

Zone Ready Press Release 1.14.10

## Are You ZoneReady?

Los Angeles, CA – ZoneReady, a sports performance company in the City of Angeles decided to kick the year off right by posting free on-line training programs for all their friends, supporters, well-wishers, or any partisan bystander who wants a little something more from a workout plan. Coach Chris Gizzi elaborates:

I feel this goes beyond just the typical New Year's resolution deal. All the athletes we work with have families. Our friends and all the people we engage with daily are close to athletes. You see - the folks in our training system wanted to share the stuff they were learning with their friends and families. They wanted to give the gift of pain free exercise along with increased functional ability and improved physique. So, we compiled 100s, maybe close to 1000 workouts that we have used over the years with elite athletes, college teams, high school clubs, and high achieving organizations and customized them to fit anyone looking to improve their health, fitness, and athleticism. At ZoneReady, we believe you can – dare I say you should have all three. There is something for everyone this year!

### A 3 picture glimpse into the ZoneReady Nation



- AVP gets awfully physical Bear

July 4<sup>th</sup> – Jeremy Akers, Ui Eli, & Coach Giz

A Muddy Little

At first glance the workouts are impressive – there is so much variety in the daily “*Get ZoneReady*” plan and the exercises that comprise it. ZoneReady has created an impressive (and growing) library to house years of coaching and training experience. If you can't get in with a ZoneReady coach, then this is the next closest thing. Along with the daily workout, comes the ZoneReady “*On-the-Go*” tip for the day – usually addressing something in that day's curriculum. ZoneReady Coach Doug Gizzi encourages: “The more you are engaged with the workouts, the easier the flow, the more you'll remember, the better your results.

It's like anything new – you must make an investment of time and energy. We want to make it easier for you to do that and get the results you deserve.”

There is something for everyone at [www.zoneready.net](http://www.zoneready.net)! As everyone is searching for a way to lose weight, build their bench press limit low back pain, improve a golf swing, increase their vertical jump, or just be able to chase around your 2 year old in the park – ZoneReady has found a way to apply science and make it potable to the masses. Coach Chris Gizzi gives three pieces of advice when it comes to finding a workout program to achieve one's goals, regardless of what they may be:

1. Avoid thinking you got a “great workout” if the only signs are a puddle of sweat, or a pump in your muscles, or a sick feeling in your stomach. Sure, it's necessary to push and there is a time and place for everything. Programs that just push the “pedal to the metal” every day are like fad diets – they may yield favorable results in the interim, but you end up paying for it in the long run. Avoid being the target of a “get-rich-quick” scheme; ensure the program affords time for recovery and rest on top of generating the results you desire.
2. Train at an appropriate intensity for how you feel that day. Sometimes exercising too hard when the other stressors of life are mounting can lead to setbacks and injuries. You should always have the option within a training program to challenge yourself for how your body is feeling that day. Aim to have fun every workout; there is no need to punish yourself.
3. Always sandwich every workout with a warm-up and cooldown. It helps prevent injuries, enables you to perform better during the workout, ensures quick and steady results, and accelerates your recovery between workouts. Remember, train hard and train smart!

Have FUN every workout!



J. Mo taking it “to the house” even when he's far from home.