

# myFitness NEWS

*For all myFitness Waterloo Member & Sun Life Employees*



## Weekly Recap

What an AMAZING start to the Race to July! We have several participants from across the country lighting it up and joining our classes and programs!

Highlights will be shown next week! Don't forget stretch breaks, lots of new people joining this program feeling their best.

## Weight Training Techniques for Results

When it comes to weight training, it is easy to get stuck in a rut and start to plateau. You cannot expect to be able to increase the weight you use every time you workout, but there are some great hacks that can help you push past plateaus. You can even use many of these techniques for bodyweight training too!

### Supersets

Supersets involve two exercises that are done back to back, with minimal rest. Continue alternating two moves for 2 or 3 rounds. You can use supersets in two main ways: matching muscle groups or antagonizing muscle groups. For example, you could pair a Push Up with a Bent over Row, the push up focuses on chest, and the row focuses on the back - these are antagonizing or opposite groups. You could also try tricep kickbacks paired with military or tricep push ups where both moves have a strong focus on the triceps.

### Train to Failure

Give yourself a burn out round to really fatigue your muscles. For your last round, or additional round, add in a train to failure - do as many possible reps as you can, and modify as you hit failures. For example, do push ups on your toes, drop to your knees when you've reached failure on your toes, and keep going until you couldn't possible do more!

### Tempo Training

To kick your workouts up a notch, especially when you have limited weights or options, try tempo training. Each exercise you do has 2 phases, the work phase and the release phase. Slowing down either phase by using tempo can really change the focus and difficulty. For example a squat. You could go slow on the way down and regular tempo up, or go regular tempo down, but half tempo back to standing.

#### IN THIS ISSUE

### WEEKLY RECAP

### GETTING RESULTS WITH WEIGHTS

### UPCOMING

### WEEKLY GROUP FITNESS SCHEDULE

### WEEKLY CHALLENGE

## Upcoming Challenges

July will launch two new programs - another 30 day bodyweight challenge to follow up the push up, plank and squat challenge AND a new dumbbell focused program with pictures! The dumbbell program will be for advanced participants who want to level up their training this summer! Finally, get ready to see the summer program schedule - we will be BACK TOGETHER outside at Sun Life! More info soon!

## Weekly Group Fitness Schedule

Check out all the links to the Zoom Rooms below for easier access!

<b>Monday</b>	- 11:30am	Stretch Break - Zoom ( <a href="#">ID: 443 973 3096</a> )
	- 12:15pm	HIIT - Facebook Live & Zoom ( <a href="#">ID: 443 973 3096</a> )
<b>Tuesday</b>	- 8:00am	TABATA - Instagram Live
	- 9:30am	Instagram Challenge
	- 11:30am	Stretch Break - Zoom ( <a href="#">ID: 443 973 3096</a> )
	- 12:15pm	Bootcamp- Facebook Live ONLY
	- 5:00pm	Abs Express - Facebook Live & Zoom ( <a href="#">ID: 443 973 3096</a> )
<b>Wednesday</b>	- 9:30am	Instagram Challenge
	- 11:30am	Stretch Break - Zoom ( <a href="#">ID: 443 973 3096</a> )
	- 12:15pm	Cardio Boxing workout - Facebook Live & Zoom (ID: 443 973 3096)
	- 4:30pm	Yoga - Zoom ( <a href="#">ID: 652 854 349 / Password: 999999</a> )
<b>Thursday</b>	- 8:00am	Rock Bottom - Instagram Live
	- 9:30am	Instagram Challenge
	- 11:30am	Stretch Break - Zoom ( <a href="#">ID: 443 973 3096</a> )
	- 12:15pm	HARD CORE workout - Facebook Live ONLY
	- 5:00pm	Zumba - Zoom ( <a href="#">ID: 158 546 089 / Password: 625245</a> )
<b>Friday</b>	- 8:00am	Abs Express - Facebook live & Zoom ( <a href="#">ID: 443 973 3096</a> )
	- 9:30am	Instagram Challenge
	- 11:30am	Stretch Break - Zoom ( <a href="#">ID: 443 973 3096</a> )
	- 12:15pm	Tabata - Facebook Live & Zoom ( <a href="#">ID: 443 973 3096</a> )



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## WEEKLY CHALLENGE

Join a myFitness Waterloo Stretch Break!