



GET



THE EDGE



Opening Hours

Monday-Friday **9.00am-8.00pm** | Saturday **9.00am-5.00pm** | Sunday **10.00am-5.00pm**

73 Macquarie St, Parramatta, 2150
 theedge.com.au

 02 9633 3321
 @TheEdgeSportsNutrition

 parramatta@theedge.com.au
 @theedgesportsnutrition

SOLUTIONS FOR EVERY BODY

Low- Carb Tasty Treats

Made in-store

PROTEIN TRIFLE

INGREDIENTS

- 1 scoop choc- **honeycomb GENTEC Casein Protein Custard**
- 1 scoop **coconut GENTEC Casein Protein Custard**
- Sprinkled with **Lenny and Larry's Oatmeal Raisin protein cookie**
- Raspberry sugar-free jelly



Serving size: 50 g

Energy	Protein	Carbs	Sugar	Fat
137 cal	21 g	9 g	3.9 g	1.7 g



Serving size: 60 g

Energy	Protein	Carbs	Sugar	Fat
227 cal	41 g	11 g	4.8 g	2.4 g

PROTEIN Mousse

INGREDIENTS

- 1 1/2 scoops **choc- honeycomb GENTEC Casein Protein Custard**
- 1 1/2 scoops **coconut GENTEC Casein Protein Custard**
- 1/2 teaspoon Nutella (optional)
- Sprinkle of cinnamon

IMPORTANCE OF AN AFTERNOON SNACK

Increased energy and concentration

A snack made up of complex carbohydrates, protein and healthy fats will maintain your energy levels throughout the day.

Sugary snacks or skipping meals cause your blood sugar to spike and crash, leaving you hungry and lethargic.

Complex carbohydrates are a stable source of energy. Including them along with a source of protein will keep away the 'fuzzys' and help you focus throughout the day. Try Gaby's favourite meal; 1 can of tuna + brown rice + ¼ avocado to help you power through your day.

Appetite control

Ever have that thought, 'I'll just hold off until I get home for dinner'? Often this can be more detrimental than you realise. A healthy snack will not only prevent you from overeating in your next meal, but it will subside your cravings that make you reach for that quick unhealthy 'fix' when you walk through your front door. You know that feeling... the one where you rush inside, straight to the fridge and put the first thing that you see (often processed, full of fat or sugar) straight into your mouth.

Fat loss & muscle gain

Throughout the day your body is in one of two states. Anabolic (involves building muscle) or catabolic (involves breaking down muscle).

By eating consistent, healthy meals, you can assist your body to stay in an anabolic state. This will preserve and build your muscle tissue while burning unwanted fat for energy instead.

An easy way to do this is by incorporating a protein shake between meals. Doing this will provide your body with a sustained source of amino acids to repair and function normally.

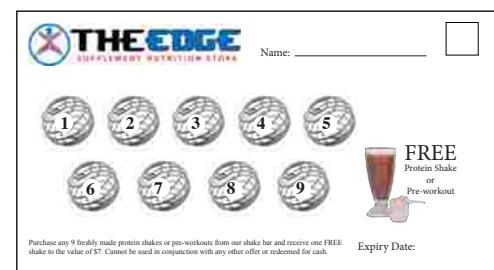
Our Protein Trifles and Mouse are great midday snack as the slow release casein protein will keep you fuller for longer and fight off those night time cravings.

WHAT'S GOING ON

@ The Edge



With our new menu
now comes our loyalty
card!!!



Get your card this April
and be rewarded for your
consistent training

TASTE TESTING

The edge serving it up at your local
gyms.

Find us in April

Day, Date	Location
Mon, 09/04/18	South Parra Anytime Fitness
Mon, 16/04/18	North Parra Anytime Fitness
Mon, 23/04/18	Crunch Fitness Parramatta

For tastings at your gym please
contact the team on 9633 3321.

Just In!



Coming soon...



ICN SHOWS

ICN (I Compete Natural) is a worldwide federation for natural body-building, figure, modelling, physique, fitness and bikini events.

Below are the dates for the upcoming NSW shows in Season A:

Dates	Location	Title
20-22nd April	ICC, Darling Harbour, Sydney	International Super-show & Pro Qualifier
20th May	Wests, New Lambton, Newcastle	NSW North Coast Classic
3rd June	Science Theatre, Randwick	National PRO/AM Championships

For further information regarding competition contact us at:
nsw@icompetenatural.com

DID YOU KNOW?

The Edge Supplement Nutrition Store is the headquarters for ICN NSW (I Compete Natural).



"Don't tell people your dreams. show them!"

