

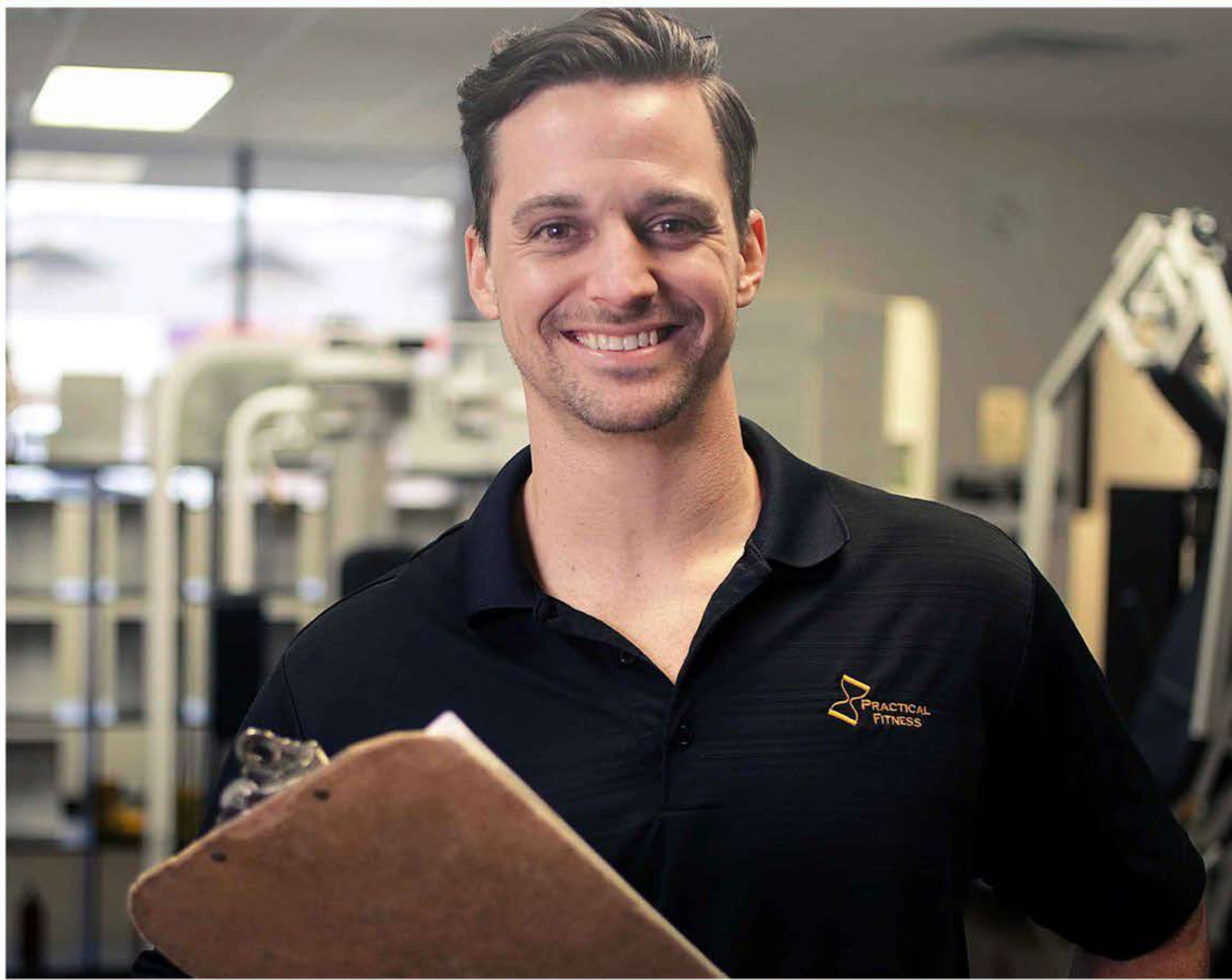


MS Workouts  
LIVE GROUP Q&A

# WEEK OF JULY 29TH

*(steadypace® club member **exclusive live event**)*

















# live events this week

FROM THE  
**EVENTS PAGE:**

ListCalendar

July 2024 →

Today

JUL

30

TUE

MS Workouts

Muscle-Failure and how to achieve it every time...*it's easier than you think!*

WEEKLY Q&A | MEMBERS ONLY

DATE: Tuesday, July 30th, 2024

TIME: 7 PM CT / 8 PM ET / 1 AM GMT

LIVE STREAMING

Presented by Jeff Gotte, M. Ed

ON ZOOM: Weekly Live Q&A the MS Workouts Team (July 30th)

LIVE • 7:00 PM Jeff Gotte, M. Ed

ZOOM LINK BELOW: To join this event you will need to click on the ZOOM link in the description box.

