NEW ENGLAND FUNCTIONAL FITNESS

The Gym Rag

We want to thank everyone for coming to & showing interest in our pelvic floor seminar!

THANK YOU!

We would like to continue offering seminars to keep our beloved clientele as informed as possible on how to live happy & healthy lives. If there is a particular subject you would like to see covered in an upcoming seminar, or if you or anyone you know is a professional with expertise in an area of wellness that might like to present, please contact Coach Julie at Julie.Sopchak@Neffitness.com

Client Appreciation/ 5 year anniversary

We are super pumped to announce our 5 year anniversary and second Client Appreciation Day! The date is set for Sunday, July 28. Time and more details to come, but expect food, fun, and hopefully a lot of sweat!

NEW ADULT CLASS FORMATS

In order to maximize our space as efficiently as possible and still provide all of our class goers with an incredible workout, we will be re-formatting our Adult Strength and Conditioning class, which will continue to be held Monday, Wednesday, and Friday mornings from 8:30 to 9:30 am.

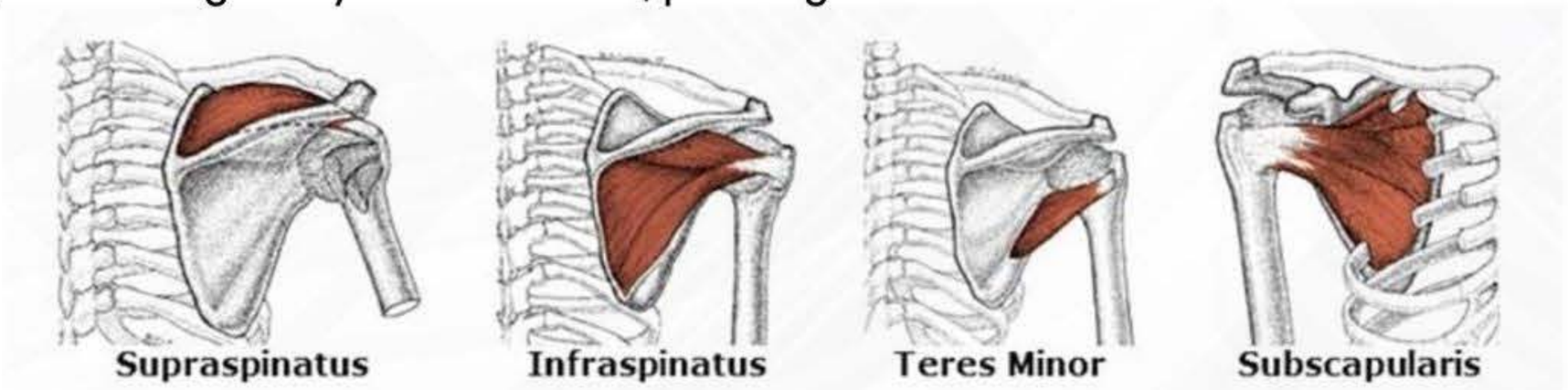
Your coaches will make sure to be thorough as they walk you through these new structures and kindly thank you for your patience as we try our best to accommodate everyone as we continue to grow!

We will do a soft launch of these new formats, trying things out here and there, throughout May/June leading up to a hard launch in June/July. There will likely be larger groups and less movement from station to station throughout the gym to maximize efficiency.

We will be using some new concepts that include AMRAP (As Many Rounds As Possible) and EMOM (Every Minute On the Minute). More details on these concepts and the new formatting are to follow. We also encourage you all to look these up ahead of time to stay a step ahead.

ROTATOR CUFF STUFF

The rotator cuff is a common area of aggravation in the shoulder. Contrary to its name, however, it is not a singular tissue, but rather four distinct muscles. Even though they all work together to stabilize the shoulder joint, they all have their own actions. So, a rotator cuff injury can mean anything from tears, tendinopathy, impingement, or something else to any of these muscles. This month, we'll take a look at the nuts and bolts of your rotator cuff and what you can do to try to make these muscles stronger. Please keep in mind this is ***NOT*** medical advice. If you think something might be wrong with your rotator cuff, please go see a doctor!



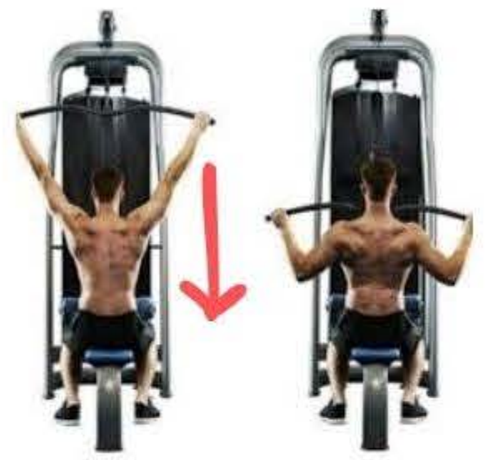
ROTATOR CUFF MUSCLES

Supraspinatus

Near the top of the shoulder, this muscle helps lift the shoulder away from the body (abduction). It also helps stabilize the shoulder against gravity, and to keep the head of the humerus pressed into the shoulder socket. To strengthen this muscle, try executing this exercise to the right, lifting your arms straight up with your thumbs up.

Infraspinatus

This one is found right below the supraspinatus. It is a strong external rotator and helps with shoulder extension and adduction of the arm. It additionally provides stability for the shoulder joint. To strengthen, try doing this exercise to the left, pulling a band straight across your body while the elbow is bent at 90 degrees.



Teres minor

You'll find this one below the infraspinatus. It's smaller and helps infraspinatus with external rotation, adduction, extension, and stability of the shoulder. External rotation exercises will strengthen it as well as wide grip lat pulldowns, shown to the right.

Subscapularis

Last but not least, the subscapularis is found *underneath* the scapula, like on the other side of the supra/infraspinatus. This one is the largest and thus, the strongest of the four. It is a strong internal rotator and helps with adduction and extension. It's also a big stabilizer along with all of the other rotator cuff muscles. See to the left how you can use internal rotation to strengthen this muscle.

As is generally the case with exercise, if you feel pain during any of these movements, it's likely a sign you should stop and figure out what's going on. Doctors can usually help with this. These movements should feel pain free. These are also smaller muscles, so using lighter resistance is indicated. A sharp overload may lead to injury!

Monthly trivia

April's answer:
Ice acts as a vasoconstrictor

May's question:
Three U.S. cities host a World Major Marathon. What are they?