MUSCLE OF

CHEST DAY

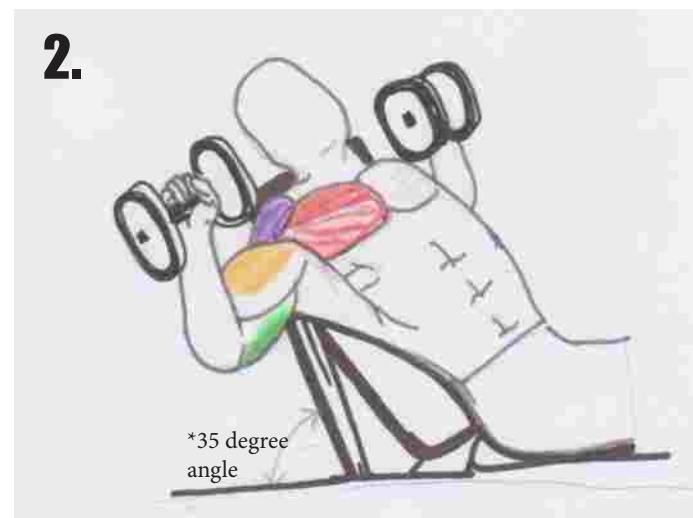
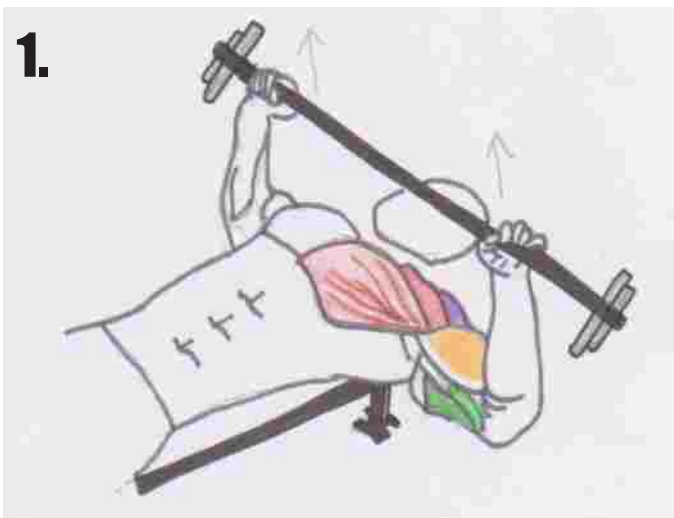
Doing a variety of workouts is one of the key elements to get results in the gym. So The Edge has put together a muscle gaining, strength building chest workout for you to try.

Exercise	1. Barbell Bench Press	2. Incline Dumbbell Press	3. Parallel Dips	4. Cable Crossovers
Warm Up Sets	2 x 6-8 reps	1 x 6 reps		
Working Sets	3 x 4-8 reps	3 x 8-12 reps	2 x 10 reps	2 drop sets - each totalling 24 reps (start heavy and drop weight 3 times in the same set)

PECTORALIS MAJOR

(Upper and Lower)

ANTERIOR DELTOID



F THE MONTH

The chest muscle group is primarily responsible for 'pushing' movements. In synergy with the anterior deltoid and triceps, these muscles work to adduct, flex and internally rotate the humerus (arm).

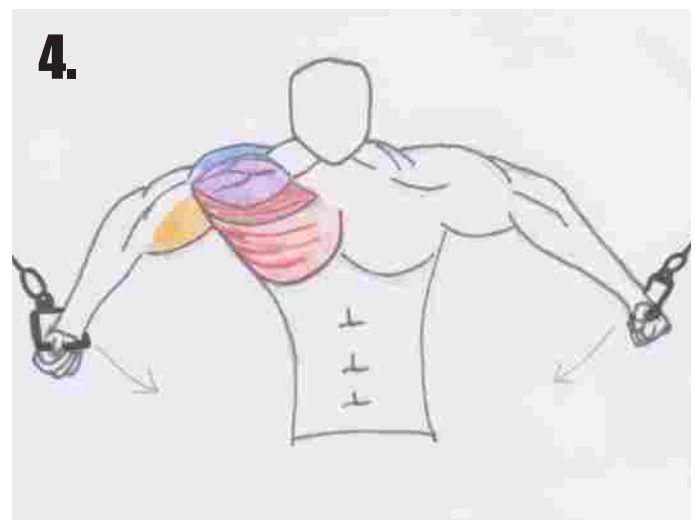
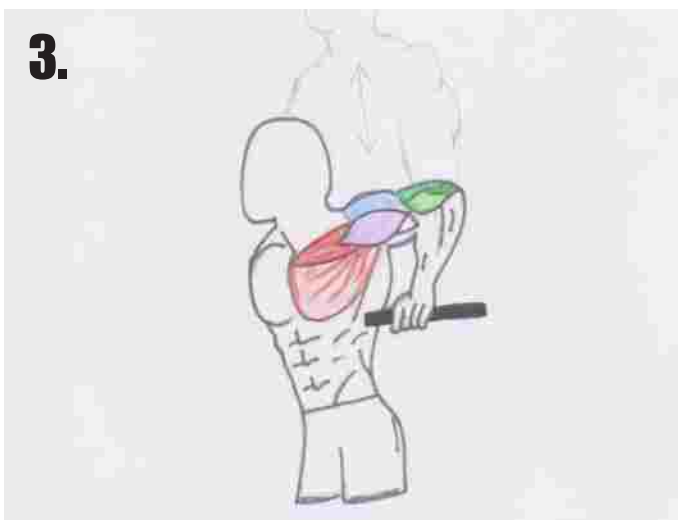
The posterior deltoid and biceps are two stabiliser muscles in these exercises. Although they usually won't develop/grow from these movements, it is important to note that if these muscles are injured it can significantly impact and limit the weight you are capable of lifting.

