

2008
MAY IT BE YOUR YEAR!
Steve Byer
727-743-1515



*Ask for a Lion Heart tag for
your car for free
(while supplies last, members only).*

FREE MONTH AT LION HEART!

*Bring two guests that sign up and receive a FREE month dues!
It is that simple. Help your gym and help yourself.
GOOD FOR MARCH ONLY!*

HELP WITH YOUR WORK OUTS?

We have several printed programs for

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| <i>1. 45 minute work out</i> | <i>3. Training sheet</i> |
| <i>2. Weight loss work out and eating</i> | <i>4. Split routine work out.</i> |

OUTDOOR WORK OUT AREA

*We will be complete a outdoor work out area in a few weeks.
We hope you enjoy.
MUST put a mat in the door when going out. The doors do lock
automatically and I do not want to see you stuck outside.*

Want to put on muscle size?

1. Eat 5 to 6 times a day. (I like eating 3 regular meals then 3 snacks or protein drinks)
2. Eat 1 to 1.8 grams of protein per one lb. of body weight per day.
The rest should come completely from carbohydrates. About 25 grams of fat per day.
3. Vitamins will help if you are missing or lacking a vitamin. Use it like insurance.
4. To add mass increase your calorie intake.
5. Use heavy weights - make the weight stop you between 3 and 8 reps.

Want to reduce?

1. Simply eat less calories a day then you burn.
2. Work out 3 to 6 times a week and do cardio at least 2 times a week.
3. Keep weights a little lighter - keep reps between 10 - 15