

• AUGUST 2021 •

WHAT HAS FIERCE TRAINING EVERYWHERE BEEN UP TO DURING OUR 1ST 6 MONTHS IN HAWAII?

OFFICIAL NEWSLETTER OF FIERCE TRAINING EVERYWHERE, LLC

WORK HARD, PLAY HARDER

THANKS FOR STOPPING BY TO READ & CATCH UP...

Drew, Kahli & I landed on Oahu on Feb 10th, 2021. It's been a quick 6 months filled with lots of amazing hikes, a couple mountain biking trails (a LOT more to come), about ten surf sessions, a lot of weightlifting and a lot of visitors. We are absolutely loving the active lifestyle out here. Soaking up the outdoors and using saltwater therapy often.

FTE has picked up a couple of in-person clients out here and has coached several outside classes. The first 6 months has been focused on balancing my virtual clients and making memories with our visitors. I will push for more in-person clients on Oahu when the time is right. Just 3 short weeks until FTE is back on the east coast for 7 weeks. Can't wait to see most of you in person!



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BOOTCAMPS AROUND KAILUA

@ BRIDGET'S & MICAH'S

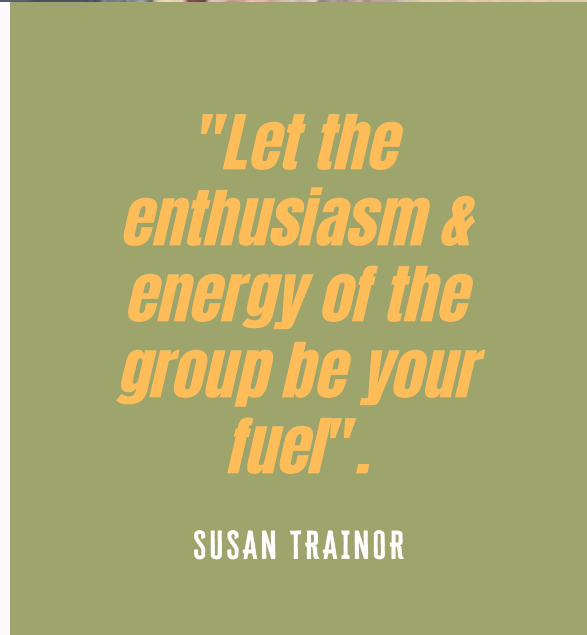
FTE has been extremely lucky to find some incredible hosts here on the island. Both Bridget & Micah opened up their homes & backyards for a 60-minute bootcamp class. There was a lot of sweat, a lot of new friends made, mostly smiles & several prizes. FTE had 24 total participants between these 2 bootcamp classes. (Shout-out to Deanne for holding a 6:00 plank).



FRIDAY HAPPY HOUR

@ KELSEY'S

Another huge thank you, this time to Kelsey, for allowing 8 participants to overtake her backyard for a 5-6pm Friday Happy Hour class. This class used only 1 cone and 1 blue mini-band per person as equipment. This class was more aerobic and more interval based compared to the other two circuit-type classes. Lots of core, lots of plyometrics, lots of high heart rates.



"Let the enthusiasm & energy of the group be your fuel".

SUSAN TRAINOR



VIRTUAL TRAINING

ALL AROUND THE UNITED STATES

FTE is currently virtual training clients in:

Virginia Beach, Virginia (6 hrs ahead)
Chesapeake, Virginia (6 hrs ahead)
Columbia, Virginia (6 hrs ahead)
Estes Park, Colorado (4 hrs ahead)
New Braunfels, Texas (5 hrs ahead)
Larue, Texas (5 hrs ahead)
Hattiesburg, MS (5 hrs ahead)
Nashville, TN (5 hrs ahead)

On May 29th Emma (& friend) & Kim Teixeira joined Jill for the workout titled "MURPH" to honor LT. Michael P. Murphy who was killed in action during Operation Red Wings in Afghanistan back on June 28, 2005. Three of the four SEALs on the mission were killed. A helicopter was sent in for their aid and was shot down killing all eight U.S. Navy SEALs and all eight U.S. Army Special Operations aviators on board. This day is considered to be "the darkest day in history of NAVY SEALs"

3 Different Locations.
3 Different Computers.
ONE GOAL- honor the fallen & improve our physical fitness.

COMMUNITY

"MURPH"

1 Mile Run
100 Pull-ups
200 Push-ups
300 Squats
1 Mile Run

"Hi. Great stretch last night as always. I went to the dr for regular check. My cholesterol dropped 60 points to below 200. 1st time in over 20 years. Since December. One of the changes in my life is the consistency of Tuesday night stretch. And less stress. Yeah for relaxing stretch time!"

LUCY HUCKLE

FTE is 80% virtual & 20% in-person currently.



SPEED TRAINING THE BROTHERS

CHARLES (11) & GEORGE (8)

What an honor it has been over these last 3 months to coach these boys before their move to Arizona. I met their mom at one of FTE's bootcamp classes and she expressed an interest in speed training for Charles & George to improve their baseball, football & tennis game (they also do gymnastics, wow!). The goal was to make them faster and more agile during our sessions together.

Sometimes we trained right in their backyard and other times when we needed more space we went to Kawainui Marsh park.



