

Gym dues are due by the 10th of month.
Key-Outs are the 15th of month
Re-key is \$10.00!



Steve Byer
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THEY DID IT AGAIN & AGAIN & AGAIN!

Congratulations to our Lion Heart Power Team Joe Zmyewsk, Keith Steward and Mike Guerra. Joe & Mike took first place in their division on the bench press on June 28th. It was Keith first meet and he trophy. Thanks to all of them for representing Lion Heart. Scott Eastburn was unable to compete because of an injury.



Joe



Mike



KEITH

Want to increase your BENCH PRESS?

1. Eat 1 1/2 to 2 hours before working out.
2. Take 3 to 5 minutes between sets.
3. Start light and go heavier each set. Last set enough weight to only get 1 to 3 reps.
4. Extra last set go lighter and do a 3 second hesitation at bottom of each rep.
5. Only max once a month.
6. Only work chest once a week.
7. Do narrow bench (hands 12" apart) to increase triceps strength.
8. Eat carbohydrates day of your work out and pasta the night before.
9. Fuel your muscles through your blood! So EAT RIGHT, especially on your work out days.
10. NEVER skip meals. Skipping meals makes body store more FAT!

FREE MONTH

Bring ONE guest that signs up and receive a **FREE month!**
Get FREE passes to give out with your name on them (see Steve).
We need more good members. Help make your gym succeed.

Your E-mail

Please give me you e-mail for Lion Heart updates and gym info. Like pictures of the power meet. Drop in payment box or e-mail me at steve@netmac.net