

Whitekirk News



August 2010

Introduce A Friend Scheme

We are extremely thankful for members encouraging friends, family and colleagues to join the club. To show our appreciation any member that introduces a new member to the golf or leisure club will be given 10 free guest passes. Terms and conditions apply, please ask at reception for further information



Benefits Of Kettlebell Training

A Brief History Of Kettlebells

Kettlebells are believed to have originated from ancient Greece and used in the early Olympic games and possibly used by the famed Spartan Warriors. Written records show that as far back as

1704 Russians used kettlebells. The kettlebell or "Girya" is a cast weight that looks like a cannonball with a handle. Originally used as a measuring tool in farmers markets and measured in poods. 1 pood equal to 16kg. Country folk started throwing these weights around and soon a training system started to emerge.

Reasons to try kettlebell training -

You will get a full body workout -

Fundamental to any kettlebell training is the ability to correctly squat, deadlift, swing, snatch, clean and jerk. It cannot be over emphasized the importance of the olympic lifting moves as they play an increasingly large part in kettlebell training. What links all these drills together is that they force the body to work as an intergral unit. Power is generated from the legs, driven through the hips and expressed through the arms. Every single

muscle is brought into play and every single muscle is worked hard.

Loose weight / change body composition -

Kettlebell workouts will have a positive impact on weight loss. The nature of the full body workout burns calories, increases muscle mass and speeds up your basal metabolic rate. Training regularly with kettlebells makes a real difference to your body composition (body fat % lean mass %). You will probably begin to see and feel the benefits before the scales tell you. They

can tone and shape your body making you feel and look slimmer.



Injury prevention / core stabilization -

Regular kettlebell workouts will develop your all important core stabilizer muscles that help keep the trunk strong to prevent back pain,

therefore reducing injury risks and allowing more efficiency in movements for everyday living.

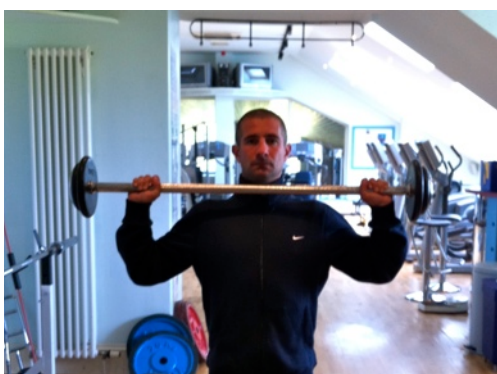
For instruction on kettlebell exercises and technique please see Colin or Vharri or try our kettle-tone class on Wednesdays at 6.00pm

Exercise Of The Month

We hope you have tried out last months exercise and are feeling the benefits. This months exercise is one of the most basic of all the vertical pushes but also one of the most effective.

The Shoulder Press - Also known as the military press. This movement works the front and side deltoid (shoulders) muscles.

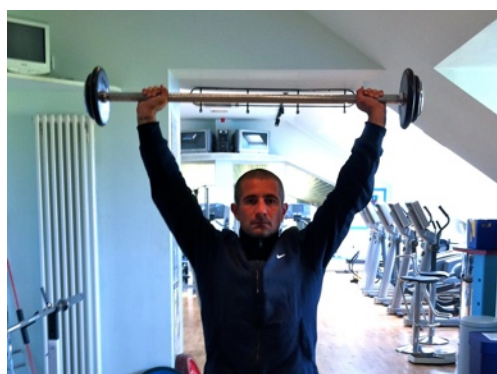
Starting Position



Stand with your back straight, your feet shoulder width apart and your knees slightly bent. Hold a barbell with an overhand grip, your hands shoulder width or slightly further apart. Bend your elbows and raise the bar to shoulder level. Keep your elbows pointing down and your chest high.

Upward Movement

Press the weight up overhead. Drop your chin slightly as the bar passes your head so that it finishes above and over the head and slightly behind your ears at the top position. This is the natural movement path of your shoulders. When pressing the bar up the elbows are fully extended (but not forcefully locked) the wrist are stiff and the forearms perpendicular to the floor and parallel to each other. Avoid arching backward and looking up at the weight, as this has a tendency to strain the back. Set your core at the beginning of the movement and exhale as you press the weight upwards.



