

The Lion Heart Power Team

Joe Zmyewski, Scott Eastburn, Mike Guerra are competing in the bench press at American Gym in Lakeland On April 19. If you would like to support our team come on over or check with other members that are going to go together. The flyer is on the bulletin board at gym. Thanks to all of you for representing Lion Heart in such a GREAT way.



April, 2008

Steve Byer

727-743-1515

Check out our web site.

www.lionheartgym.com

OK! OK! for April Only

Bring ONE guest that signs up and receive a FREE month!

Thank you for your help.

Thank You, Thank You

*As most of you know the State of Florida Has fined Lion Heart for taking money in advance (my special, pay for 5 months get 6th FREE). I am not allowed to do that so they fined me \$1,000.00. The gym has not shown a profit yet (no pay for Steve). So many of you have donated monies to help. It is greatly appreciated. If you would like to help, giving whatever you can just place check in slot with what it is for. And again **THANK ALL OF YOU FOR YOUR HELP and concern!***

OUTDOOR WORK OUT AREA

*The outdoor area is coming a long Great! We hope you enjoy.
YOU MUST put a weight in the door when going out. The doors do lock automatically and I do not want to see you stuck outside.*

BIGGER ARMS

If you ever want to grow your bi's to their full potential, you **MUST** concentrate on hitting ALL of the muscle fibers. The only way to do this is to take the muscle to full extension.

Look, you're not impressing ANYONE by stacking up the EZ curl with massive weight and flopping your body all over the place like a hooked bass, your arms barely lowering the weight to full extension.

You **MUST** start EVERY SINGLE REPETITION with your arms EXTENDED . (Yes...I KNOW this makes the exercise HARDER.)

A little trick to help you accomplish this is to first briefly (like a split-second) flex your TRICEPS before raising the weight each rep. Since the ONLY way to do this is to FULLY extend your arm, you'll KNOW you've begun each rep in the optimum starting position to stimulate new muscle growth.

To get your biceps to BECOME bigger, you first have to show them what it's like to BE bigger. Here's how it's done...

At the very top of your curl, when your bicep has peaked, SQUEEZE the muscle hard for approximately 1-2 seconds. Your curls will make your muscles contract, effectively setting up a "road block" in your bicep. That final squeeze you add will literally FORCE blood, water, and lactic acid into the contracted muscle, causing an intense "pump". In response, the muscle cells themselves begin to THICKEN , the capillaries within the muscle grow in NUMBER and SIZE to hold more fluid, and "satellite" stem cells split off to form NEW muscle fibers, already pre-programmed for growth.

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