

body pump



body pump

A complete workout!

Body Pump is a non-impact class designed to give your body a complete workout using barbells and weights to music. Starting with an all body warm-up, the class leads in to working out all major muscle groups. The focus is on correct lifting techniques, the use of light weights and high repetitions which will give a well toned and lean body within weeks.

BENEFITS

The major attraction to Body Pump is that the results are almost immediate. It is also a class that can be used in association with many other quick reaction and endurance sports.

The class starts with a warm up of all muscle groups. It then progresses to target all major muscle groups including legs, chest, back, biceps, triceps, shoulders and abdominals. It concludes with a strength and cool down - a complete workout.

Other benefits include.

- Muscle toning and conditioning
- Increased metabolism
- Increased fat burning ability
- Members of all ages and fitness levels can participate in the same class.

Pregnancy and pump

As with all exercise during pregnancy, caution should be taken because of the potential effects of exercise on the growing baby and on the mother. Due to the repetitive lifting techniques used in Pump special consideration should be given to the potential for joint pain to occur (specifically in the back and knees). This is due to the release of the hormone relaxin during pregnancy which increases the joint laxity in the mother. There is also concern for the possibility of breast tenderness due to repetitive chest movements and the potential for problems with balance when lifting weights above the head etc due to changes in the mother's centre of gravity. There could also be a risk of trauma to the baby should a bar accidentally fall on or hit the mother in the abdominal area.

For this reason Pump is not the most appropriate workout for the pregnant exerciser and it is not recommended that a woman who has not previously participated in Pump commence a Pump class during her pregnancy. However healthy pregnant exercisers who have previously been exercising in Pump may continue to do so as long as they follow these important guidelines.

- Keep heart rate below 150bpm
- Do not spend more than 2-3 minutes lying on your back
- Avoid holding your breath with exertion
- Be extremely cautious in the later stage of pregnancy as the level of injury or discomfort may increase.
- Know and understand the warning signs of when to stop exercising.

What to bring

Wear comfortable, loose clothing or fitness wear. Footwear is required. A towel is required.

Who can participate

The 1.5kg bars are suitable for the absolute beginner with variations of 1kg, 2.5kg and 5kg plates available to suit different strength and fitness levels.



NOTE complying with the FitnessNSW Code of Practice all participants will be required to complete a pre-exercise questionnaire. Entry into Body Pump sessions is dependent upon satisfying all criteria.

Class Times

Please see the group fitness timetable for current times

Centre hours

MONDAY TO FRIDAY
5.30am - 9.00pm

SATURDAY
6.00am - 7.00pm

SUNDAY & PUBLIC
HOLIDAYS
7.00am - 7.00pm

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