Downward Movement

Lower the bar slowly and under control inhaling as you do so. Keep the wrists stiff and the forearms perpendicular to the floor and parallel to each other. The width of the grip will determine how parallel the forearms are to each other. Lower the bar directly in front of the face, make sure you do not let the bar hit the forehead or nose as it is lowered.



For a demonstration and instruction on the shoulder press please do not hesitate to see Colin or Vharri

Bodystat Testing

Watching Your Weight Is No Longer Enough!

What is wrong with weight watching? Nothing, it is an excellent starting point but that is all it is, a starting point. Body composition is a much more meaningful indicator of health status than mere body weight.

What is body composition? As the word suggests, it is how your body weight is made up. How much is fat, how much is muscle, what are the relationships between the two.

Why is that important? If your basic objective is to be fit, not fat then it is important you lose unwanted fat, not valuable muscle. Tracking your body composition helps you keep the proportions of muscle and fat within recommended limits. These have been established over many years and staying within the recommended ratios can produce significant health benefits. For example it can reduce the risk of a premature heart attack. Fat weight - Not total weight determines health risk.

How can body composition be determined? Historically the health professional relied exclusively on the use of skin-fold calipers to provide a better measurement than weight scales. Now the most popular and consistently accurate method is called Bio impedance analysis or BIA for short. Fat and muscle are known to produce different levels of resistance to electricity so BIA involves passing a safe signal through your body and measuring the resistance levels. The actual electronic measurement takes only 3 seconds.

What does the bodystat tell me? The operator reads your test results off the screen of the BODYSTAT 1500 monitoring unit which describes your body composition and recommended ranges at that time. Your personal hydration levels and metabolism are also automatically determined. The data can be stored or recorded and over time you can see how changes in your diet, lifestyle and exercise regime are working through to improve or maintain your ideal body composition ratios.

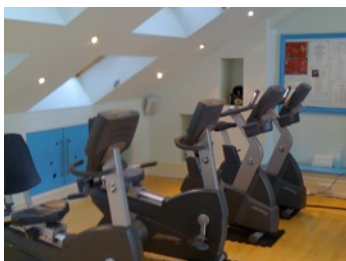
To find out more? Colin and Vharri have in depth knowledge of both the benefits of body composition analysis and bodystat itself. They can answer any questions, explain the pre-test conditions and arrange an appointment for a bodystat test.

Information for re-booking! We would recommend when arranging another test that you minimize the possible variables by booking a similar time of day with the same member of staff and please adhere to the pre-test conditions (drink plenty of water and do not exercise, eat, drink coffee or smoke prior to your appointment).

New Gym Challenge

Time to take on the new Whitekirk gym challenge!

It is simply 6 exercises done back to back against the clock and the fastest time wins. There are 4 categories (under 40 ladies / over 40 ladies / under 40 gents / over 40 gents) and there will be some fantastic prizes. To take the challenge please book in with Colin or Vharri or at the weekends with Cara. You can take the challenge as many times as you like!



The challenge - 2km Cycle / 20 back squats (men 20kg / women 10kg) / 20 bench press (men 20kg / women 10kg) / 10 lunges each leg (men 20kg / women 10kg) / 10 bent over rows (men 20kg / women 10kg) / 1km x-trainer

The challenge ends on October 15th!



Focus On Circuits

It can often be hard to motivate yourself to train hard in the gym!

Why not make a change to your

routine and add in a circuit class?

In circuits you will target both your cardiovascular system and muscle strength and endurance giving the whole body a thorough workout. The class is based round a number of stations each consisting of different exercises whether it be cardiovascular

(i.e. cycling) or strength and muscular endurance (i.e. shoulder press). Each exercise is performed constantly for a set time, moving on from station to station until all are complete.

There are many benefits of doing a circuit's class; you have the instructor there on hand to ensure you perform the exercises safely and effectively. They are also there to encourage you and keep you motivated for the full duration. You will get more out of your workout exercising muscle groups in different ways with the instructor bringing in new exercises regularly.

Also what better way to meet new people!



The Benefits Of Core Conditioning!

Core conditioning is suitable for just about everyone regardless of age or fitness level and is beneficial to general fitness, specific health conditions and most of all overall well being. It is something that should be included in everyone's exercise routine. Sessions are designed with the basis of strengthening and lengthening and restoring the bodies balance. Within this, exercises are used to integrate the whole body, re-educating and restoring it to its optimum muscular strength and skeletal function.