JUL

31

WED

MS Workouts

STANDING LIVE CLASS

WEDNESDAY'S 10 AM US CT / 11 AM US ET

LIVE STREAMING

led by steady@pace® trainer: Mason Shaver

ON ZOOM: Live Standing Workout Class (July 31st)

LIVE • 10:00 AM Mason Shaver, certified steady@pace® trainer

ZOOM LINK BELOW: To join this event you will need to click on the ZOOM link in the description box.

FROM THE  
**HOMEPAGE:**

Live Events:

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MS Workouts

COMMUNITY CHAT

OPEN MIC SESSION | ASK US ANYTHING

LIVE • AUG 2, 10:00 AM

ON ZOOM: Friday Community Chat (August 2nd)



# MS Workouts





# NEW TIME FOR Q&A

- so more members can join us live!

- **Every Tuesday** at 11:15 am PT/ 12:15pm MT/  
1:15pm US CT/ 2:15pm US ET
- **New hosts including Jacqueline, Mason &  
steadypace® instructor, Jennifer Wade!**
- **New time slot begins Tuesday, August 6th**





# NEW LIVE FOCUS FOR AUGUST

MS Workouts

FOCUS ON:

**ARM  
STRENGTH**

Improve your  
biceps & triceps!

\*\*steadypace® club EXCLUSIVE



MS Workouts

**LIVE**

CLICK HERE



**LIVE WORKOUT  
CLASSES**

MS Workouts

FOCUS ON:

**HAND  
STRENGTH**

Improve forearms,  
grip & fingers!

\*\*steadypace® club EXCLUSIVE





# Atlas of Accountability:

(steadypacers® from all around the world)



## TUESDAYS:

Yoga Session @ 11:30 am GMT

## THURSDAYS:

Full Body Fundamentals @ 1 pm GMT

email [ruchitelle@gmail.com](mailto:ruchitelle@gmail.com) to receive the links for these events!





MS Workouts

REACHING

# MUSCLE-FAILURE

BENEFITS | SCIENCE | HOW-TO



# BENEFITS OF MUSCLE-FAILURE

## + **Effective.**

Uses your energy more efficiently by slowing down the movement

## + **Time-Efficient.**

Exercise only 1-3 times per week because of the intensity

## + **Less Equipment.**

Only bands required to reach muscle-failure

## + **Less Weight.**

You can get a great workout with less resistance or weight

## + **Fewer Repetitions.**

Goal is to reach 90-seconds in every single exercise

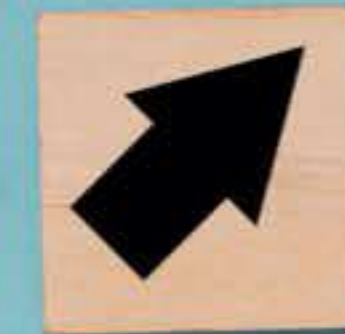
+ **Make Progress** and break through plateaus

+ **Adaptable and doable** for any person!

+ **Increase muscle growth** and reduce atrophy

+ **Improve cardiovascular** health

+ *so much more*





MS Workouts

did you know before MS Workouts about

**MUSCLE-FAILURE**





A man with a beard and a surprised expression is reaching up from a hole in the ground. The hole is made of dry, crumbly earth, and the background is a bright blue sky with scattered white clouds. The man's right arm is extended upwards, and his left hand is visible near the bottom of the frame. A semi-transparent white box with a light blue gradient is overlaid on the lower half of the image, containing text.

“When you reach **muscle-failure**,  
you are digging a hole”

steadypace® instructor, Jeff Gotte



A woman with long dark hair, wearing a white lace-trimmed top and denim overalls, is bent over digging in a garden with a wooden-handled hoe. The background shows a house with a red-tiled roof and lush greenery under a bright sky. A semi-transparent white box is overlaid on the center of the image, containing text.

