

# Resistance Spring 2016

We made it; it's Spring! As we come out of hibernation and head outdoors don't forget to keep up your program at MedStrength, so that you don't lose your hard-earned progress from the work you put in over Winter. Now is a good time to reassess your goals and consider making some changes in your workout programme. Our trainers are experts at creating new and challenging sessions to keep your workouts interesting. If you are looking to tone up for summer, talk to us about incorporating cardio and high intensity exercises into your workouts. If you want an extra push, remember we offer personal training sessions, each one tailored to you and your goals! Bring on the sunshine!



## Running

Is the warmer Spring weather making you think about running again? STOP!

You'll have a much better time if you do some groundwork first. Have a read of the following before

dusting off your sneakers and heading outdoors:

Aim for good alignment of the pelvis and lower joints by strength training the muscles around the core, hips and lower extremities. This will make running a fluid and spontaneous action.

Strengthening the muscles around the hips before running is also important because these muscles are responsible for leg stability all the way down to the ankle. This reduces the stress on the joints while running and therefore reduces the chances of injury.

Strength training, apart from helping you to run faster and longer, also plays a vital role in helping you to recover faster. Strength training makes your body more efficient at converting metabolic waste into energy, thereby making you run more efficiently.

Of course, don't forget to check out our Running info sheet (in the gym or on our website) for a specific running training programme or have a chat with one of the MedStrength trainers!

We hope you found our recent **Golf Performance Seminar** on Muscle Balance and Conditioning useful and have managed to put into practice some of the tips given on the night. Congratulations to Kimbal Riley who won 2 weeks of Swing Strength sessions.

For those of you who couldn't make it, **Swing Strength** is our comprehensive 12-week Golf Performance and Conditioning programme. It is for those of you who feel like you aren't improving, despite lessons and your new set of clubs, and for players struggling with recurring golf injuries. Check out the information leaflet, our website, or ask Vijay if it's right for you!

*"Although I have been attending the gym for the past three years and have made gains in fitness, it is since working with the Golf Performance Specialist, Vijay, that I've seen the most noteworthy improvement to my golf. Following the program set for me has strengthened my core significantly and I can now swing my club with far greater movement, without fear of injury. Vijay is highly motivating and his knowledge of golf-specific training is amazing."*

– M. Weatherhead



## Machine of the month: MedX Adductor

The MedX Adductor machine works on the muscles of your inner thigh (the adductor group of muscles). The Primary Adductors of the hip include five different muscles which together aid in providing stability of the hips – particularly in rapid and complex movements involving both legs. The adductor muscles are useful for powering cyclic activities such as sprinting, cycling, or descending into and rising from a deep squat.

The adductors are constantly under strain from various angles at the same time, which may explain their relatively high susceptibility to strain injury; groin strains are extremely common in sports that involve split-second changes in direction and the propulsion and acceleration that follow.

Just as we must be cognizant of the potential injuries that can result from an imbalance between the quads and hamstrings, we must recognise that the adductor/abductor strength ratio must be appropriate as well, as they counteract each other to keep the hip joint stable.



### What's Going On?

Thanks to Canterbury NZ for sponsoring our trainers' new uniforms. You will notice that the Personal trainers will be wearing a white T-shirt during their 1-on-1 sessions.

Save the Date! Thursday 1st December is the date of the annual not-to-be-missed **Med-Strength Members' Christmas function** –put it in your diaries now! We'll be sending out invitations closer to the time .

We'll be installing some huuuuge new digital clocks to help you with the timing of your reps. More info to come soon!

### Car Parks

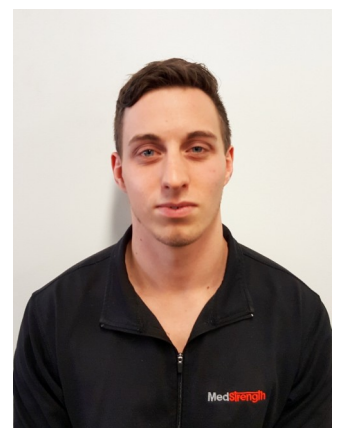
There have been a few instances recently where members have been found to be using the AGS parking lot across the road from us. We have been warned by AGS management that any member cars found in their carpark will be towed. We do understand there has been a shortage of parking facilities lately; we have managed to acquire 7 additional spots starting October 1st and will let you know the details in due course. In the meantime, the MedStrength/Functional Physio car parks in the Tournament Car Park on Enfield Street are still the best option. Please remember to sign in at reception if you don't have a MedStrength sticker on your car, or see a trainer to pick up one up.

### Staff News

Welcome to **Millane Rayner** who has joined us as an instructor. Millane has a Bachelor's Degree in Sport and Recreation from AUT and is especially interested in rehabilitation.

Millane has always enjoyed participating in a variety of sports. He focused on Swimming, Lawn Bowls and Football.

He has been involved in coaching swimming and has discovered a passion for research in optimisation.



### Opening

#### Hours:

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