



Tabata training

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Proven: Results soar with Les Mills GRIT™ Series

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Welcome to Amanda

.....

Runners corner

.....

Aqua fitness

.....

Lower Back Pain

Hi CBay Members,

Easter and the school holidays will be here before we know it! We can't believe where this year is going, but what we do know it's been busy with some fun and challenging promotions and exciting programme launches; including Les Mills GRIT training, Bootcamp at 7pm Tuesdays, Women's Only Bootcamp at 6pm on Wednesdays and Cheryl's Running Technique Workshops.

Speaking of new, we welcome Amanda Gray (our new 21C) to the CBay Fitness team, along with Cam and Tess who starts on the 28th! Don't forget, as CBay members you have free access to their skills, knowledge and support. Why not update your programme, or get a fitness assessment to gauge where you're at and give your current programme a bit of a 'shake-up' for the winter.

Want to take your motivation to the next level? Enlist the services of one of our amazing personal trainers. They won't let you hibernate over winter, it's their job to help you stick to your plan and keep you motivated to reach your fitness goals. And there's nothing like a bit of exercise to turn up the heat and get those feel-good endorphins fired up.

Check out our reduced Easter timetable online. There are still plenty of classes just in case you have a few too many chocolate eggs or hot cross buns, you can sneak in one or two more classes so you can have a guilt free Easter.

Thanks to everyone for your support of our many classes and fun events. Our Facebook page is full of photos that reflect the fun times we've all had. If you haven't already, check us out, and 'like us' to keep up to date with the exciting promotions and classes to come.

From the team at CBay Fitness, we wish you all a safe and happy Easter!

Tabata training

What is TABATA training?

Tabata training is becoming one of the most popular forms of high intensity interval training (HIIT). It was designed by a clever Japanese Scientist by the name of Dr Izumi Tabata. Dr Tabata and his team examined several different interval training protocols on stationary bikes and found the most effective interval sequence was to do eight sets of 20 seconds work and 10 seconds rest. Although a Tabata circuit may only take four minutes to complete, those four minutes may push your body to its absolute limit.

Why is it such an effective way to train?

Because Tabata training consists of such high intensity efforts, it produces amazing aerobic (or endurance) benefits without muscle wasting brought about by straight endurance training (for example, a marathon runner generally has trouble maintaining muscle mass). Specifically looking at short term improvements, Dr Tabata also found the four minute intervals saw a greater improvement in $\dot{V}O_{2\max}$ (aerobic capacity or cardiovascular fitness) compared with 60 minute sessions of moderate intensity.

How do you TABATA train and is it only for the "hardcore"?

Although Dr Tabatas research was mainly done using stationary bikes, within the fitness or Cross-Fit world, functional movements are also used to incorporate specific strength training. Any of your favourite exercises such as squats, pull-ups, push-ups, sit-ups and dumbbell moves can be used to create a Tabata workout. BUT, Tabata is certainly not just for the hard core!! The good news is for those who don't find a 60 minute session on a treadmill that inviting or you really

don't have the spare time; you can scale any Tabata workout to suit you. Even if you are doing intervals on a bike, you are still going to improve both your aerobic and anaerobic systems (i.e. ability to exercise for long periods of time at a lighter intensity AND improve your ability to work at higher intensities for longer) win, win if you ask us!



Did you know the GRIT™ series incorporates Tabata training into their programmes?

Have you ever tried a GRIT™ class? If so, you will know about the 20 second work to 10 second rest tracks that are incorporated into the class. This is Tabata! GRIT™ is not as scary as you may first think. All the positives of great music, an instructor who can specifically coach you, and that feeling of working the hardest you have ever worked certainly outweighs the only negative we can think of - the nervous feeling of when you first step into a class!

If you want to give Tabata a try, ask one of our fitness instructors to take you through a session with exercises specific for you. To repeat the session because you loved it so much, download a Tabata timer on your smart phone and gain motivation whilst burning calories and gaining strength!

Proven: Results soar with Les Mills GRIT™ Series

In conjunction with researchers at PennState University, two groups of 42 fit adult exercisers were tested. Both groups did five hours per week of excellent, professionally designed exercise.