CHARLES DEADLIFTING ON A
"WEIGHTLIFTING FRIDAY"

Some of the lifts we worked on (focusing on the posterior chain) were:

1. Deadlifts/RDLs
2. Front Squats
3. Back Squats
4. Good Mornings
5. Step-ups
6. Lunges
7. GHDs
8. Hip Extensions
9. Hip Thrusts

Some of the drills we worked on were:

Linear bounds ("floating")
Power skips
Linear pulse to sprint
Hip Flexion Lean->Fall-->Sprint
Wall lean piston ISO
Broad jumps (with & without hurdles) (& single leg broad jumps)
Box jumps (& single leg box jumps)
Depth jumps (& single leg depth jumps)
Banded partner sprints
10 yard to 30 yard building sprint (acceleration focus*)
Ladder work (high knee focus* not foot work -- left that for their baseball coaches)

"If you want to find the real competition, just look in the mirror. After awhile you'll see your rivals scrambling for second place."

CRISS JAMI



GEORGE DURING A CHANGE OF DIRECTION DRILL

CLIENT SPOTLIGHT

KRISTINA HARRISON

Two weeks. Two weeks is all it took before Kristina reached out to a local tennis club to get involved. She knew that moving to a new state (MS) shouldn't stop her from not only a hobby but from her health. She put exercise at the top of her priority list, right behind unpacking her boxes. Know what's so great about doing that? Realizing that this also opens up an amazing social opportunity in a brand new territory. Kristina I am proud of you for making your health a priority. I am proud of you for realizing that cross-training will improve your tennis game. I am proud of you for stepping out of your comfort zone in a new home.



Not only did Kristina make it a priority to continue playing tennis but she also continued to work with me, via virtual training, 3x/week. Kristina knows that the work she puts in at home with her kettlebell, her mini-bands, her dumbbells and her bodyweight transitions to her ability to excel at tennis and benefits her health. Kristina and I also complete sessions where we work on speed, acceleration and agility in the cul-de-sac right in front of her Mississippi home.

The pictures included are from the United States Tennis Association's Southern Championship in Georgia. Kristina won all of her singles matches. Even though her team lost overall and won't progress to nationals, we were both extremely proud of her individual performance on the court.

"A comfort zone is a beautiful place but nothing ever grows there".

JOHN ASSARAF



JOGGIN' FOR FROGMEN -- EXTORTION 17-- 10 YR. ANNIVERSARY RUCK

TRAVIS MANION FOUNDATION

On the weekend of August 6-8th Drew & I hiked/rucked 31 miles in honor of the 31 fallen soldiers, who lost their lives while fighting for our country, in order to raise money for the Travis Manion Foundation. TMF empowers veterans and families of fallen heroes to develop future generations. TMF unites communities to build an America that values character above all else.



There is still time to donate!

<http://fundraisers.hakuapp.com/jillian-coscia-1>

FTE has raised \$960.00 so far! Thank you!

31 MILES, 5 HIKES, 48 HRS, 1 HAPPY COUPLE



***"We don't heal
in isolation...
but in
community".***

S. KELLEY HARRELL



Aeā Loop Trail

SATURDAY - 4.76 MILES



Likeke Falls Trail

SUNDAY - 8.44 MILES

Ka'ena Point Trail to Yokohama Bay

FRIDAY - 12.1 MILES



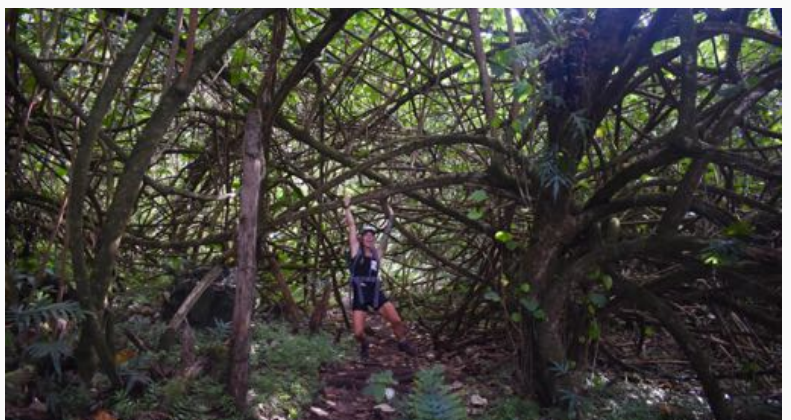
Kawainui Marsh Trail

SATURDAY - 2.86 MILES



Lower & Upper Waimano Falls

SATURDAY - 3.39 MILES



Kawainui Marsh Clean-up

HUI O KO'OLAUPOKO ([HTTPS://WWW.HUIHAWAII.ORG/](https://www.huihawaii.org/))

FTE spent the morning of Saturday, April 24th (8am-12pm) volunteering to help clear invasive plant species from the Kawainui Marsh during #volunteerweekhawaii. We pulled bullrush, cattail, water hyacinth and water lettuce.

Learn more about the Kawainui Wetland & Bird Habitat Restoration Project at <https://www.huihawaii.org/kawainui.html>.



Before



After

*"It is our
collective &
individual
responsibility...
to preserve &
tend to the
world in which
we all live".*

DALAI LAMA



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"RIGHT" TIME.**

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