

'Twas the Night Before Christmas Evolution Fitness Style

by Jeanine Palmieri



'Twas the night before Christmas, when all through Danny's gym
Men and women worked out, looking healthy and slim.
Kettlebells were swinging, shiny ones at that,
Strong hips were snapping, getting rid of some fat.

Butts squeezing tight, abdominals braced,
Cement your heels to the floor, and relax your face!
Keep your chest open, it's a hinge, not a squat.
Sit your hips back, is that all you've got?

Chris in his hoodie, Jeanine in her fleece,
Kept the morning class going, while thinking,
"Damn, it's warm on the beach."
Brandon on the turf, hopping and skipping,
No morning coffee for him, we don't want him tripping.

Bear crawls and pushups, TRX rows, squats and swings,
Cely loves burpees, among other things.
Ball slams and pull-aparts all get the job done,
Keep working hard, don't forget to have fun!





The prowler it sat, with weight plates abound,
In hopes someone strong would push it around.
The finisher was coming, the end was so near,
Andres got the ropes out, before they all disappeared.

Courtenay set the timer, with rest time included.
Huffing and puffing, they didn't dispute it.
The music was loud, the atmosphere energetic,
Dick whistled a tune, unapologetic.

A quote on the whiteboard inspired them all,
"No B.S. here, once and for all."
Hard work, determination, perseverance and sweat,
Jackie exclaimed, "Don't you dare give up yet!"

When suddenly, in the parking lot there arose such a clatter,
We ran to the door to see what was the matter.
And what to our wondering eyes should appear,
But Danny, our boss, complete in his gear.

Ready to squat with sleeves on his knees,
He got out of his truck and moved with such ease.
His muscles were pumped, yet he came for some more.
High reps and heavy workouts never left him on the floor.

With a loud burp and a breath into his belly,
He squatted the bar, then let out a smelly.
“Ah, that felt good,” he happily exclaimed,
“Now I’m done for the day, I don’t feel ashamed.”



“My message is simple, but bold and to the point,
Build strength in small increments and save all your joints.
Evolution is the solution - plan your New Year’s resolution.
Get strong, then get stronger, there’s no substitution.”

“Strength is a skill, it takes care of all things,
Embrace it and practice it, see what it brings.”
He shouted this to all, then stayed awhile longer,
And left saying, “Have a very Merry Christmas,
and try to get stronger!”



**HAPPY
HOLIDAYS**

