

## **BOOTCAMP RESUMES 26<sup>th</sup> MAY - 23<sup>rd</sup> JUNE**

Sessions are Mon and Wed 6.30PM

**COST \$110**

This block of Bootcamp will have 8 sessions instead of the usual 12 sessions to bring us to the end of Term 2. **The last session for current Bootcamp ends this Monday 24<sup>th</sup> May** and we are flowing straight into the next one beginning the Wednesday in the same week.

Please let us know if you are jumping on board the next round. All current UnlimitedNRG members are automatically enrolled.

We hope you are enjoying the sessions. We try to mix up the sessions each week to keep you training different styles. We always welcome any feedback you may have to help improve the sessions.

## **THINGS TO NOTE AND REMEMBER**

Please check in at each session using the QR code displayed.

Please refrain from coming to training if you have any cold and flu like symptoms.

Bring a mat and drink bottle to your sessions. We have a water dispenser in the outdoor area for your use.

Remember to wipe down equipment and "dry" (if left damp) using the sanitizer wipes after using any equipment. Particularly the sweaty bikes. Wipe steps only if sweaty.

Please refrain from parking in the car spots directly across the road. We have been informed by the shop owners that they prefer FitnessNRG members "not" to use them. There is parking on the streets out front, tennis courts a few meter's up and the child care centre after hours.

**You have the day/night off training Monday 14<sup>th</sup> June (Queens Birthday).**  
We will be closed that day.

**Term 2 training ends Friday 25<sup>th</sup> June. Term 3 training starts Monday 12<sup>th</sup> July**

# Why Does My Back Hurt When I Do Core Workouts?

Like your glutes, your abdominal muscles are small and difficult to target! It's very common for people to experience an ache in their back when they work their core. Let's unpack the reasons why this happens and how to avoid it.

## Tension Vs. Pain

Before we go any further, we need to discuss the difference between **tension** and **pain**.

If you feel a sharp, shooting pain up your spine/back when you do core work, please stop **immediately**. This is an indication that you might have an injury. Consult with your doctor about what the injury is and how to treat it.

If you feel a general ache in your muscles, this is **tension**. Tension is your body's way of telling you that these muscles are currently working very hard. Muscle tension is not a bad thing - when we tell you to feel the burn, this is what we mean! However, if the sensation is too much to tolerate, you may be taking on an exercise that is currently out of your ability level, or you are activating the wrong muscles.

## So why does my back hurt?

### 1. Your core muscles are currently too weak.

Most of us have a weak core from lifestyles that involve a lot of sitting down. When you work out muscles that aren't used to being exercised, it's common for the surrounding muscles to activate to help you complete the movement.



### 2. Your form is incorrect.

If you're not focusing, it's easy to slip into the wrong form for exercises like planks and sit-ups. Keeping your body in the correct position protects you from injury and keeps muscle tension in the correct areas.



### 3. You carry tension normally throughout the day.

If you carry a lot of tension in your body normally, when you start a workout you may find that your already activated muscles flare up quite quickly.





## What Can I Do?

### 1. Strengthen your core.

Remember, baby steps! If you have a weak core, don't spend ages on each workout - that will just make you lapse into using your back. Instead, take the "little and often" approach to exercising your abdominals and increase workout times as you get stronger.

### 2. Develop a mind-muscle connection to your abs

Mind-muscle connection is crucial! Mindfully tune in to the muscles that you're activating. You may find that you've been automatically using your back muscles to complete entire sets. When you are more aware of the muscles that you're using, it's easier to shift your focus to activating the correct muscles.

### 3. Stretch daily

At the end of each day, have a stretch! This will help you to release any tension that's built up throughout the day. The more you stretch and release that tension, the more you'll reduce that ache in your muscles.

## UNLIMITED NRG CLASSES

If you want more freedom and choice with your workouts each week you may be interested in joining our UnlimitedNRG membership.

Contact Cheryle for more information. 0419 535 720

MON	TUES	WED	THURS	FRI	SAT
5.30PM NRG GOES 45 MIN	5.30PM POWERBAR	5.30PM YOGA 45 MIN			CHECK BOOTCAMP SCHEDULE FOR SESSIONS
6.30PM BOOTCAMP	6.30PM CORE AND YOGA	6.30PM BOOTCAMP			