

# Resistance

Winter 2016

Winter is here to stay for a while, but don't let that get you down. It's a good time to focus on your strength goals and you can beat those winter blues by continuing to work out. Remember, no matter how much it buckets down outside, it's always dry here at MedStrength! For those of you planning to hit the slopes this year, feel free to get in touch with a trainer to supplement your workout to get you prepared! Happy winter, stay warm!

MEDSTRENGTH SEMINAR Followed by DRINKS + NIBBLES+

## MUSCLE BALANCE & YOUR GOLF GAME

Your golf swing is a complex combination of co-ordinated muscle movements. Learn about the limitations poor muscle balance can impose on the quality of your swing and what to do about it. Let us focus on your muscles and you and your golf coach can focus on swing technique.

Seminar is free, but places are limited; reserve a spot at Reception, 623 0787.

July  
28  
7PM

Come along with your golfing buddies to a **seminar** on how muscle balance affects your game and how to make the most of strength training as a golfer. Drinks and nibbles will be provided and all attendees go into the draw to **win two weeks of Swing Strength Golf Performance sessions**. Book at reception by July 20th.



### New on the Floor: Medicine Ball Rebounder

We have recently added a medicine ball rebounder in the cardio/stretching area. Rebounders provide a fun and effective way to perform upper body plyometric exercises such as medicine ball throws and catches that will engage your core, chest, arms and shoulders. The exercises available with this piece of equipment will allow you to improve force production, balance and co-ordination. The rebounder

is adjustable, allowing you to change the angle specific to the particular exercise you wish to perform. If you like the sound of this, have a chat with a trainer about how to implement the rebounder in your programme.

**Fact or Fiction?** The physical benefits of skiing are limited to leg strength, endurance and stability.

**Fiction.** There have been plenty of studies done on muscular strength and endurance development due to skiing, but none on cardiovascular health until recently. In an article from *Science and Skiing* (2012), a study measured any change in cardiovascular health in the elderly over a 12-week ski period. Of the 22 "elderly, sedentary subjects" of both sexes, all showed significant improvements in cardiovascular health measured by their maximal oxygen consumption. An improvement in body composition was also found with an average fat loss of 2.3%. This reduction in fat further decreases cardiovascular risks, which supports their claim that skiing, produces many cardiovascular benefits. So, there is no need to feel bad about your lack of gym time during holidays at the snow, just be sure not to forget about us when you get back! If you are planning on skiing this winter, be sure to ask one of the trainers about ski-specific exercises we can help you with.



## Machine of the month: MedX Prone Leg Curl



The **MedX Prone Leg Curl** is a vital machine in the MedStrength circuit. It focuses on isolating and strengthening the three major hamstring muscles, which are especially important in walking and running activities. The relationship between the strength of the hamstrings and the quadriceps is an important relationship. If we look at walking, hamstrings contract predominantly eccentrically, that is, the muscle lengthens under tension when the heel hits the ground. This makes hamstrings largely involved in controlling and

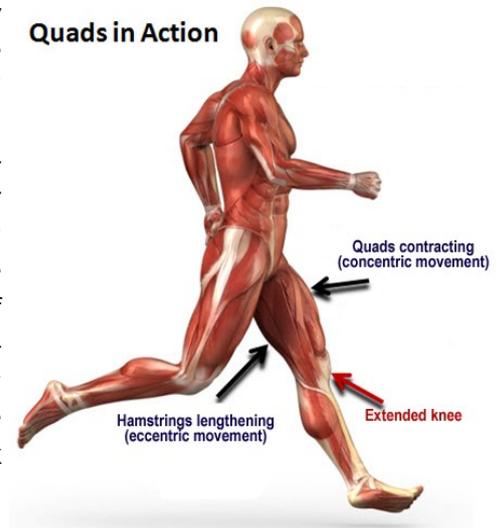
decelerating the opposite contraction of the quadriceps to allow smooth, efficient movement. When the hamstrings are weaker and the strength ratio with the quads is out of balance, knee stability and control may be jeopardised.

When performing powerful acts such as kicking a ball, running, or jumping hurdles, we are moving our knees by concentrically contracting our quadriceps to perform the action with strength and power. When doing this movement, we need to be able to slow our leg down so that the knee doesn't hyperextend; this is done eccentrically by the hamstring. If our quads are too strong for the hamstrings, this can lead to a hamstring strain. This is why it is very important to make sure the eccentric phase of the hamstring curl (lowering the weight back down), is done slowly and with the utmost control. Feel free to ask a trainer to check your technique, or to set you up correctly if you wish to add this integral machine into your program.

### Hamstrings in Action



### Quads in Action



### What's Going On?

Watch out for a new class timetable, which will include a variety of new classes to try out, alongside those we currently offer.

Free WiFi for use while at MedStrength is still in the works — it's just taking a little longer than expected for Chorus to finish fibre installation in the area. We hope to have this up and running soon!

Personal Training has been popular recently and congratulations to the many members who have been achieving personal goals. Talk to a trainer to find out how Personal Training can help you!

### Staff News

Welcome to **Zona Quinton** (pictured right), who has joined us as the Practice Manager of Functional Physio/ MedStrength. We are happy to have you on board!

Farewell and all the best of luck to **Shayne Mason** who has left us in order to focus on his final year of Physiotherapy!



### Opening Hours:

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