

HERALD SUN health & fitness

■ DIET ■ WORKOUTS ■ ADVICE

HOME SWEET HOME

How do you get fit at home without bulky equipment taking over the house? **Daniel Hoy** offers some solutions



GYMSTICK, \$129.95

SPACE, or more accurately a severe lack of it, led Tennis Australia Melbourne strength and conditioning co-ordinator Simon Kearney to develop the Gymstick.

It has several uses, the most obvious being that it allows you to replicate any free weights, cable and multi-station exercise.

It can be used for professional sports-performance training, general fitness, Pilates, exercise for seniors, exercise in schools, group fitness classes and rehabilitation.

Kearney says: "Each scholarship holder at the national academy in Melbourne receives their individual training program specific to their requirements.

"Programs are divided into preventive rehabilitation/development exercises, core/lower/upper/power strength exercises and aerobic/repeat speed/court conditioning drills specific to each player's game."

Kearney says maintaining strength gains on the road is a challenge for all.

"Because a large percentage of tournaments are away from Melbourne and the players are at a critical development stage of their careers, each athlete needs to complete strength sessions while on the road competing," Kearney says.

"Many tournaments around the world do not have gym facilities, so players need to have access to reliable and portable strength equipment."

www.gymstick.com.au
Gymsticks are available at Rebel Sport.

FITDECK, \$19.95

THE FitDeck is a deck of playing cards containing illustrations and instructions that describe 50 upper, middle, lower and full-body exercises.

Each card has a beginner, intermediate and advanced level.

To use the deck, shuffle the cards, draw one and flip it over, perform the exercise, return the card to the deck, draw the next card and repeat the process. You can do as many exercises as you want.

Essendon footballer Adam Ramanauskas is involved with the FitDeck.

"I do a lot of my training at home by myself. These cards are easy to use and the exercises are great," he says.

"You can just take the cards and you're away. And you can do it with your family. There are no excuses. All you need is some room in the house or in the back yard and you're set."

www.fitdeck.com.au
Decks are available at newsagents and bookstores.

+ House call INFLUENZA

The flu season is well and truly upon us, and if you didn't get your flu shot there are several early-warning signs to look for.

Symptoms include weakness, chills, sweating, fever, sore throat, headache and muscle and joint pains (legs and back).

There is a big difference between the flu and the common cold. A cold can last a few days; the flu may last a week or more. The flu, unlike a cold, causes a high fever, shivering and muscular pains. And the flu usually starts with a sore throat; a cold starts with a runny nose.

It is important to know the difference because the flu can become more serious than a cold.

If you suspect you have the flu, it is important to see a doctor as soon as possible.

🏆 The BIG EVENT

Part of Athletics Victoria's cross-country series, the **XCR08 Road Race** on June 1, is a 15km race along the undulating roads at La Trobe University.

It is open to everyone, and if you are up for a challenging run, this certainly fits the bill.

There's also a shorter 5km option for juniors.

For more information visit www.athsvic.org.au

\$ RRP \$260



Launched in time for soccer's 2008 European Championships, the new **Puma v1.08 X-ray boot** is available only from Rebel Sport and comes with a bonus Puma v1.08 Tricks training T-shirt valued at \$30, as worn by Australian sports stars Mark Viduka, Chris Judd, Anthony Minichiello.

For more information ph: 1800 811 511 or visit www.pumafootball.com

Number cruncher 10

This is the most common number of repetitions you are required to do of each exercise when given a gym program.

To shake things up, try doing a few super-sets. A super-set requires you to do as many reps as possible of an exercise, then make the weight lighter and repeat.

HEALTH&FITNESS

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TRX SUSPENSION, \$239

AFL teams Carlton and North Melbourne are devotees of the TRX suspension training system.

It was invented by Navy Seal commander Randy Hetrick after realising his Seal teams needed a tool to maintain combat fitness while deployed on missions in cramped operating bases such as safe houses, ships and submarines.

His first version used parachute material and he sold hundreds to troops serving in Afghanistan and Iraq. He upgraded the first version and it is now used by professional athletes, and NBA and NFL teams in the US.

The TRX is anchored to a point above you, you can then use your body weight and gravity to perform more than 250 exercises.

Every exercise engages your entire muscular system as opposed to the isolated muscles you work on when using standard gym weights.

The most impressive thing about the TRX is its ability to isolate the exact muscle the exercise is designed for.



For example, when you do bicep curls you often don't start to feel the muscle working until the last few reps. With the TRX you feel it from the start.

You are also working your core the whole time, so that six pack will come sooner than you think.

www.suspensiontrainingaustralia.com.au