Over-training of the chest and abdomen has a tendency to produce a kyphotic posture (rounded back). To prevent this problem, be sure to balance back exercises and stretch to avoid tightness.

TRICEPS

BICEPS

POSTERIOR DELTOID



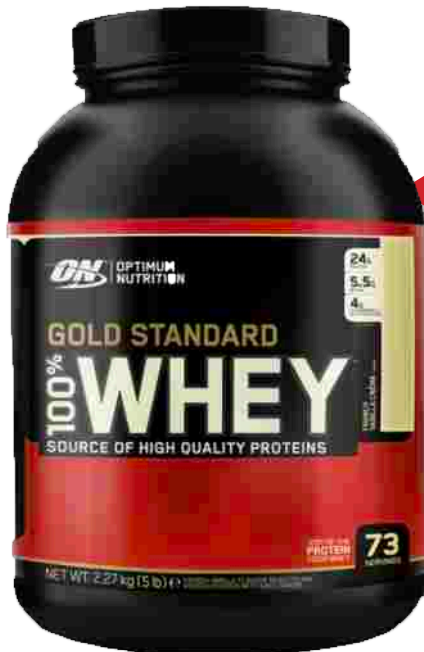
APRIL SUPER DEALS

Don't be fooled, this is no joke!

Crazy

PRICES SLASHED on OPTIMUM NUTRITION
GOLD STANDARD ZONE

Crazy



NOW: \$45 !!

2lb WAS: \$59

NOW: \$59 !!

3lb WAS: \$79

NOW: \$79 !!

5lb WAS: \$89

NOW: \$149 !!

10lb WAS: \$165



NOW: \$29 !!

30SRV WAS: \$49

NOW: \$55 !!

60SRV WAS: \$69



Crazy

Crazy

Crazy

Crazy

+



=

\$99

Crazy

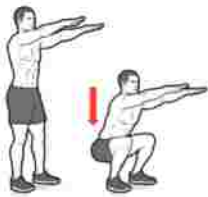
Crazy

Buy 5lb 100% GIANT Whey, receive a FREE

20 serve QUAKE pre-workout ...normally \$138, save \$39

Easter Egg Bender

Tips to get over your holiday indulgence



1 Lindt Easter bunny
(200g)
= 270 cal
= approx. 15 min. of
squats



1. Drink plenty of water

Often when you are feeling 'hungry' your body is actually dehydrated. Next time you are craving something sweet, try drinking a glass of water. Notice how this can decrease your cravings altogether.



1 hot cross bun
= 155 cal
= 20 min. moderate
swimming



2. Meal Prep

Use your public holidays and time off wisely. Spending an hour to pre-plan your meals will get your mindset ready to keep you on track for a healthy week ahead.



1 creme egg
= 150 cal
= 20 min. running



3. Out of sight, out of mind

If you keep a bowl of brightly wrapped Easter eggs on your kitchen or even work table - you will struggle to resist them. Keep them stored away in your pantry to avoid temptation.



10 mini dairy milk eggs
= 300 cal
= 30 min. non-stop
burpees



4. Make your own Hot Cross Buns

Finding out what goes in to make a certain food product might actually be the best way to wean yourself off it. Alternatively, there are many healthy substitutions on the market these days. Try ingredients like coconut flour, Greek yogurt, apple sauce and bananas in place of white flour, refined sugar and butter.