Group 1 did three hours of cardio (either BODYATTACK™, BODYCOMBAT™, RPM™ or BODYSTEP™) and two 60-minute BODYPUMP™ classes.

Group 2 did exactly the same routine except it substituted one 60-minute cardio session for two 30-minute LES MILLS GRIT™ Series workouts.

After six weeks Group 1 achieved excellent results, recording marked increases in oxygen consumption and strength while decreasing triglycerides, decreasing body fat and reducing waist circumference.

	Triglycerides decrease	Oxygen Consumption increase	Body Fat decrease	Back Strength increase	Waist Circumference decrease
Group 1 No GRIT	3.1%	1.7%	0.8%	8.4%	1.0cm
Group 2 GRIT	14.5%	6.4%	2.1%	21.9%	2.5cm
DIFF	-11.4%	+4.7%	-1.3%	+13.5%	-1.5cm

Group 2, who did the LES MILLS GRIT™ Series workouts, enjoyed the same benefits but on a much grander scale.

It's the science behind LES MILLS GRIT™ Series that delivers the results.

Check out when the next GRIT™ training is at www.cbaytimaru.co.nz or call us on (03) 6877723 to book your place today!



Welcome to Amanda

Amanda has returned to the fitness industry from a 12 month break, after the birth of her son (Ezra, 2 years). Amanda studied at Otago Polytechnic, is a qualified Personal Trainer and has an extensive background in Group fitness including Pump, Step, Spin and an interactive "mums and bubs" classes in Dunedin for a number of years having worked in the industry. Amanda is currently taking Body Combat and RPM here at CBay Fitness and is the instructor for the all women's BootCamp run on Wednesday nights at 6pm.



Amanda specialises in hypertrophy and has trained for NABBA (National amateur body building association), Pre and post pregnancy exercise and fat loss. Feel free to book in with her, come along to one of her classes or have a chat to introduce yourself.

Runners corner

Running can not only help us stay fit and keep us on track with our weight loss goals, it also gives us time to ourselves away from our busy lives at work and at home ie: it is good for the soul!

But with the winter months around the corner, it can become harder to motivate ourselves to get out there and brave the elements. Here are a few tips to keep you on track:

1. Arrange to meet a friend at the same time each week. It is much harder to miss a workout if you have someone else relying on you, whether it be for a run, a gym session or a class.
2. Remember to warm up thoroughly before you head out into the cold weather. The cooler temperatures can stiffen muscles and joints, which has the potential to lead to an injury.
3. Layers of clothing are a must if you want to be warm enough to begin with but prevent overheating towards the end of your run.
4. Stay visible if you need to run in the dark. Running in well lit areas instead of on trails is going to be the best option. But if you have to run in the complete darkness there are plenty of good quality head torches out there to light your way...it can be kind of fun!!
5. Lastly remember to stay well hydrated. You still lose water through sweating even in the cold, so drink plenty of water throughout the day and on those long runs.

If running seems kind of scary to you at the moment or you feel you could brush up on your running technique, then look out for a series of 8 week workshops run by me. These are aimed at getting you up to your first 5k and they are free to members!! If you are interested put your name on the list at reception and/or email me at cheryl.heeley@timdc.govt.nz and we'll get back to you.

Cheryl Heely



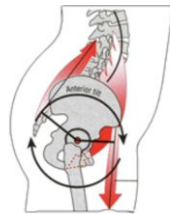
Lower Back Pain

Back pain is one of most common medical problems, with 8 out of 10 people experiencing it at some point of their lives which is a huge amount! Back pain can be anything from a small sharp intense pain, to more of a dull feeling.

Having worked as a Massage Therapist for the last 5 years, I have seen what it can put some people through, but also found a few different ways to help release the tension. Before spending money to see a doctor or specialist, have a read of the list below and see if there is something you haven't tried or not thought about before to help rid you of your pain.



• **Stretch your quads.** This muscle group is found on the front of the thigh and connects at the top of the hip. When the quads become really tight they put your hamstrings on stretch and pull down on your pelvis causing 'anterior tilt' (see side view of body in picture) and gives your back an unwanted arch, causing jarring and pinching which is that sharp pain. Stretching your quads will release and "lengthen" the muscle group taking pressure off your pelvis and back. See our staff for the correct technique to stretch your quads.



