

# COACH BERRY'S STUDIO

## DARE TO BE FIT NEWSLETTER

Weight loss Strength Training Cardio Flexibility Endurance Energy Nutrition Sports



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**Amazing Results! Age is just a number at DARE TO BE FIT STUDIO.**



**WOW!** Just take a look at Tara on the left at 42 and mother of 4 children. She looks as healthy and fit as Chelsea on the right who is 24 and no children. Age is only a number at Dare to be Fit, *The Fountain of Youth*. **See before shots and read the full story at [www.rb-berry.com](http://www.rb-berry.com)**

**Champions are made, not born! Stephanie, 40, placed in her very first competition after**

### 4 Ways To Burn More Fat

There is nothing quite as frustrating as seeing your results fizzle out.

This is a common place to end up, usually after a few months on the same exercise routine. In the beginning your body responds to your routine with lost pounds and gained muscle tone, then one day all results screech to a stop.

Why does this happen? And, more importantly, how can you prevent it?

Your muscles adapt quickly to any repetitive routine. Remember that the definition of 'insanity' is to do the same thing over and over while expecting different results. This holds true for your workouts.

When your results stop, it's time to do something new.

- The problem: Your muscles have adapted to your routine.
- The Solution: It's time to apply the concept of muscle confusion.

Muscle confusion is a way to keep your body guessing by changing your routine.

I have good news - the following 4 strategies are guaranteed to crank your workouts up to the next level and to deliver better results.

#### Strategy #1: Use a Drop Set

Drop sets are often used to fight off exercise plateaus. This technique is great for increasing muscle strength, endurance and for adding to the cardiovascular benefit of your workout - which results in more fat burn.

This is how to do a drop set: When you perform an exercise to exhaustion, don't stop there. Drop the weight by 80% and do another set.

You could take it a step further by dropping the weight twice, making it a double drop. Or drop the weight three times for a

**training at Dare to Be Fit with Coach Berry and his knowledgeable staff of trainers.**



When Stephanie first came to Coach Berry she was not only overweight but was also suffering from such severe back pain she could not even stand to brush her teeth without holding on to the basin. There is no pain now as Stephanie is extremely physically active being a mother, career woman and wife. **Full story and more photos at [www.rb-berry.com](http://www.rb-berry.com)**

**Positive results everytime inspires everyone who joins Dare to Be Fit. Who wouldn't be excited to look like this?**

descending drop set. Use this technique only once or twice per workout, on the final set of the exercise.

### **Strategy #2: Focus on Negatives**

Each time that you do a weight lifting repetition you are using three types of strength.

1. Positive strength: lifting the weight.
2. Static strength: holding weight in a contracted position.
3. Negative strength: lowering the weight.

Most people completely miss the benefit of the negative in each repetition by allowing the weight to drop quickly with little control. It is understood that the negative portion of each repetition is just as important as the positive portion, possibly more important.

Focus on the negative portion of each repetition by lowering the weight very slowly. Concentrate on the negative contraction, and make each repetition count.

If you are advanced, then use a training partner to assist you in moving heavier-than-normal weight into a contracted position, then lower it very slowly.

Another way to utilize negative repetitions on a machine is to lift the weight using two limbs but then lower it with just one. For example, use both legs to lift the weight on a leg extension machine, but then lower it back down slowly using only one leg.

### **Strategy #3: Use Active Rest**

Every minute of your workout is an opportunity to increase intensity and to burn more fat. Don't waste precious minutes with long rest periods.

While it is important to catch your breath if you feel winded, most of the time you would benefit more from an active rest. Do one of the following activities for 30 seconds between exercises and turn your regular workout into High Intensity Interval Training.

- **High Knees with Alternating Punches:** Alternately bring each knee high to your chest in a quick jumping movement while alternating forward punches at shoulder level.
- **Burpees:** Start in a sanding position and bend at the waist. Once your hands hit the floor, push your entire body back, extending your legs until they're straight and you're in the push-up position. Go down for a push-up, and when you push yourself up, jump slightly to bring your feet back near your hands. Finally, jump in the air with your arms fully extended over your head.
- **Side-to-Side Jumps on Bench:** Stand on one side of an exercise bench. Place the foot closest up onto the bench,



Tracey, 39 is an active mother and has a full time career. She has achieved peak performance in her running surpassing her previous records. While at [Dare to Be Fit](#), Tracey has increased her strength, stamina and cuts a fine feminine figure that is well toned and curvaceous.

