

Summer Pipes

A GREAT PAIR OF ARMS WON'T HAPPEN WITHOUT EFFORT, BUT LET'S HAVE SOME FUN, PEOPLE.

BY PETER ESTABROOKS
PHOTOGRAPHY BY GEOFF WILKINGS

IT IS FUNNY how something as unassuming as movement segues into the minutia of human physiology. At times we feel a shift away from doing workouts just because they feel good, and make us nicer to look at. A simple push-up or sit-up is no longer simple; it evolves into a series of deep movements with interdependence on core musculature and skeletal rigidity relative to dynamic or static situations. The fun part kind of evaporates when exercisers are constantly warned to proceed with care. The body must absorb the resistance in a fluid manner to ensure tendons, ligaments, muscles, and neural innervations assume appropriate responsibilities. After years of being beat over the head by well-intentioned research, most people realize "core stability" is the right thing to do, but they approach it with the same zeal they would dry toast and oatmeal on a Sunday morning.

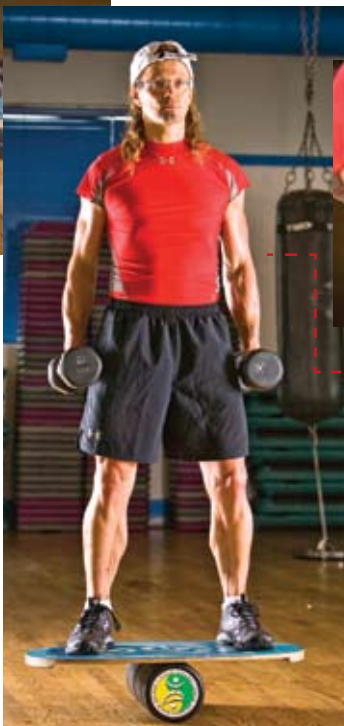
Scrap the toast and oatmeal; here is a workout that connects the all-important "core" to what really counts: your golf swing, your swimming stroke, your weight training and volleyball spikes, those things that become the stories of summer, your own personal legend. Of course there may be a little risk involved, so approach the exercises with care; get spotting help when and where necessary. Then it's step right up, hone your balance, and get your "tickets to the gun show."





INDO BOARD TRICEPS PUSH-UP

Instead of assuming the usual push-up position, do this: Make a diamond shape with your index fingers and thumbs. Place the middle of your “diamond” on an INDO board, level to the bottom of your sternum. Spread your legs wide enough apart to give you a stable base of support and do a push-up. Keep your hands close enough to your body that your arms brush by your chest on the way down and on the way back up again. Repeat.



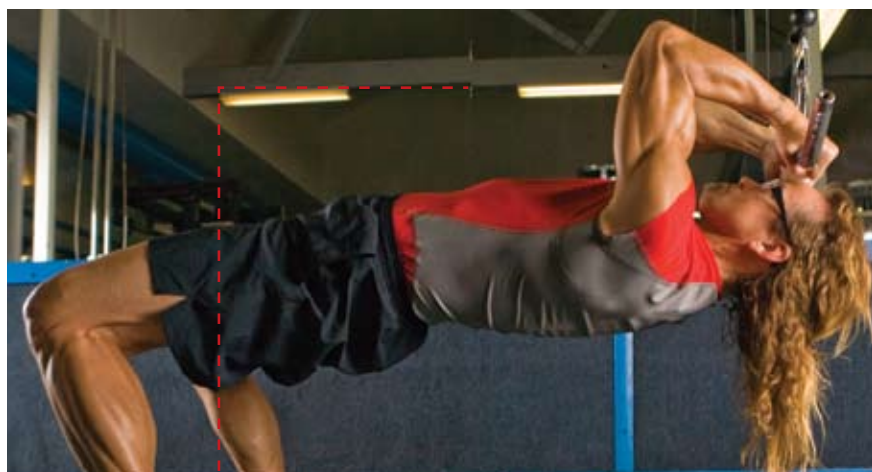
INDO HAMMER CURL

Grab your dumbbells of choice and approach your INDO board. Step on the low side of the board with one foot, and place your other foot on the elevated side. Carefully distribute your weight to level the INDO board. Begin with your feet shoulder width apart with arms hanging to the side of your body and your palms facing in. Bend at the elbow without turning your wrists, and curl the dumbbell up to the front of your shoulder. Slowly and with control lower the weights to the start position and repeat.