• **Strengthen the hamstrings and core.** The most important area to strengthen for back pain is your core. With a tight strong core, the muscles surrounding your abdomen act as a 'muscle belt'. The tighter the belt, the stronger and more supportive your back is going to feel. While your quads are taking over in strength and size, your hamstrings will become weak and won't be used correctly. The hamstrings being strong are also going to help by keeping that pelvis in a good posture position. Having a strength balance between your hamstrings and quads is a must!

• **Foam rolling and sports massage.** Having a sports or trigger point massage is a good option for lower back pain release. The therapist will take a good look at what's going on in your body and use massage techniques to loosen those tight muscles and generate blood flow to the areas in need. Foam rollers offer similar benefits of a sports massage. Foam rollers not only stretch out tight muscles and tendons, but also break down trigger points (the "knot" type feeling in muscles) which are a big player in sharp and dull pain. See our Staff for foam rolling techniques.



If anything from this article rings a bell, and you think you might be experiencing some lower back pain, make sure you come and speak to me or one of the friendly CBay Fitness staff to help you rid yourself of back pain for good!

Cam McBride

Aqua fitness

Here at CBay, we offer both Aqua Gentle (shallow) and Aqua Fit (deep) classes. Aqua classes have been seen as a low intensity workout for either pregnant women or the elderly. Aqua, in fact, caters for all ages and fitness levels. Like any group fitness class, you can take it at your own pace no matter your age, coordination or fitness level. If you are new to group fitness classes, Aqua is a great place to start because most of the moves are performed under water so you don't have to worry if you miss a beat!



We weigh a tenth of our body weight in water. Not only do you feel much lighter, you are able to perform movements like running and jumping which are low impact and do not 'jolt' your joints like land based exercises (just ask one of our Aqua Gentle enthusiasts to perform a "jumping frog" in the water!) Aqua fitness is a great way to improve muscular strength, flexibility and balance. It also increases our circulation allowing blood to return to the heart more efficiently and the water provides a massage effect for the body - great for any aches and pains. For those who have cardiac, thyroid or other endocrine disorders, Aqua Fit in particular can be a great way to exercise as you stay slightly cooler in the water.

Aqua Fitness is incorporated in our Premium memberships. "Premium Full" incorporates both pool (including the "Chillax" area) and gym access. For just \$23.50 per week you can attend as many Aqua Gentle or Aqua Fit classes as you like. We also have a popular "Premium Off-Peak" membership which is the same access but between the hours of 8.30 a.m. - 3.30 p.m. Monday to Friday (Gentle classes only) for \$16.50 per week.

Tresa Shirtcliff
Aqua Fitness Instructor



EASTER/ANZAC DAY TIMETABLE 2014



Time	Easter Friday 18/04/2014 7am-7pm	Saturday 19/04/2014 7am-7pm	Easter Sunday 20/04/2014 7am-7pm	Easter Monday 21/04/2014 7am-7pm	Tuesday 22/04/2014 5.30am-9pm	Wednesday 23/04/2014 5.30am-9pm	Thursday 24/04/2014 5.30am-9pm	ANZAC Day 25/04/2014 12pm-7pm	Saturday 26/04/2014 7am-7pm	Sunday 27/04/2014 7am-7pm
6.15am					LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM			
8.15am		GRIT SERIES							LES MILLS RPM	
9.00am									LES MILLS CXWORKS	
9.15am					LES MILLS BODYSTEP		LES MILLS BODYPUMP			
9.30am	LES MILLS BODYATTACK	LES MILLS BODYSTEP	LES MILLS BODYBALANCE	LES MILLS RPM						LES MILLS BODYBALANCE
10.30am				LES MILLS BODYPUMP						
4.30pm			LES MILLS BODYPUMP						LES MILLS BODYATTACK	LES MILLS BODYPUMP
5.30pm					LES MILLS BODYCOMBAT ++	LES MILLS CXWORKS	LES MILLS BODYATTACK ++			
6.00pm					LES MILLS BODYSTEP LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT LES MILLS RPM			
6.15pm										
7.00pm					LES MILLS BODYBALANCE	GRIT SERIES				

