

DECEMBER 2020

CENTRAL-CLEMSON

Recreation Center

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Merry Christmas!

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Giving Tuesday	2	3	4 Nat'l. Cookie Day	5
6 St. Nicholas Day	7 National Pearl Harbor Day of Remembrance	8	9	10 Hanukkah (Start)	11	12
13	14	15	16	17	18 Hanukkah (End)	19
20 No Fitness / Water Fitness Classes this or next week	21 Start of Winter (Winter Solstice)	22	23 CLOSING AT 5:00PM Festivus	24 CLOSED Christmas Eve	25 CLOSED Christmas Day	26 Kwanzaa (start)
27 National Fruitcake Day	28	29	30	31 CLOSING AT 5:00PM New Year's Eve	1 CLOSED Kwanzaa (end) New Year's Day	2

12 Days Of Christmas Workout

Always consult your doctor before beginning a new exercise program and/or physical activity or if you have had any changes to your health that may affect your current exercise program.



To keep up your heart rate just as high as your holiday spirit, try this 12-move, full-body workout set to "The 12 Days Of Christmas." That's right, each move correlates with the classic Christmas tune—i.e. "five kettlebell swings" instead of "five golden rings"—meaning you can literally crank the carol as you complete this workout.

To try it out for yourself, grab a kettlebell and a set of 10- or 15-pound dumbbells. Then go through each move in the routine as the song dictates. Yeah, this cheery workout is no joke! Or, for a condensed version, you can always run through the 12-step circuit one time through.

12 Dumbbell Drags

How to: Get into a plank position with a dumbbell on the outside of your left arm. Pick up the weight with your right arm and drag it to your right side while keeping your torso straight. Then, grab the weight with your left arm and drag it to your left side. That's one rep. Repeat 12 times.

11 Bent-Knee Deadlifts

How to: Set a pair of dumbbells on the floor in front of you. Squat, keeping your chest up, and grab the dumbbells with an overhand grip. Your arms should be straight and your lower back slightly arched, not rounded. Contract your glutes and stand up with the dumbbells, straightening your legs, thrusting your hips forward, and pulling your torso back and up. Slowly lower the dumbbells to the floor. That's one rep. Repeat 11 times.

10 Walking Lunges

How to: Begin standing with your feet together, maintaining a long, tall spine. Keep your hands on your hips or use them for balance during the movement. Take a large step forward with your left foot, landing on your left heel, and lower down toward the ground. Allow both legs to bend so that each knee is bent to approximately 90 degrees. Stop with your right knee just above the ground. Without pausing, press into your left heel to push up and step forward with your right leg, bringing both feet together (as in the starting position). That's one rep.

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12 Days Of Christmas Workout

Then, take a large step forward with your right foot and repeat the same movement. Continue moving forward in space like this and complete 10 reps.

9 Mountain Climbers

How to: Get into a pushup position with your hands directly under your shoulders and your body forming a straight line from your head to your ankles. Keeping your core tight and back flat, bend your right knee and raise it toward your chest. Reverse the movement to return to start, then repeat with your left leg. Continue alternating, nine times on each side.

8 One-Arm Presses

How to: Hold a dumbbell in your left hand, next to your left shoulder. Press the weight upward until your arm is straight. Return to starting position. Complete reps, then kneel on your right knee and switch arms. Complete on the other side. Repeat eight times on each side.

7 Split-Squat Lunges

How to: Stand in a staggered stance, right foot about two feet in front of left, hands on hips. Slowly lower your body as far as you can. Pause, then quickly push yourself back up to starting position. That's one rep. Repeat seven times on each side.

6 Lateral Raises

How to: Stand with feet shoulder-width apart with a dumbbell in each hand, palms facing each other, arms in front with elbows slightly bent. Raise arms until parallel to the floor. Return slowly. Repeat six times.

5 Kettlebell Swings

How to: Stand with your feet shoulder-width apart.

Bend your knees, push your hips back, and grab the top of the kettlebell with both hands. Swing it back between your legs. As you stand up, snap your hips forward, squeeze your glutes, and swing the kettlebell to chest height. Let it fall back through your legs, but don't put it down. Repeat five times.

4 Dumbbell Curls

How to: Hold a pair of dumbbells at your sides, palms facing forward, and keep your back straight and chest up. Without moving your upper arms, bend your elbows and curl the weights toward your shoulders. Slowly lower the weights back to the starting position, straightening your arms completely. That's one rep. Repeat four times.

3 Dumbbell Squats

How to: Stand with your feet shoulder-width apart and hold a pair of dumbbells at your sides, palms facing you. Sit your hips back and bend your knees to lower your body as far as you can, keeping your back flat and core tight. Press through your heels to return to start. That's one rep. Repeat three times.

2 Hollow Holds

How to: Lie on your back on the floor, with your arms by your sides. Slowly lift your legs, chest, and head up off the floor. Hold for 20 to 30 seconds. Repeat twice.

1 Pushup With A Plank Jack

How to: Get into a pushup position, feet hip-width apart and hands about shoulder-width apart. Keeping your core tight, jump both feet a few inches farther apart; pause, then jump your feet back together to return to start. That's one rep.

