, BUT that does not necessarily mean you will be leaner by the end of the day. Your body will bounce back into the carbohydrate burning zone once you eat and finish your 'fasted cardio,' which will not result in you getting necessarily leaner. If you continue to not eat after exercising in the fasted state, your body will use muscle for fuel instead of fat and compromise your metabolism."

The bottom line? If your goal is to get 'leaner,' be sure to eat SOMETHING before exercising so you have extra energy to burn more calories during your cardio workout.

If you have questions about what to eat prior to exercise, contact Al Smith or Haley Cunningham at Takedown.



Take us with you wherever you go!

Find us on Facebook, Twitter and Instagram to keep up with all things fitness and fun. Also... don't forget to visit us online at takedowngym.com AND download the Takedown Gym app on your mobile device!



Takedown Gym
60-Day Challenge
September 14 - November 11