

FIT BULL Summer Fun

Anne Friesel
Fitness Coordinator
974-2971 or afriesel@admin.usf.edu



Make your summer fitness routine fun! Get a great upper body workout while canoeing out at USF Riverfront park or work your lower body by rollerblading out at Flatwoods park. Summer is a great time to switch up your fitness routine and make it fun!

Free Fitness Orientations!

Now is the perfect time to learn how to use our fitness machines. Sign up at the Fitness staff desk for your fitness orientation. Our helpful fitness staff will show you how to use the equipment properly and help you get started on an exercise routine.

Group Fitness

Krystal Vias
Group Fitness Coordinator
974-4436 or kvias@admin.usf.edu

Have a ball with **Cardioball**, Thursdays at 9am. Get a little funky with **Cardio Funk** Mon. and Wed. at 6pm. These classes are sure to put some fun into your summer routine!

Check these classes and more on the web at www.usf.edu/camprec

Gym Etiquette 101

Don't catch cooties... here are a few tips to keep yourself healthy. Swine flu is near!

- Wash your hands often or use hand sanitizer located at the front desk
- Sneeze or cough into your elbow
- Use a workout towel
- Wipe down your machines
- Stay home if you aren't feeling well

Workout attire is a must!

Don't forget your workout clothes and athletic shoes. For your safety and the protection of our equipment, street clothes, including kakis and jeans, are not allowed on the fitness floor.

Upcoming events:

5th Annual Campus Rec AfterHours
Aug. 26th 10:30pm to 1:30am. Workout late with us.
Zumba party, fitness challenge, 3 on 3 basketball tournament, pool party & more!

Campus Rec Center NEW Hours of Operation

Mon. – Thurs. 6:15am- 10:00pm

Friday 6:15am – 9:00pm

Saturday 9:00am – 5:00pm

Sunday 1:00pm – 9:00pm

Exercise Corner: Want Great Glutes?

The best exercise to target the gluteus maximus muscle is often thought to be the squat or leg press machines. A research study by the **American Council on Exercise (ACE)**, America's nonprofit fitness advocate, shows that there are other exercises that are more effective in targeting that area. Muscle recruitment patterns were compared in eight common exercises.

Lunges, step-ups, quadruped hip extensions, and four-way hip extensions, prove to be valuable options for individuals who may have difficulty properly performing traditional squats. The leg press scored significantly lower than squats and these other exercises.

Quadruped Hip Extensions

- On your hands and knees, slightly contract your abdominals to stabilize your torso and spine. Lift one leg up, keeping the knee bent at 90 degrees.
- Lift the leg until the bottom of the foot is pointing toward the ceiling and the leg is lined up with the body.
- Repeat on the same side for 8 to 12 reps.
- Change legs.

Step-Ups

- Stand with good posture behind a tall step or box [approximately 15 inches (38 cm) high] while holding a dumbbell in each hand.
- Place your left foot on top and transfer your weight to that leg.
- Push down with your left foot (especially the heel), straightening your leg, to come up on top of the box.
- Use the left leg only; keep the right leg passive, especially as you initiate the step-up.
- Repeat on the same side for 8 to 12 reps.
- Change legs.

Lunges

- Hold a dumbbell in each hand, standing tall with good posture.
- Step forward with the right foot, keeping the head up and spine neutral.
- Drop your left knee toward the floor by bending knees, making sure to keep the front heel down and the knee directly over the center of the foot.
- Push down and forward through your heel to return to the starting position.
- Repeat on the other side, alternating for 8 to 12 reps per side.

Four-Way Hip Extensions

- Stand upright and grasp the stabilizing bar of the machine. The resistance pad should be placed at the knee on the back side of the exercising leg.
- Move your thigh to the rear until your hip is fully extended backward.
- Repeat for 8 to 12 reps and change sides.