

CasePerformance

February Newsletter Part II



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Hello,

Glad to see that you're tuning into Part II of this month's newsletter! I got it out in the nick of time, with 2 hours left to spare in the month of February (at least where I live!). Hopefully you enjoyed our interview with Manjari Pillai and our performance tip, “Enough Knowledge to be Scary” that I discussed in [Part I](#). Following my lead, If anyone is willing or brave enough to share their “*wow, what the heck was I thinking when I did X, Y, Z, in order to improve my performance...*” story, I'd love to hear it. Feel free to drop me an email or contact us via [Facebook](#) or [email](#).

As mentioned in Part I, our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we do not litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or a college student pinching pennies.

A Potential Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[CLICK HERE](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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II. Two articles have been added to the CasePerformance library since the last newsletter was sent out:

- 1) [24-Day Challenge Diets & Common Sense Approaches When Evaluating a Diet's Effectiveness](#) by Sean Casey

The Advocare ® 24-Day Challenge™ and similar 30 day supplement challenges are all the rage today. Are they worth investing in as you pursue your health and performance goals? This article may give you some things to consider before pulling the trigger.

- 2) [Interview with the Expert: Adel Moussa - Part II](#) with Sean Casey

In Part II of this interview, Adel shares with us his thoughts on periworkout nutrition and supplementation in general. Special attention is given to supplements such as dairy protein, creatine, caffeine, sodium bicarbonate (a.k.a. baking soda... yes, that same stuff that is found in your kitchen!), and taurine. In addition, Adel explains why he feels mega doses of fish oil and Vitamin D is way overrated.

III. Upcoming Articles at CasePerformance:

- 1) Interview with the Expert: SuppVersity's Adel Moussa - Part III
- 2) Prolotherapy – Body Heal Thyself?

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IV. Performance Tip:

I'm often asked about kettlebells (KB) and how to incorporate them into workouts. Truth be told, although I've used them to a degree, I do not have extensive practice using kettlebells; most of my work has been done with barbell, dumbbells, bodyweight and bands. I'm not a fan of people who write about stuff when they don't have extensive experience using the training methods themselves. Thus, for this post on kettlebells, I turned to my friend [Arnav Sarkar](#) who has long incorporated them into his training.....

Renegade KB Rows for a Rock Hard Core and a Thick Back

If you are into serious fitness, then chances are that you have heard, or maybe even trained with kettlebells. Despite the fact that they have been around for centuries, it wasn't until about 15 years ago that they were "rediscovered" by strength enthusiasts. Today it is very much a mainstream training tool, and with good reason. First of all, they are a great fit for home and commercial gyms since they require very little space, making them very easy to store. In addition, they provide serious results for those who work hard with them. Chances are that your favorite athlete and actor/actresses likely use kettlebells to a degree as part of their training to gain the immense benefits that they offer.

While you can use a kettlebell for a variety of purposes such as conditioning, strength and muscle gains, grip strengthening, etc, in this performance tip I will share with you a killer exercise that will challenge your core and back muscles.

So assuming that you know how to row a barbell/dumbbell, imagine if you had to row a weight, while supporting yourself in the top position of a push up. The act of holding yourself in the top of a push up position will make your abs work hard enough, and then to have to row a weight will challenge it even further. And that is exactly what a renegade row accomplishes in a very effective manner.

To do it, first rest your hands on top of two kettlebell handles, and get in the push up position. From there, pull one kettlebell to your ribcage, while supporting the other hand on the other kettlebell handle. Then lower, and repeat with the same or the other side. The key here is to make sure that there is minimal or no body rotation, and that your body forms a straight line from the head to the toe, when you pull the bell up. So, if your hips start sagging, or they are too high like an “A” figure, go with a lighter weight, cut the reps short, or bear down and simply focus on proper form as this will not be working your core as intended by the exercise if you fail to maintain that straight line. Also, it helps to press the supporting hand into the supporting kettlebell while you pull with the other hand. This act of pressing down with one hand, makes you more stable, and

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actually gets some pec work done too in the same exercise. In fact, initially when you are likely to be rowing some lighter weights, you might feel more soreness in your chest, than in your back. However, once you move to heavier weights, you'll notice that the back is also worked very hard.

How to fit renegade rows in your routine? Simple, do it in place of one pulling exercise, once a week in your workouts. At first 3 sets of 5 reps each side is a good start, then, work up to 3-4 sets of 8-12 reps each side for best results.

Hope this helps and maybe in a future CasePerformance newsletter I'll share with you another kettlebell exercise!

- [Arnav Sarkar](#)

That wraps up this CasePerformance newsletter. Thanks for being a part of the team and we look forward to hearing your thoughts on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

The CasePerformance Team