With enough recovery, you will **super-compensate** and become stronger.

steadypace® instructor, Jeff Gotte



# WHEN YOU DO NOT REACH MUSCLE-FAILURE

(without enough recovery)

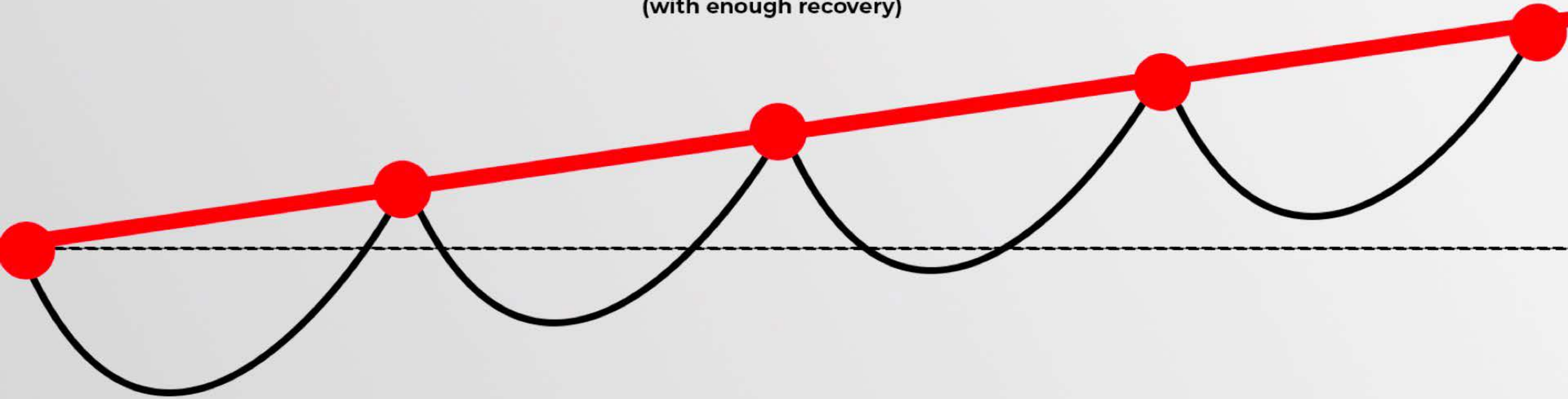


 **LOW-INTENSITY EXERCISE**  
(yoga, pilates, swimming, stretching)



# WHAT GOING TO **MUSCLE-FAILURE** DOES FOR YOU!

(with enough recovery)



 **FULL-BODY FUNDAMENTALS**  
(seated or standing)



how-to reach

# MUSCLE-FAILURE

**+ Choose the right bands or resistance**

Use enough resistance so that you do not reach the 90 seconds

**+ Go slow through the entire exercise**

7 seconds up and down each direction during every steadypace® exercise

**+ Slow down the turnaround**

Pause when you get to the bottom and to the top of every steadypace® exercise

**+ FAILURE = SUCCESS**

Do not get discouraged when you reach muscle-failure  
*(that is the goal)*



1:14

Lateral Raise (Left)

STRENGTH / Dynamic



what is

# MUSCLE-FAILURE

MS Workouts

Muscle failure is when you can no longer move the resistance with proper form and tempo!

+ You know you're hitting muscle failure - **when you lose form**

+ You know you're hitting muscle failure - **when the burn becomes too intense**

+ You know you're hitting muscle failure - **when the shake is too much**

+ **When you can no longer perform the exercise with proper form because of the burn or the shake then you may have reached muscle failure**





what if I cannot achieve

# MUSCLE-FAILURE?

MS Workouts

Living with MS might mean that you won't achieve muscle-failure on every single exercise and that is okay!

***Here are tips & reminders for you:***

- + continue to engage and re-engage until the 90 seconds is up
- + record the time when you first disengaged







Regular exercise at MS Workouts can greatly benefit your overall health and fitness. **Even if you aren't achieving muscle-failure on every exercise,** you are still doing something positive for your MS, so do not give up!

- The MS Workouts Team





# OPEN MIC - **ANY QUESTIONS?**

**Weekly Live Q&A - Week of July 29th**



Would anyone like to volunteer  
**to make or adjust their schedules?**

MS Workouts

### Personal Workout **Calendar**

MON

TUE

WED

THU

FRI

SAT

SUN



# MOTIVATIONAL WORDS OF THE WEEK

WEEK OF JULY 29TH







Workouts

**LIVE GROUP Q&A**

**SEE YOU**

**AUGUST 6TH**

*(thanks so much for joining us today)*