



Body Pump Schedule

(Located inside Wilber Physical Therapy)

Monday:	5:30- 6:30 p.m.
Tuesday:	5:45-6:30 a.m.
Wednesday:	5:30-6:30 p.m.
Thursday:	5:45-6:30 a.m.
Friday:	6:15-7:15 a.m.

Come try first session for free!

Stacey will no longer be instructing effective July 9th, however classes will resume normal scheduled times unless posted otherwise! Please call 821-3320 with any questions.

Pricing -

Daily \$10⁰⁰

6 Punch Card \$50⁰⁰

12 Punch Card \$80⁰⁰

Your cards do NOT expire! You only pay for what you use.

BODYPUMP™

THE REP EFFECT™

THE REP EFFECT™ allows us to get all the benefits of resistance training without lifting heavy weights. It's the key to developing long lean muscles, and it's also getting rid of some of those weight-training myths. Unbelievably, findings from the Center of Disease Control and Prevention in the United States report that *less than 20% of adults* regularly do the recommended two resistance training sessions per week.

The truth is you can develop toned, lean muscle without lifting heavy weights and getting bulky... that's the Les Mills secret formula behind THE REP EFFECT™.

THE REP EFFECT™ is the reason Les Mills' BODYPUMP™ is still the fastest way in the universe to get – and stay – in shape. It uses the effect of high repetitions with much less weight to fatigue the muscles – and it's muscle fatigue, *not muscle load*, that tones and strengthens.

TRADITIONALLY, WE'VE ALWAYS KNOWN THAT HIGH-REP TRAINING IMPROVES STRENGTH ENDURANCE, CREATING TONED MUSCLE WITHOUT BULK.

High-rep training produces more protein synthesis in muscle (that's how you create muscle tone) than traditional heavy weight training.¹⁾

In your average BODYPUMP™ class, you perform around 800 repetitions in a single workout – *more than four times as many as you would in a regular gym workout!* And we separate the class into tracks, with every 70 to 100 reps per track focused on a different body part.

So this achieves two types of fatigue – isolated fatigue of each track's target muscle group and an accumulation of fatigue by the time you've finished the class. And if you want long lean muscles, fatigue is a good thing. The length of the class and the fact that your heart rate remains elevated, also means you get a cardiovascular workout so you're burning fat at the same time you're shaping and toning muscle – double the bang for your buck!

Les Mills carefully designs each BODYPUMP™ track using things like tempo changes to fatigue the different fibers in your muscles in different ways. This maximizes THE REP EFFECT™ and it's unique.

Some fibers work better with slow tempos and other fibers work better with faster tempos. By changing the pace up and down we're not just keeping the workout interesting, we're making sure we activate *all* the fiber types in your muscles.

Then we use different ranges of motion – take Bottom Halves, where you're sitting at the bottom of a Squat. They build pressure in the muscle by taking away the release you would normally get at the top of the movement.

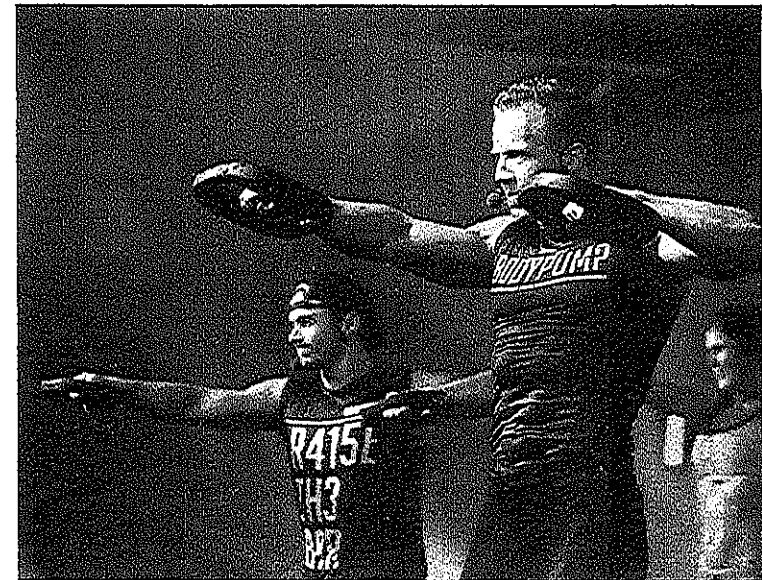
This is called occlusion training and it's a great way to generate more fatigue with less load.²⁾ And recently we've added some propulsions into the Lunges track.