TEAM EDGE

1. *How long have you worked at The Edge?*
2. *What have you studied?*
3. *What is your favourite body part?*
4. *Choose a movie title for the story of your life.*
5. *If you could have any one superpower, which would you choose?*
6. *If you could be an actor on any tv series, who would you be?*



Sasha

1. 6 years
2. Bachelor of Commerce in Marketing and Management
3. Legs
4. Rise and rise till lambs become lions
5. Mind Reading
6. Walter White from Breaking Bad



Jess

1. 1 year
2. Chemistry and Forensics double degree, Cert. 3 in Fitness, ASADA - Anti Doping course
3. Shoudlers
4. I can do it.... or maybe not.
5. Telekinesis
6. Donna from Suits



Iggy

1. 1.5 years
2. Cert. of direct marketing, Google analytics, Cert. IV IT networking
3. Back
4. Pursuit of Happiness
5. Flying
6. David Hasslehoff



Dev

1. 4 years
2. Cert. 3 and 4 in Fitness
3. Legs
4. Redeemed
5. Flying
6. Arnold Schwarzenegger in Terminator 2



Rabz

1. I established the company in 1998
2. Business for 20 years
3. Biceps
4. Full circle
5. Turn back time
6. Doctor Who



Gabby

1. 13 years
2. College of Natural Therapy- Diploma in Massage & Blackmores Senior Vitamin consultant, A.C.H.P.E.R - Fitness Training
3. Glutes
4. Gbanger goes down under
5. Invisible man
6. The Rock in Ballers

Come in and see us at The Edge or message us on facebook and we will answer your questions in next months edition.



Benefits:

- **Protect muscles against catabolism**
(breakdown of muscle tissue)
- **Stimulate protein synthesis**
(Building more muscle)
- **Reduce fatigue**
(helps in a faster recovery)
- **Improve endurance**
(feel like superman)

How to take:

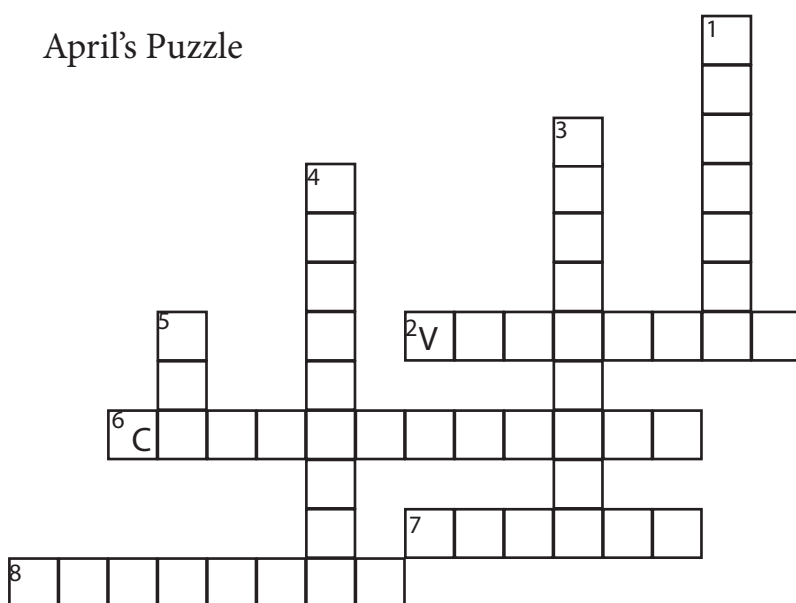
- **During workout, mixed with 400-600 ml of water**
- **Can be taken throughout the day to increase recovery**

HOW TO ENTER:

Cut out and hand in in-store at THE EDGE or email a photo of the completed puzzle and your contact details to parramatta@theedge.com.au before 26/04/18 and be in the draw to win a 90 serve XTEND BCAAs. Winner will be drawn by lucky dip and announced in next months edition of 'GET The Edge'.

FIRST NAME..... LAST NAME..... D.O.B..... CONTACT NO.....

April's Puzzle



ACROSS

- 2 Essential nutrients required by organisms for cellular function - obtained through diet & supplementation
- 6 Primarily body-weight, gross motor exercises designed to increase strength, fitness & flexibility
- 7 Slow release protein
- 8 Facilitates recycling of ATP (energy) in muscle tissue. (Second most used sports supplement after protein)

DOWN

- 1 The most important macro-nutrient for building muscle
- 3 Assists muscle repair and immune system
- 4 Vegan protein sold at The Edge
- 5 An omega-6 fatty acid supplemented to help weight loss and increase lean muscle mass



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