FIT-BALL OVERHEAD EXTENSIONS

Attach a rope to the high connection of a cable machine. Grab the rope for balance and jump (yes, jump) up onto a burst-proof fit-ball. Bounce on your ball a couple of times to get a 180-degree turn, so your body is away from the rope with your back facing the cable. Hold the rope with your palms facing together and position the rope directly behind your head with your elbows in tight, your upper arm parallel to the floor, and your forearms perpendicular. Keep your spine correctly aligned by assuming a slight pelvic tuck. Extend the rope outwards until your entire arm is parallel to the floor. Return your arms to the start position while keeping your elbow in close to your head and triceps contracted throughout the entire range of motion and repeat.



THE MATRIX CURL

Place a straight or curl bar on the top attachment of a cable machine. Put your bodyweight plus ten or twenty pounds on the weight stack. Grab the bar and pull it down to the floor so you are lying on your back face up to the ceiling with your arms straight. Pop your hips up and let the weight lift you up until your torso is parallel to the floor. Flex your biceps and bend your arms until the bar is in contact with the crown of your head. Slowly release your arms to the start position and repeat. ■

Peter Estabrooks is a Calgary-based personal trainer, marathoner, and ultra runner, who is always willing to entertain your questions, share in your adventures, and increase your core stability at www.petesclass.com.



An “Essential” way to more out of life.

If you want to look better and feel better, it's time to give yourself a boost with Omega Essentials 3•6•9 from GNC.

Essential fatty acids or EFA's, play a key role in your body's metabolic processes. The most common fatty acids are linolenic, EPA, DHA for Omega-3 and linoleic and arachidonic for Omega-6. GNC's exclusive Scientific Nutrients™ Omega Essentials 3•6•9 features an optimum blend of Omega 3, 6, 9 fatty acids made from fish body oils, flax seed oil and borage oil. Each easy to swallow softgel capsule contains 212 mg of ALA, 72 mg of EPA, 48 mg of LA, 76 mg of GLA and 173 mg of OA.

The many ways Omega Essentials 3•6•9 can make a difference.

Research indicates that DHA and EPA help maintain and support heart health, and perform a number of important functions within the nervous and cardiovascular systems. Research has also demonstrated that GLA supplementation reduces inflammation and pain in arthritis sufferers, fights skin disorders such as eczema and psoriasis, combats the symptoms of PMS and menopause, and aids in the treatment of diabetic neuropathy.

A paediatric study has indicated that fish oil and evening

primrose oils can improve learning capacity and behaviour in children. This is the first treatment shown to be safe and effective for this common disorder.

GNC's Omega Essentials 3•6•9 gives you the essential fatty acid balance you need.

Today's processed foods don't always supply the Omega 3, 6, 9 balance our bodies need; for example they typically supply an excess of Omega-6 Linolenic Acid but not enough of Gamma Linolenic Acid. This could be because many modern foods are high in sugar, saturated fats and trans-fatty acids. Other factors may also impact the balance; too much alcohol and life-conditions such as diabetes, aging, stress, prescription medications, viral infections and/or insufficient zinc, magnesium, vitamins B6, C and niacin all impact the Omega balance. That's why it's important to take a readily absorbed supplement like Omega Essentials 3•6•9.

Trust Omega 3•6•9 from GNC.

GNC's Scientific Nutrients Omega 3•6•9 is formulated to give you the right combination of essential fatty acids you need for good health. Try it for yourself, and live well!



GNC Live Well.

Visit gnc.ca for the GNC location nearest you

© General Nutrition Centres