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Weekend detours

Add variety to your workout routine

MANY new exercise aids and gadgets routinely come and go from the fitness industry.

Most of them are useful training tools.

When you think that you can create a pretty decent workout using not much at all, any piece of equipment can usually enhance a training session or, at the very least, add some variety or a new dimension to it.

Possessing every single gadget on the market is just not always necessary.

If you want to add a few pieces of equipment to your home set-up then go for it.

If you're not sure exactly what to get, keep them to a minimum and make sure they are versatile.

One piece of equipment I am a fond of at present is the TRX suspension training system, and not just because it's lightweight and portable.

This simple set of adjustable straps and handles allows you to



perform a long list of quality exercises using many different muscles simultaneously.

It also gives your core muscles an extraordinary workout while strengthening smaller stabilising muscles.

The TRX suspension training system was created by former Navy Seal Randy Hetrick as a way of working out with limited time in limited spaces.

No wonder some of these exercises are tough.

Even staples such as push-ups or squats take on a new dimension due to increased range of movement and the degree of stabilisation and core activation required.

As your body weight is supplying the resistance, you can make exercises more challenging or achievable by simply changing the angle you use.

The TRX doesn't seem to be as effective at isolating muscles as free weights may be and you can't muster quite the same feeling of resistance but it is certainly challenging in its own way.

It provides good variety and a great mix of functional, whole-body movements that will take a little of the monotony out of repetitive strength training.

You can also pick up the speed of your strength exercises and add some power-based movements to achieve a real energy burn.

Bec Josey is a journalist and qualified personal trainer. Bec now supports others to get in shape for life as well as events. For more information, phone 0424 080 32, email perfect.fit@bigpond.com or visit www.perfectfittraining.com.au.

BUSY BODIES: Megan Schliebs, Bec Josey and Sacha Jones perform a sprinter start using the TRX.

Photo: Kerry Thomas GLA220711BUSY2



IN TRAINING: Megan Schliebs, Bec Josey and Sacha Jones perform the different levels of core exercises using the TRX.

Photo: Kerry Thomas GLA220711BUSY1



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