



Blackheath Group Exercise

Welcome to BGE News

Issue 14.5 – August 2015...the
summer update

The difference between
men and women



BGE/Adappt Party update

Teen Circuits – update and going
forwards

Summer Timetable 2015...August
timetable

Exercises for August

Check out our website for all the up
to date information on BGE

www.blackheathgroupexercise.com

or find us on Facebook.



Your feedback is always important
to us and we want you to tell us
what you think.

Welcome to the August update of BGE News...keep hold of this during August as it's got some amazing exercise that don't need a lot of equipment or space for you to do over the holidays!

BGE/Adappt Party update



The calm before the storm



The fun during the storm!

Thank you to everyone who came to the party at Adappt and made it such fun. A good night was had by all and the feedback has been great – so thank you for making it a fun evening to be at!

Summer Timetable 2015...August Classes

During August, Paul will be away. We have been unable to get cover for his classes and, as many of you will be away too, we have cancelled his classes.

As a result, his last class will be:

- Thursday 6/8/15 Tone Up and Shape Up at OneSpace

His first class back will be:

- Thursday 3/9/15 Tone Up and Shape Up at OneSpace

If you are a 1 Class Discount member who attends Paul's classes or an All Access member that only does Paul's classes, please give him a shout to discuss.

ALL OTHER CLASSES DURING AUGUST REMAIN THE SAME; THERE ARE NO OTHER CHANGES TO THE TIMETABLE.

Please refer to the website for more information www.blackheathgroupexercise.com



Teen Circuits going forward

In the last newsletter we mentioned that Teen Circuits would be taking a summer break and then returning in September (once everyone was back to school/work).

Unfortunately, we have had to take the Teen Circuit off the timetable from September to December 2015. Rebecca has other commitments in the short term and numbers have been very erratic over the last 12 weeks.

We would really like to bring it back in January 2016 as we've had amazing feedback from everyone who has come – and from the parents of the teens that have attended...we just need more teens to make it viable.

So, over to you...what can we do to make it easier for you to get your 14 to 16 year olds to come? What do we need to do for you so that your teens will come along regularly? Is it ...location/time/format/title/anything we've not thought about?

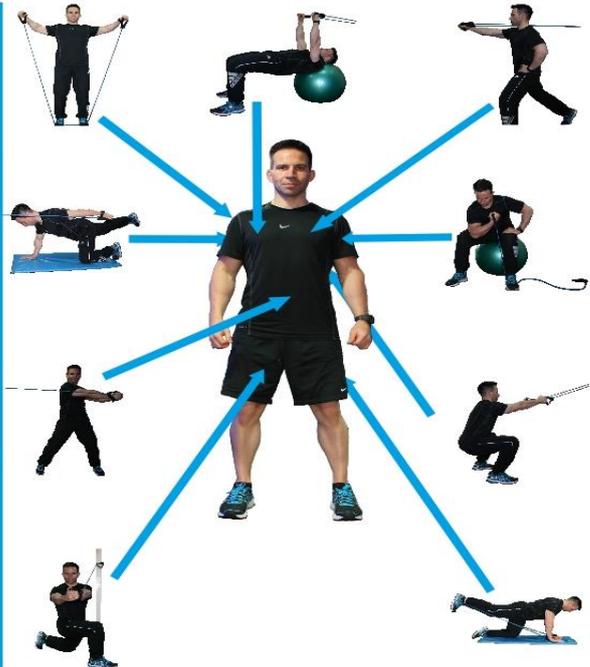
Please help us to help you and bring Teen Circuit back in January. You can call Paul or Danny, talk to your instructor or email us via the website www.blackheathgroupexercise.com



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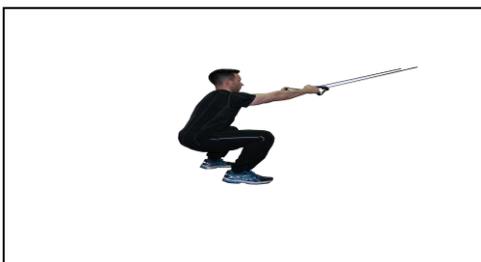
Exercises for August 2015

9 MOVE RESISTANCE BAND TRAINING TOTAL BODY WORKOUT



Single Arm Chest Press (For Chest, Shoulders, Arms & Core)

Anchor the band to something sturdy like banisters or the handle of a locked door. Stand with your back to the bands holding the handles in each hand. Put one foot forward and stand in a strong stance. Push inward and forward as if you are stretching the arms in front of the chest, ensuring your thumbs touch at the end of the movement. Maintain a strong core.



Squat to Row (For Legs, Back & Arms)

Stand with the band attached about chest height in front of you. Hold both handles with the arms outstretched. Maintaining a straight back; Squat down so your thighs are parallel to the floor. As you stand up, engage your core and squeeze your buttocks (Glutes), pull the band towards you by pulling your elbows back behind you, squeezing your shoulder blades together.



Split Squat & Twist (For Core & Legs)

Stand tall with the core engaged holding the band in both hands. Lower the back knee toward the floor. This will work your front leg and stretch your back leg in the upper thigh area.



Pullovers (For Chest & Back)

Lay flat on a Swiss-Ball or the floor with your legs bent and feet flat. Start with the bands in front of your chest with your arms straight, then stretch away from the body letting the arms lengthen before pulling the bands back to the start position



Prone Kick-Out (For Legs & Glutes / Buttocks)

Go into a hands and knees position securing the band handles underneath your hands and the band underneath one foot with the knee bent. Slowly and carefully, kick backward and upward fully extending the knee and squeeze on your buttock / glute muscle. Maintain a flat lower back. Hold that position for a second or two then slowly return to your start position.



Lateral Raises (For Deltoids / Shoulders)

Stand on the band with a wide stance to increase intensity or a narrow stance to decrease the intensity. Stand tall and engage the core to support your back. With the palms of your hand facing downward, slowly lift the hands out to the side with the arms 'soft' (slightly bent).



Superman Kickbacks (For Triceps / Back of the Arms, Core & Legs)

Go into a hands and knees position holding the handle of the band in one hand. Engage your core, extend one leg backward and upward and then hold the leg in the air, stationary. Lift the opposite side elbow toward the ceiling. To work the muscle; Extend the elbow backward to work the back of the arm ensuring the elbow stays still and stable throughout the exercise.



Concentration Curls (For Biceps / Front of the Arms)

Sit on a Swiss-Ball or chair and hold one end of the band in place with your foot. Take the handle and place your elbow resting on the inside of your knee with the arm fully extended. Curl the arm upward without moving the knee or changing the position of the elbow.



Wood Chops (For Core / Abs)

Stand tall and engage your core with the band resistance coming directly from your left (or right) side. Hold the handle with both hands, keeping the elbows straight and work hard to keep your pelvis still/ facing forward. Using the waist; Twist a full 180 degrees (or as much as you can) turning the chest to face the opposite direction from the way the band is pulling. Control your movement on the way back and keep the core engaged.

A full, detailed description of each exercise can be found on Danny's website and blog

www.dannywallispt.com

Thank you to Danny for letting us use one of his workouts for the summer exercise routine.