



www.mountainfitnessca.com

April 2024 Newsletter

Find Us, Friend Us
& Stay Inspired!



@MountainFitnessCA

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, MS | 926.6010 | M-F 6am-8pm | S/Sun 9am-5pm

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M- F 5am-9pm | S/Sun 8am-7pm

MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed | Open 24 hours – Card Lock

What's New at Mountain Fitness?

No Join-fee in April!!

Tell your friends and neighbors, now is the time to join Mountain Fitness. The initiatory \$25 fee is waived for all new members starting April 1st through April 30th. You'd be a fool not to join!

New Tanning Bed! 🌟

Do not fear, the new tanning bed is here! Put the final touches on your summer beach bod just in time for swimsuit season. The new bed has a higher UV rating than the previous, so adjust your time starting with 3-5 minutes, and work your way up in time so as not to overexpose your skin before building a base tan. This one has a similar 15 minute maximum timer. You can book a 30 minute session starting in April. The bed is to be installed April 2nd.

New T-Bar Row at South Gym

Replacing the previous T-Bar Row, this new piece of equipment is considered a *free* T-Bar row. This version doesn't have the chest support you saw with the last one, and this style particularly helps build strength in the core and lower back. This model is more beneficial because you can experiment with different angles of your upper body to discover what stimulates back activation the best. Try it out with lower weight first to explore what works best for you. Miss the old row? It's been relocated to the box.

Zone 2 Training

Tired of the same plodding or speed work every day with no improvement? You can run faster and build your endurance with Zone 2 training. Heart rate intensity zones range from Zone 1: 50-60% of Maximum Heart Rate/MHR (very easy recovery) to Zone 5: 90-100% of MHR (all-out effort, HIIT workouts). *Zone 2 training involves running/cross-training at 60-70% of MHR. How do you know you're in zone 2?*

Here's some math.

First, find your MHR:

Male: $208.609 - 0.716 \times \text{age}$ (ex. 30 year old – $208.609 - 0.716 \times 30 = 187$ MHR)

Female: $209.273 - 0.804 \times \text{age}$

Next, find your Heart Rate Reserve (resting heart rate): Count your pulse for one minute before getting out of bed. This is your resting heart rate (RHR).

Subtract your RHR from your MHR (ex. from male above: $MHR(187) - RHR(60) = 127$ (HRH)).

Now, calculate Zone 2 range:

Lower end: $0.60(60\%) \times HRR (127) + RHR(60) = 136$

Upper end: $0.70(70\%) \times 127 + 60 = 149$

Sooo, Zone 2 range is 136 to 149 BPM.

Benefits of Zone 2 training:

- 1.) Reduces the risk of musculoskeletal injuries and overtraining
- 2.) Cardiovascular benefits – strengthens heart/lungs, increases heart stroke volume, cardiac output, oxygen transport and delivery
- 3.) Improves metabolic health by forcing the body to rely on different pathways of energy generation
- 4.) Recovery benefits- because of Zone 2 recovery structure, the body is allowed to recover more quickly

How much time should an athlete spend in Zone 2 training? One recommendation from a certified running and triathlon coach is spending at least 60-70% or your weekly workouts in Zone 2.

Pool Closed Temporarily at Lassen Location

The pool at the Wellness Center will be down for repairs Monday, April 8th through Wednesday, April 10th. The stairwell is getting repaired, and the pool will be drained during this time. After the pool is re-filled, expect it to take a few days to regain temperature. The Sauna and the spa will also be closed on the 9th and 10th. We appreciate your patience!