

BOOTCAMP

Welcome back to another 4 weeks of training. The last Bootcamp we focused on goals. I would like to congratulate all those who really worked hard to achieve their goal. Mikki achieved her 2 min hover, Anna and Kate achieved their goal of completing the Puffing Billy Race, , Lauren achieved her 3 min hover, Arna was to get fitter and Paul's goal was to show up to training !!. If you did achieve your goal and I'm not aware please inform me.

This Bootcamp we will be fitness testing at the start and towards the end. We will have an award for the overall highest achiever !!! Lets go for it troops.

"Train Hard Expect Success"

T SHIRTS

Thanks to those who purchased the fitnessNRG t-shirts. It was a bit of an experiment with different styles of shirts available. Your feedback on the shirts will be greatly appreciated. There are 9 shirts left !!!!! I will do another order soon. If you are keen to order one let me know.

EXERCISES FOR GOOD POSTURE

Prevent injury with these moves

As you run, it pays to remember your grandmother's advice to straighten up. Good posture – chest upright, head looking forward (not at the ground), relaxed shoulders, arms at a 90-degree angle – plays a key role in performance. Running with your upper body slumped or leaning too far forward throws off your alignment, says Stephanie Weigel, a running coach. "You end up putting excess force on your lower body, particularly your knees, with each stride." Your legs can't extend fully and your hip flexors contract, which makes your stride less efficient. Slouching also closes off your diaphragm, which forces you to breathe more shallowly, decreasing oxygen intake and causing side stitches. Counteract poor posture, says Weigel, by improving your core and upper-body strength with these three moves at least twice per week.

1. BOSU BALANCE

Improves lower-body stability and strengthens your core

To Do: Do 10 to 12 reps of biceps curls or triceps extensions while standing on a Bosu ball. The ball's instability compels you to use your legs and core muscles to balance, says Weigel, and the stronger your core is, the straighter you stand naturally.



2. PILATES ROLL-UPS

Promotes core strength and hamstring flexibility

To Do: Lie on your back, arms behind your head, legs straight, feet flexed. Contracting your abs and keeping your chin tucked and your arms by your ears, curl up slowly, as though "peeling" your spine off the mat. Once you're upright, stretch your hands toward your feet. Pause, then curl back down. Imagine your spine in a "C" position, keeping your belly button pressed toward your lower back. That's one rep; do 10 to 12.



3. SHOULDER RAISE

Aligns your shoulders and lets you "feel" the shoulder position that helps prevent upper-body fatigue

To Do: Stand with your back against a wall, heels and shoulders touching the wall, arms hanging at your sides. Raise your arms up slowly to a "T" position to a count of 10. Maintain contact with the wall. Lower them back down and repeat 15 to 20 times.



Never lose sight of the fact that it is not that you are starting something new but it is that you are stopping something old'