Propulsions are an explosive movement using all your fast-twitch muscle fibers and they really push your heart rate up and burn fat.

SO BY THE END OF A BODYPUMP™ CLASS YOU'VE EXHAUSTED EVERY MUSCLE GROUP... AND ALL THE DIFFERENT FIBERS WITHIN EVERY MUSCLE GROUP..

You've pushed your heart rate into a cardiovascular training zone, you've toned and strengthened, you've burned fat, and hopefully you've had some fun along the way.

And that's THE REP EFFECT™. Tone not bulk. High reps not heavy weights. Encouraging not intimidating. Resistance training that anyone at any age and any level of fitness can do – enjoy – and see the effect.

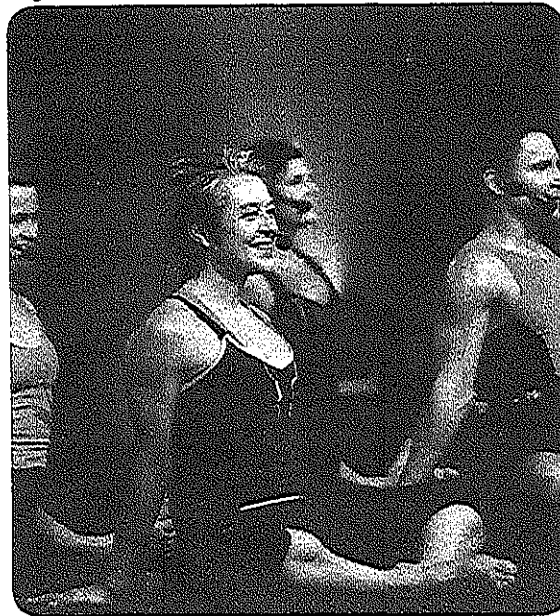


1. Burd N., Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More Than High-Load Low Volume Resistance Exercise in Young Men, PLoS One, August 2010, Volume 5, Issue 8, e12033
2. Warborn M., Ischemic strength training: a low-load alternative to heavy resistance exercise? Scand J Med Sci Sports 2008; 18: 401–416

EXERCISE VS

Which method, diet or exercise, will result in the biggest change on the scales?

The correct answer is diet. Typically, cutting calories through changes to our food intake promotes weight loss more effectively than exercise. It is a lot easier to eat 1000 calories than it is to burn 1000 calories. For instance, 1 piece of cake can be 1000 calories, which could be equal to the calories burned in 1 LES MILLS™ cardio class and 1 BODYPUMP™ class. However, this does not mean physical activity is not important for weight control – once you reach an ideal mass, exercise is critical for long-term maintenance.



Is diet or exercise the best way to get more energy during the day?

Exercise. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. When your heart and lungs work more efficiently, you have more sustained energy throughout the day. Exercise is also the answer for short bursts of energy. It causes the brain to release invigorating neurotransmitters like dopamine and norepinephrine. Over 70 scientific studies have demonstrated that people who exercise are more productive due to enhanced energy levels.



Is diet or exercise more important in preventing heart disease?

The answer is BOTH. They each play a large role in preventing heart disease. Exercise is critical to keep blood-sugar levels stable as our muscles use glucose. Exercise can also help lower cholesterol and blood pressure. Diet can affect these variables too. A diet low in saturated fat and high in fiber can help prevent high cholesterol, while limiting salt or sodium, can lower blood pressure. Therefore, achieving optimal health through exercise and diet is the strongest defense against heart disease.

Which influences depression and anxiety the most – diet or exercise?

Definitely exercise. When we participate in physical activity, our bodies release endorphins, which trigger positive feelings shown to reduce depression. According to a study from the University of Vermont in the USA, a 20-minute sweat session can be enough to perk up your mood for up to 12 hours! It can also be as effective as medication for treating depression in some people. And exercise can lead to changes in the brain that strengthen your resolve against stress.