



**THRIVE**  
TRAINING IN IRVINE

# THRIVE INSIDER



## Oliver's Desk

There's a great book called *The Gap and the Gain*. It talks about how dissatisfaction often comes from never pausing in life to recognize how far you've come. As I reflect on last year, yes, I've come a long way, but I also know I don't want to be the same... I want to be better. That's why I choose hard things on purpose. Doing difficult things consistently makes everything else feel more manageable. That mindset led me to a 75-day cold plunge challenge, mentally and physically tough, and it sparked the idea for what I now call the Anti-Aging Fitness Formula. A conversation with Mary Lou outside the studio really solidified it. Cold plunging isn't her thing (which I respect), but it made me think... "what does someone like her truly need to stay committed to moving forward?" Along with strength training at Thrive, maybe another form of fitness can help support that journey...

## Class Spotlight



Working out can be intimidating and overwhelming. Oftentimes, people start at Thrive not know what to do.

We take pride in working with you in a judgment-free environment without workouts that beat up your body.

Shoutout to all the beautiful, strong women in this pic... and Joe. 😊

## Thrive Updates

1. For your Spouse or Friend **Share the Gym You Love:** 3x/week workouts for 21 days in Feb (\$99).
2. **Anti-Aging Fitness Formula Series:** Partnering with Rooted Pilates. Offering 5 1/1's to 5 people + Small Group. Are you Interested?



### 1/1 Slots Available to Purchase:

- Monday: 8:00 AM, 11:00 AM
- Tuesday: 10:00 AM, 4:00 PM
- Wednesday: 11:00 AM, 1:00 PM
- Thursday: 7:00 AM, 9:00 AM, 12:00 PM

## Food + Recipe

Here's a quick list of what to eat before and after workouts for optimal performance and recovery.

Pre-Workout (30-60 minutes before):

Aim for quick, simple carbs, low/moderate protein, low fat and low fiber

- ½ banana or small fruit
- Nutrition Bar with real food ingredients
- Protein Powder mixed with chocolate oat milk
- Coconut water
- A couple of Medjool dates

Post-Workout

ASAP (within 45 mins)- Simple carb (40g) + high-quality protein (20g)

- Greek yogurt with fruit and granola
- Protein Bar with real food ingredients
- Protein shake + ½ banana

AND

Within 2 hours

A full balanced meal (high-quality protein, complex carbs, healthy fats, and veggies)

- Protein oats with fruit and nut butter (not Skippy or Jiff brands)
- Tofu bowl with sweet potato, rice, and veggies
- Fish, quinoa/grains, leafy greens
- Grilled chicken, potatoes, veggies
- Fruit and Protein smoothie

## Exercise We're Using + Why

Exercise: Side Lying Leg Lift

Sets/Reps: 2 sets of 25 each angle

Why: We use this exercise so you can fire up your glutes. Typically when someone has back pain, tightness, irritation is because your erectors (your lower back muscles on the side of your spine) are working too much. They're the over worked employee that complains and yells. Get the other employees, the glutes and hamstrings, to do some of the work so they can share the load and position your hips under your spine to support everything above.



## 3-Step Micro Plan (This Month)

1. Lift: 12 strength workouts this month...no matter how you do it, get 12 in the month.
2. Stretch: Focus on your quads this month...that's all.
3. Recovery: Whenever you see the color orange, take 3 deep breaths...longgg exhale.

## Pass It Forward

Know a friend who's stiff, tired and needs structure + accountability?

Send them this QR code...its my schedule so we can jump on a quick call to see if we're a good fit.