Puppy Presents!



This christmas we want to say thank you to those furry friends who have kept us sane this long year. Just as much as you need exercise so does your dog. We have pulled some of our favorite doggie exercise gift ideas to help ensure they are ready to join you on a hike, run or leisurely neighborhood walk.

A dog collar with GPS tracking

Never lose track of your dog with the Fi Dog Collar, available at Tryfi for \$149. While it is a bit pricey, if you like to hike outdoors and off leash, it is a must have. You will know exactly where your dog is, as long as there is a cellular signal. Plus, when home, you can set safe zones and will be alerted via push notifications or text when your dogs leave the safe zones.

LightHound Reflective Dog Harness

If you are like most people, you will be taking your dog on walks before or

after work. This time of year that means it will most likely be dark, making visibility even more important for you and your dog! If you need more than just reflective fabric, look no further than this light-up harness. This awesome invention means your dog will stand out, no matter how dark it is!

A lightweight, collapsible dog bowl

Exercise is thirsty work and if you are thirsty so is your dog. But of course you don't want to be lugging around a bunch of heavy gear. Try the RadDog Collapsible Dog Bowl, available at Amazon for only \$9.99.

Hands-Free Dog Leash

Sometimes you just need to use your hands, which is kind of hard with a happy dog attached to at least one of them. The PHILORN Hands Free Dog Leash offers a comfortable waist belt as well as pockets to store whatever you may need to carry, making your walks a breeze.

Christmas Gone Costal



This Christmas we are throwing tradition to the wind and taking that island trip we all missed this year, well, sort of. Make your Christmas dinner a seafood experience your family is sure to love. And, with only the immediate family around, it won't break the bank! Choose some, or all, of the recipes for a scrumptious Christmas dinner. We also recommend you pair them with yummy coleslaw, asparagus and hush puppies!

SCALLOPED OYSTERS

INGREDIENTS

4 tbsp. (1/2 stick) unsalted butter
2 leeks, trimmed, halved lengthwise, and thinly sliced
1 tbsp. all-purpose flour
1/2 c. dry vermouth
1/2 c. heavy cream
2 (16-ounce) containers fresh oysters, drained, reserving
2 tablespoons brine
20 premium Saltines, crushed (about 1 cup)

DIRECTIONS

Preheat oven to 350°F. Melt butter in a large skillet over medium heat. Add leeks and cook, stirring occasionally, until tender, 6 to 7 minutes. Add flour and cook, stirring, 1 minute. Add vermouth and cook, stirring, until thickened and bubbly, 2 to 3 minutes. Add cream, return to a simmer, then remove from heat. Fold in oysters and brine. Transfer mixture to an 11-by-7-inch baking dish and top with Saltines. Bake until golden brown and bubbling around the edges, 40 to 45 minutes. Let stand 5 minutes before serving.

OVEN-ROASTED GARLIC AND LIME PRAWNS

INGREDIENTS

2kg large green king prawns
4 garlic cloves, thinly sliced
2 limes, sliced
1/2 cup roughly chopped fresh flat-leaf parsley leaves
1/3 cup Cobram Estate Classic Flavour Extra Virgin Olive Oil
1/4 cup roughly chopped fresh dill
1/2 cup aioli
Crusty bread, to serve
Lime wedges, to serve



Christmas Gone Costal



DIRECTIONS

Preheat oven to 220C/200C fan-forced. Line a large metal roasting pan with baking paper. Rinse the prawns under cold running water. Drain well. Transfer to a large bowl. Add garlic, lime slices, 1/3 cup parsley and the oil. Toss well to combine and coat prawns. Place in prepared pan. Season well with salt and pepper. Roast for 15 to 20 minutes, tossing prawns halfway during cooking, or until prawns have turned pink in color and are just cooked through. Sprinkle with dill and remaining parsley. Serve prawns with pan juices, aioli, crusty bread and lime wedges.

CRAB CAKES WITH MANGO-AVOCADO RELISH

INGREDIENTS

1 large egg
1/3 c. mayonnaise
1 tbsp. Worcestershire sauce
1 tsp. sriracha
1 lb. jumbo lump crab meat, picked over for shells
20 saltines, crushed
1 lime

1 mango, peeled and finely chopped
1 Persian cucumber, cut into tiny pieces
1 small chile, seeded and finely chopped
Kosher salt
2 tbsp. olive oil
Small greens or microgreens, for serving
1/4 small avocado, cut into small pieces
2 tbsp. torn basil

DIRECTIONS

In medium bowl, whisk together egg, mayonnaise, Worcestershire sauce, and sriracha. Add crab and saltines and mix to combine; cover and refrigerate. Finely grate zest, then squeeze juice from lime into medium bowl. Add mango, cucumber, chile, and 1/4 tsp salt and toss to combine; cover and refrigerate. Form crab mixture into twenty 1-in.-thick cakes. Heat oil in large nonstick skillet on medium. Cook crab cakes in batches until browned, 4 to 6 min. per side. Arrange greens on platter and place crab cakes on top. Fold avocado and basil into mango relish and serve over crab cakes.

SPREAD THE WORD

JOIN IN JANUARY

and pay NO joining fee!



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