

BB FITNESS

(For the Health-Conscious Brigantine Buddies)

We at **BB FITNESS** have provided our members with the most advanced exercise technologies available as well as authoritative guidance on exercise and nutrition, not only for the sake of appearance, but also for a happier, healthier lifestyle.

BBF FITNESS provides a comfortable, personal training experience. All personal trainers are required to pass a rigorous certification process and receive regular training on the latest fitness techniques and technologies.

We feel that following the rigorous fitness program as outlined below will promote a true sense of well being for all who attempt the program.

Good luck and good health!!!

BEACH CHAIR AB CRUNCHES

Sit comfortably in a poolside lounge chair with the back in the upright position, legs slightly bent at the knees. Slowly lower the chair back to the prone position, exhaling on the way down. Rest for 5 minutes. Slowly return to the upright position inhaling through the nose. Repeat twice if possible. For an added secondary inner thigh workout, hold a drink gently between your knees.



BICEPS

Sit upright on a barstool. Fill a glass with something heavy (ice cubes and vodka works well). While tightening your biceps, lift the glass to your mouth. Drink half of the drink. Rest. Return your arms to the resting position on the bar. Repeat as many times as necessary to finish the drink.

To increase the intensity and to strengthen neck muscles, throw the entire drink back by stretching the neck backwards and pouring the liquid into your mouth. Repeat. This is sometimes called a “shooter”.

Equipment Needed:



SHOULDERS / OBLIQUES

Find a comfortable position in a seat at Harrah's lounge. While keeping your body facing forward, shift your upper body continuously from side to side to enable you to peer through the bystanders and watch the freaks on the dance floor. Breathe normally. This exercise can be done in conjunction with the BICEPS exercise above.



Or if you prefer a high-impact workout, jump right out on the dance floor but try to avoid being mauled by the drunks, Lesbians, gays and general freaks that normally frequent the Xhibition Bar...



QUADRICEPS / CALVES (Secondary muscle group: biceps & triceps)

Place two 10-pound weights in your pocketbook. Slowly walk to the car holding the bag with your arms extended. Drive to the nearest Dunkin' Donuts. While on line, inch forward by doing leg lunges holding the bag at waist height. Don't overdo it! When you have made your way to the counter, order donuts and latte ... skim milk, no sugar!

Equipment needed:



TRICEP EXTENSIONS / LIPS (Group Exercise)

Order lunch and have it delivered to the pool. Every participant must have a seat around the table. Place one lunch sandwich (pizza will work as well) in front of each participant. Slowly, and we can't stress that enough, SLOWLY take a bite, then lift the food over and behind your head working the triceps. The chewing motion will also work your lips and jawbone. In a fluid motion, lift the food back overhead and return to a chest-high position.

A fun variation of this exercise is to then pass your food to your right for your neighbor to try. If you have enough energy after everyone has had a taste, reverse direction. You should be taking deep breaths throughout the entire session. Again, don't over do it. You'll feel this in your lips.

Tricep Extension



Sandwich

CHEEKS

This is the most overlooked body part when it comes to an exercise regimen, but deserves as much attention as the other muscle groups...

Start on a Thursday morning in June. Get together with your most fun friends. Begin slowly with light grins and giggles until everyone arrives. By noon on Friday, you should be warmed up enough to laugh full out ... hard enough to evoke tears and a little bit of peeing. Continue this exercise for the rest of the day on Friday, through Saturday night and Sunday morning, if possible. Don't forget to cool down on Sunday before heading home.

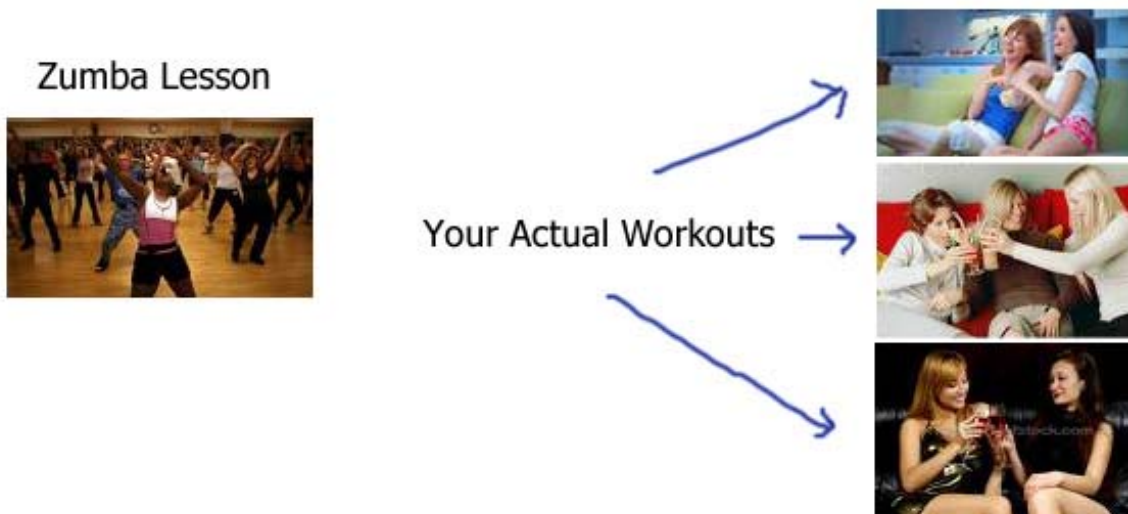


Cheek Muscles
in flexed state



COUCH ZUMBA

Warm up by crawling or walking slowly for 1-2 minutes. When your heart rate has been elevated, find a good position on the couch where you can lie in a prone position but still see the instructor. Be sure to have plenty of liquids handy for hydration. Try to stick with red or white wine; avoid alcohol, which can make you feel sluggish. Once the Zumba class has started, watch closely to pick up pointers for increasing the intensity of your workout. But don't actually try it until you feel comfortable with the routine. Hydrate often. When your instructor has finished, don't be afraid to join in on the cool down. Hydrate again. Sit down. Hydrate. Rest. Now is the time for that alcohol!



A NOTE ABOUT HYDRATION

Adequate fluid intake is essential for athletes before, during and after exercise. Whether to use sports drinks, water or gin depends upon your duration and intensity of exercise.

Hydration will help in:

- Transportation of nutrients / elimination of waste products
- Lubricating joints and tissues
- Temperature regulation through sweating
- Facilitating digestion

So don't forget to DRINK UP!!!

