



REC NEWSLETTER

Putting Essex County First

Joseph N. DiVincenzo Jr., Essex County Executive
The Board of County Commissioners
The Department of Corrections
Ronald Charles, E. C. C. F. Director

ESSEX COUNTY CORRECTIONAL FACILITY
Recreation Department

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THE COVER STORY

The Ultimate Exercise Challenge... *You ready?*

What would you do if you weren't afraid?

- CROSS BODY PUSH-UPS
- PLANK REACH UNDER
- SPLIT JUMP SQUATS
- WINDMILL SKATERS
- DIPS TO PULL UPS
- 1 LEG CIRCLES
- 1 LEG DEADLIFTS
- PLANK ROLLS
- ELBOW PLANK SIDE STEPS
- BURPEE W/JUMPING JACKS
- CLOCK LUNGES
- WALK OUT TO JUMP SQUATS
- HOLLOW HOLD 2 MIN.
- BACK EXT. TO PUSH-UP
- TOE TAP HOPS
- TRICEP EXTENSIONS
- SUPERMAN STRETCHES
- PLANCHE HOLD 2 MIN.
- SIDE LUNGE TO SIDE KICK
- 1 LEG WALL SIT 2 MIN.

20 EXERCISES X 20 REPS...NO EXCUSES

ROGUE

Come not between the dragon and his wrath.

Mark S. Knight
Recreation Program Specialist
E. C. C. F. October 11, 2022

SNIPER

- CIRCLE PUSH UPS
- TWISTING KNEE-UPS
- SIT UP W/REACH
- MATRIX BENDS TO SQUAT
- HIGH SKIPS 1 MIN.
- SQUAT PUNCHES 1 MIN.
- KNIGHT STEPS
- ALLIGATOR DRAG
- PLANK JACKS
- BURPEE TO SQUAT JUMP
- ARM HANG 1 MIN.
- SEATED KNEE TUCKS
- SIDE TO SIDE JUMP SQUATS
- SIDE SCISSORS
- SPRINTERS
- SQUAT STEP UPS
- PUSH UP PLANK HOLD 2 MIN.
- STATIC V 1 MIN.
- PLANK ROTATIONS
- REVERSE STAR PLANK- 2 MIN.

20 EXERCISES X 20 REPS...NO EXCUSES

IF YOU THINK THIS HAS A HAPPY ENDING, YOU
HAVEN'T BEEN PAYING ATTENTION

Mark S. Knight
Recreation Program Specialist
E. C. C. F. October 20, 2022

*Are you ready for the challenge to take your body to the next level? It's not as easy as it looks but if you are, be warned. Let **ROGUE** and **SNIPER** be the masters of your fate in achieving that body you dreamt of. Be like Michelangelo and sculpt your body into a work of art, a masterpiece to be admired by all and envied by most. At first they will ask you why you did it, then they will ask you how you did it? **HARD WORK, DEDICATION and DISCIPLINE** is the answer, the only answer.....then... wait for the silence and the disbelief. But only you know what it takes- **NO GUTS, NO GLORY.***

JOKE OF THE DAY

If your lawyer's pants look like this, you're going to jail.



HEALTHY LIVING

I did not wake up like this...I put in work for this.



UPCOMING ACTIVITIES ... AKA... WHAT'S HAP'NIN' SO GET READY & STAY READY

E. C. C. F. 2023 ESSAY COMPETITION - COMING IN MARCH



FITNESS & NUTRITION TIP - (BODY BY BRUTUS)

Avoid sitting for long hours.....get up, walk and stretch your legs. This will allow the circulation of blood throughout the body. Poor blood circulation can have adverse effects and can lead to blood clots, pulmonary embolisms and other fatal illnesses. Get up and move..... **Brutus Says So!!!!**



Betty, your husband and your ex are outside fighting and disturbing your workout. I know you are trying to look cute and fit into that new outfit, so..... grrrrr.....which one should I bite?

STAY HYDRATED, DRINK WATER- *hydrates muscles * good for weight loss.



** prevents kidney damage *boost exercise performance.*

QUIZ TIME

Solve the brainteaser.....A boy and a doctor were fishing. The boy is the doctor's son but the doctor is not the boy's father. Who is the doctor? _____

Only for the really smart..... If 1=5, 2=10, 3=15 and 4=20. What does 5 equal?