**You do not have to lose your youthful vitality, vigor or form. Hundreds of my clients have found their 'fountain of youth' here at Dare to Be Fit.**



Marilyn, pictured here at 60 years young completed the Carlsbad Marathon at age 62, placing 6th in her age category.

jump up and switch feet, then land on the opposite side of the bench.

- **Mountain Climbers:** Place your hands wider than shoulder-width apart on the ground in a push-up position. Bring one knee to your chest and then back to the starting position, alternate each leg quickly.
- **Side-to-Side Ab Twists:** With feet close together, jump and twist your legs left to right - holding your abs tight. Keep a bend in your knees and swing your upper arms with each twist.
- **Jump Lunges with Pop Squat:** Start in a lunge position, lunge down then quickly jump up, switching your leg position in midair, land in an opposite leg lunge. Once you've done both legs, jump straight into a squat.
- **Medicine Ball Squat Jumps:** With feet wider than shoulder-width apart hold a medicine ball at chest level. Squat down until your knees are at a 90 degree angle. Explosively jump up, raising the medicine ball straight over your head.

**Strategy #4: Modify the Exercise** There are certain exercises that are considered 'staples' in the gym.

The squat. The lunge. The chest press. The shoulder press. The bicep curl. You get the idea...

While you shouldn't throw these exercises out the window, find creative ways to modify the familiar motion in order to challenge your muscles. Try these exercise modifications:

- Squat on a Bosu ball or balance board.
- Place a weighted bar across your shoulders and do walking lunges.
- Use an exercise ball for chest presses instead of the bench.
- Do a full squat between each repetition of shoulder presses.
- Do a shoulder press between each repetition of bicep curls.

If you'd like a sure-fire way to break through your fitness plateau and to melt away unwanted fat, then contact me for a fitness consultation.

Call or email today - I look forward to hearing from you.

### Find Your Motivation

Motivation comes from having a goal. What is your goal? Why do you want to get into great shape?

Take a minute to really uncover the reason that you want to lose the weight. Don't say something vague like you want to 'Be thinner' or 'Look more attractive.' Dig deeper - there is a very specific motivator in your life, you simply need to uncover it.

Amazing? No just possible with the right trainer and facilities. She lost over 40 pounds trimming body fat index from 33% to 18%.



I'm Coach Berry at 55 and my question to you is...  
**"Who else wants to achieve amazing result like those of my clients pictured above?"**

Just click on ["HELP LIKE YOU HAVE NEVER HAD BEFORE"](#) in the pink box at the very top of this newsletter. Great! You have just taken the first step toward achieving better health and a smoking body. Fill out the form with

*Here are some possible motivators...*

- I want to have more energy to keep up with the kids.
- I want to improve my health through weight loss to extend and improve my life.
- I want to lose 15 pounds before my vacation.
- I want to restore my confidence to wear sleeveless shirts.
- I want to regain my figure to impress and attract my significant other.

### Guilt-Free Cobbler

This recipe makes a perfect fall dessert. I used peaches, but feel free to substitute with apples or pears. Traditional cobblers and pies are filled with fat and sugar - this recipe is much lighter, but will satisfy your sweet tooth just as well.  
 Servings: 1



#### Here's what you need:

- 1 sweet, ripe peach (or apple or pear)
- coconut cooking spray
- 1 teaspoon agave nectar
- pinch of sea salt
- pinch of freshly ground cinnamon

1. Wash, peel and pit the peach. Chop into bite-sized pieces.
2. Pre-heat a skillet over medium-high heat. Spray lightly with coconut cooking spray.
3. Saute the peach pieces for about a minute, then add the agave nectar, salt and cinnamon. Continue to saute for another few minutes until it turns a deep golden color.
4. Serve and enjoy immediately!

**Nutritional Analysis:** One serving equals: 53 calories, .2g fat, 100mg sodium, 13g carbohydrate, 1.8g fiber, and 1g protein.

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your name and email and I will be assisting you reach your health and fitness goals.

R B Berry

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[A Varied Plate](#)

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