

Resistance

September 2015

Here comes the sun (do do do do) and with it longer days, spring flowers and a feeling of wanting to start moving, after a long cold winter. Now is a good time to reassess your goals and consider making some changes in your workout programme. Our gym trainers are experts at creating new and challenging sessions to keep your workouts interesting. Let us know if you would like us to shake up your routine a bit! If you want an extra push, remember we offer personal training sessions, each one tailored to you and your goals!

Just Breathe!

Breathing. It's something we do up to 30 000 times a day. We are experts at it. Or are we? The research is unanimous; nasal breathing is the optimal way to breathe. It increases circulation, blood oxygen and carbon dioxide levels, slows the breathing rate and improves overall lung volumes.¹ Conversely, mouth-breathing has been shown to elevate heart rate and blood pressure, sometimes resulting in fatigue and dizziness. Further, a person's nose produces nitric oxide and this is carried into the lungs when breathing through the nose. Nitric oxide not only helps maintain homeostasis, or balance, within your body, it's also a bronchodilator and vasodilator and has antibacterial properties that help neutralize germs and bacteria, making it particularly important for asthmatics.

During your workout, be sure to breathe through your nose the entire time. If you start sucking air through your mouth, back off on the intensity so that you can go back to breathing through your nose. In time, you'll be able to exercise at greater intensity and still breathe through your nose—a sign that your fitness is improving!



¹ Swift, Campbell, McKown 1988, *Lancet* 1, 73-75



Fact or Fiction? Stretching helps with muscle soreness.

FALSE. It is commonly thought that a good stretch after working out will alleviate muscle soreness over the following days. This is, however, not the case; post-exercise soreness results from micro-tears in the muscle and build-up of by-products such as lactate, which cannot be avoided by stretching. This, however, doesn't mean you shouldn't stretch. Stretching after a workout helps to increase flexibility in the joint capsule and muscle. Stretches need to be held for 20-30 seconds, at which point the muscle will increase in length. In short: no, you can't avoid muscle soreness by stretching. But yes, you should still stretch after a workout!

Swing Strength, our golf performance programme is up and running. This is a comprehensive 12-week programme for anyone looking to better their golf performance and to condition their body in order to play pain-free golf for longer.

Check out the information leaflet, our website, or ask Vijay if it's right for you!

"Before Swing Strength, I physically couldn't get into the correct swing position my golf pro was teaching. Swing Strength improved my strength, flexibility and endurance. My handicap index has now reduced by 4 within four months." James Peoples



We love feedback.

We love to know when we are doing something well or if there is something we can improve on. Please let us know by talking with a trainer or making use of the feedback forms in the bathrooms!

Machine of the month: MedX Leg Press

The leg press trains all of the major leg muscles at once in a natural squatting movement. As a compound – multi-joint – exercise, a leg press requires all the major muscles of your legs to work in coordination, also working your weakest muscles and increasing joint stability.

Exercising with the leg press machine recruits the back muscles as well as leg and gluteal muscles to lift the weight. By using compound muscles, you can lift more weight and experience less fatigue than when you perform dead lifts or free weight squats which put more strain on your back. Because of the increased capacity for exercise, you can gain strength and muscle size in a relatively short period of time.

There are variations of the leg press to target specific muscles more. With your feet near the top of the sled, you can focus on your gluts and hamstrings. With your feet at the bottom of the sled, you focus on your quadriceps. By lowering your feet until your heels are off the sled, you can exercise your calf muscles. Please remember to talk to a trainer before adapting your programme.

We recommend leg stretches after using the Leg Press. Two effective ones are *quadriceps stretches* – pulling your heel up to your buttock and holding for 10 to 30 seconds – or *hamstring stretches* – propping leg up on a ledge, knee bent slightly and pushing chest towards your leg, stretching through the back of the leg.



What's Going On?

MedStrength has taken another step into the digital age and is using Chromecast to stream directly to the TV. The morning members have been enjoying Breakfast and Paul Henry. If there's a sports event on that you'd like to watch, let us know.

Please let a trainer know if you are unhappy with the content or volume of the music or the television. We will be happy to help you. We ask that you please don't adjust these yourself.

The AGS Rowing Boys have now finished their off-season training and we wish them good luck for their season this year.

The Circuit Challenge Board regularly has new activities; challenge a trainer and see if you can beat their time!

Staff News

Welcome to Ayla (pictured right) in reception. Ayla has a background in the health and fitness industry and a passion for Dance and Gymnastics.



Huge congratulations to Lloyd on graduating with a Bachelor of Sports and Recreation. Well done!

Farewell to Matt, who, after 2 years with us, is moving on. We wish you all the best for your next endeavour!



Opening Hours:

Mon - Fri	6am – 8pm
Sat	8am – 4pm
Sun	10am – 3pm