

Chalk it Up!

Kevin Stokes, Editor

What is Chalk it Up?

Chalk it Up is a great place for people of all backgrounds. No matter if you compete or lift weights as an activity this gym is a great place for you. We have a lot of your standard machines along with free weights such as bench and squat racks. There are also several platforms for olympics lifts, tire flips and strongman competition.

Latest News

Chalk it Up is proud to announce the expansion of the building for a pool! We have had several requests about more cardio options and we have listened! The expansion will begin next month and we hope to have it done by early summer. The pool will be a olympic sized pool with several lanes and diving boards. It will be full equipped with locker rooms, adding more showers to our facilities. We hope you are as excited as we are!



Who are Our Trainers?

All of our trainers are certified through accredited programs. Most come through the ACSM or the NSCA. Another great perk about Chalk it Up is that some of our trainers are former olympic power lifters and strongman competitors. They offer great coaching and advice for those looking to get into the same competitions or those just looking to improve on their lifting. We are very proud of our trainers. They work hard in making sure that all our Chalk it Up family gets a good work out every time they come in!

Trainer of the Month

Meet our trainer of the month! Tyreke Williams. A Rowan University graduate with a bachelor study in Health and Exercise Science. Tyreke has his certifications with the NSCA, ACE. He is being recognize this month for is his outgoing personality. Many clients have told us about what a wonderful job he does. One client wrote: "I was always wanted to get into lifting but scared to because I wasn't a professional. But Tyreke



has never made that an issue and has made me feel like an natural powerlifter! you again Tyreke for being a great trainer!" Great work Tyreke! We notice and appreciate all your hard work everyday. Thank you for being such a positive light on our Chalk it Up family.



Work Out of the Month: Power Snatch

We are pleased to start adding in a work out of the month to our newsletters! Each month we will provide you with a great workout that our trainers love to use in their workouts. These are great to add into your next trip to Chalk it up! This is a great workout for your fast twitch muscles. It is great on our traps! Some important notes for this exercise is to keep a wide base and try not to hunch your back. Keep your scapula set is key! Since this is a full body lift, you want to perform this lift as quickly as possible using gravity on your side. We recommend a good set for this lift would be 4 by 5 and the amount of weight is where you feel comfortable. Remember not to

Snatch

- ① Tight core
- ② Bar comes to hips before final pull
- ③ Strong with shoulders
- ④ Pull hard then dive under bar
- ⑤ Shoulders and back engaged
- ⑥ Bar in line with hips and ankles



Tips From Our Trainers

1. **Never be afraid to leave your comfort zone.**
2. **Everyone started off as a beginner don't be afraid to ask questions**
3. **Bring a friend to help motivate you past your limits**
4. **Be sure to bring water to refill at our stations**
5. **Know your body, when you've had enough take your win before you lose.**

THE HARDER
YOU WORK
FOR SOMETHING,
THE GREATER
YOU'LL FEEL
WHEN YOU
ACHIEVE IT.

CHALK IT UP GYM

Gym Hours:

Monday- 6am-11pm
Tuesday- 6am-11pm
Wednesday-6am-11pm
Thursday-6am-11pm
Friday- 6am-11pm
Saturday- 8am-10pm
Sunday- 9am-6pm