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WHAT TO ORDER WHEN YOU EAT OUT

Many people eat fast food. Several of the usual fast food choices are high in fat. But you can eat smart when you eat out, if you know what to order. For the most up to date nutritional information for your favorite fast food restaurant, visit their website or ask for a nutritional pamphlet at the restaurant. All salads mentioned do not include dressing. All sandwiches include cheese unless mentioned to not have cheese. The items with a ☆ are less than 30% fat and are the best choices for athletes.

ARBY'S (www.arbys.com)

	<u>Calories</u>	<u>Protein</u>	<u>% Fat</u>
Beef'N'Cheddar	440	22 gms	41%
Curly Fries, Large	630	8 gms	48%
Market Fresh Roast Turkey & Swiss	720	45 gms	35%
Market Fresh Chicken Salad Sandwich	770	30 gms	44%
☆ Martha's Vineyard Salad	250	26 gms	28%
Regular Roast Beef	320	21 gms	34%
Roast Chicken Club	470	27 gms	49%
Ultimate BLT Wrap	650	25 gms	65%

BAJA FRESH (www.bajafresh.com)

Bean & Cheese Burrito	980	41 gms	37%
☆ Black Beans	360	23 gms	6%
☆ Charbroiled Chicken Baja Ensalada	310	46 gms	19%
☆ Charbroiled Chicken Baja Style Taco	280	14 gms	29%
☆ Charbroiled Chicken Bare Burrito	640	45 gms	9%
☆ Charbroiled Chicken Burrito Mexicano	940	52 gms	19%
Charbroiled Chicken Fajita Burrito	890	53 gms	38%
Charbroiled Steak Baja Style Taco	310	14 gms	32%
☆ Charbroiled Steak Burrito Mexicano	1030	57 gms	24%

Shoulder Press

Muscles strengthened: Deltoid (shoulders) and triceps (back of upper arm).

Position: Bar is slightly lower than shoulder height, feet flat on the floor and about shoulder width apart.

Grip: Overhand with thumbs wrapped around the bar, a few inches wider than your shoulders.

Motion: Keep back straight, pushing the bar straight over your head.

Breathing: Exhale as you push the bar upward, inhale as you lower the bar back to your shoulders.

Start/End Position



Middle Position



OFF-SEASON BASKETBALL WEIGHT PROGRAM

Routine	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Lunges w/ Weight	12		12		12	
Wall Squats	12		12		12	
Shoulder Press	12		12		12	
Bent Over Rows	12		12		12	
Lateral Arm Raises	12		12		12	
Arm Curls	12		12		12	
Tricep Kickbacks	12		12		12	
Calf Raises	12		12		12	
Crunches	12	X	12	X	12	X

*When starting a new lifting program focus on using proper technique, performing the lifts slowly and with control. Always work up to the right weight, starting light.

* Lift 3 days a week and never on two consecutive days.