Core conditioning training helps to give the whole body more strength, if an exercise is performed with poor form this can lead to injury and time out of training, followed by rehabilitation which may include core conditioning training! To look at it in a different way, if a crane that was building a tower block showed weakness in the centre post you would not give it even heavier weight to lift until the problem was rectified!

The body works the same; if there are weak core muscles but resistance is constantly being increased the results can be dreadful. The whole body is linked so one slight weakness, i.e. lack of core strength/weak

back will inevitably disrupt the body's performance whether it is running, swimming, weight lifting or everyday activities such as gardening, working or hobbies.

Sessions will be individually developed to cater for the clients specific needs, whether it be improve flexibility & mobility of the spine, stabilise the shoulder or pelvis, improve training for a specific sport, becoming more mobile in the house or garden promotes a more supportive core or just to relieve tension and stress of the body. Why not make it part of your weekly exercise routine now?

For further information on core conditioning please see Vharri.

PERSONAL TRAINING WITH COLIN



Transform Yourself!

Revolutionize
your workouts
and achieve
your goals!

Through each session Colin will keep you motivated and focused. He will make sure all exercises prescribed are based around sound scientific principles and are performed safely and efficiently.

Improve fitness /
reduce body fat / tone
up / build muscle /
rehabilitation /
increase flexibility
plus much more!

Member Only Packages

12 Sessions for the
price of 10 - **£250**
15 Sessions for the
price of 12 - **£300**
25 Sessions for the
price of 20 - **£500**

For further information
please contact Colin on
01620 870300 or 07722
428086

Nutrition Consultation

Individual Nutrition &
Weight Management
Consultation

Fully Tailored Nutrition Plans

Reduce Body Fat / Maximize
Training Effectiveness

It is proven that combining
exercise with a healthy diet is the
best way to maintain your
desired weight. Are you training
hard but still finding it difficult to
lose weight? How healthy is
your diet?

1 Session (1 hour) - £20
8 Sessions - £120

For further information or
to book a session please
contact Colin, Vharri or
David

Congratulations To.....

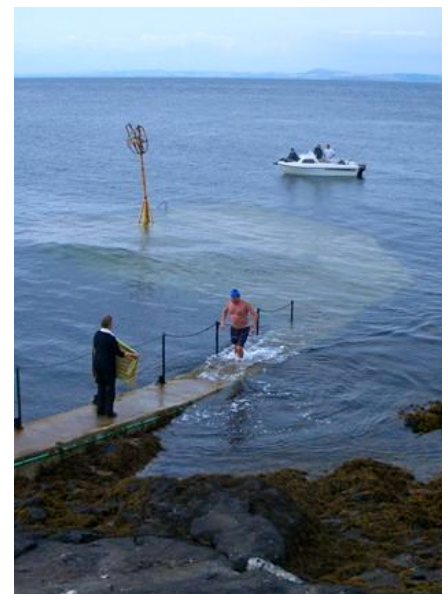
David Lancaster

for completing his
charity **2km** swim
around Craigleith

David commented "there
was a very strong current
behind the island which did
slow me down a lot but I am
delighted to have done it"

David would like to thank
everyone that sponsored
him and for the fantastic
turnout that spurred him on
for the final 100 metres.

David hopes to have raised
well over £1000 towards
Marie Curie.



Children's Swimming Lessons With Colin



Time to take the plunge!

£5 per lesson

The **Summer - Autumn** block will be starting on Friday 20th August and will run until Friday 8th October

The **Autumn - Winter** block will start on Friday 5th November and cumulate on the 17th December

If you would like your child to be included in either of the blocks please contact Colin on 01620 870300.

Student Membership - Updated Terms & Conditions

- 1) Proof of student status required
- 2) Student membership is only available when the parent / guardian is a member
- 3) Student membership can be paid Annually **£350** or by Direct Debit **£35** per month

The minimum term of student membership is 2 months

The £70 for 2 months student membership can be paid by credit / debit

Gym Bad Habits

A kind request

Over the past couple of months we have had numerous incidents where the free weight area has been left in disarray. The major inconvenience of this has been the heavy weight plates left on the olympic barbell which are difficult for our female staff to remove and tidy.

We would kindly request that all members dismantle and put away weight plates, dumb-bells etc after use and please use this area in a manner which allows others to utilize the space at the same time. We have had a few comments reference these issues so your co-operation is greatly appreciated.
