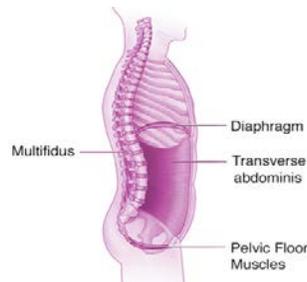




Breathe deeply. Does this feel easy or does it feel like you are congested? If you are not sick from a cold or flu this can be a sign that you have a weak diaphragm.

The diaphragm is a thin skeletal muscle that sits at the base of the chest. It contracts and flattens when you inhale. This creates a vacuum effect that pulls air into the lungs when you exhale, the diaphragm relaxes and the air is pushed out of the lungs.



Take a few minutes to observe your breath. You may notice that you breathe through your mouth, perhaps your breath feels shallow. Alternatively, try to breathe comfortably through your nose. Inhale deeply and then exhale the air from the bottom of your lungs.

Effective breathing has a positive impact on numerous areas of our wellness including athletic development & performance. It is integral to stabilizing your core, enhancing the ability for muscles to fully contract and then deeply relax. The efficiency of these two states supports the ability to move fluidly and improves the body's ability to manage intense exercise. Diaphragmatic breathing exercises can help strengthen your diaphragm and bring more awareness to your breath.

Incorporate Breathing Exercises Into Your Workout Plan

Three Reasons Diaphragmatic Breathing Exercises Can Improve Your Workout

Imagine the diaphragm as a giant umbrella over the core. If you visualize the core in 3 dimensions, the diaphragm and the pelvis make the top and the bottom. The diaphragm helps to keep your core strong. The body is an interconnected series of muscles. Fascia along with core muscles are immediately connected to the diaphragm. Strengthening the diaphragm helps to strengthen the core. A tennis player, as they are about to serve, will almost always let out an audible exhale as they are about to hit the ball. The exhale helps to engage their core. When we pick up something heavy, inhaling deeply helps to brace and stabilize the core. Breathing exercises increase oxygen uptake which in turn improves cardiovascular fitness.

Secondly, breathing exercises are a great window into your training readiness. If your breathing is labored, short or just does not feel right, this can be a sign that you are stressed. Have you gone out for a run after a stressful day? You may have found that it was hard to get your full breath and came away with the feeling that your run quality was poor. Breathing is an excellent indicator for monitoring stress within your body. Breathing can provide a quick snapshot of your readiness and help guide necessary adjustments to your workout plan.

Visit

Us at

www.pulsegenerator.ca

Incorporating Breathing Into The Different Phases of Your Workout

Pre-Workout

Breathing techniques help you focus on the task at hand.

Pre-workout breathing can relax the body and prepare you for the intensity of the workout when you will need to ramp it up in order to achieve specific training goals.

During the Workout

Breathing exercises between sets or lifts help to engage the core before you lift weight.

During interval training or in-between intense training demands; breathing exercises help to lower the heart rate so that your body can fully recover prior to beginning the next interval.

Learning to use your breath can help you focus in sport at times when you need to conserve energy or prepare to make the next big shot.

Post Workout

A post-workout breathing exercise can help to relax and encourage the transition from exercise into recovery.

Third, breathing exercises can help your body move to a state of relaxation. Following a workout your body repairs or replaces damaged muscle fibers through a cellular process. Rest and recovery periods help the body to rebuild. Incorporating breathing techniques at the end of your workout can signal the body to relax and start to work on repair/healing following intense training.

A great way to do this is to lay down on the ground inhale through your nose for 4 seconds and exhale as though you are blowing up a balloon for 8 seconds. Try to maintain a 1:2 inhale to exhale ratio. You may need to start with shorter intervals like 2:4 seconds and gradually work up to 4:8 seconds.

3 Breathing Exercises

Crocodile Breathing

Lay face down on a mat, fold your arms to rest and support your forehead. Relax, inhale deeply through the nose. As you exhale, feel your belly press into the ground and expand outward to your sides. The pressure against the floor provides feedback to help you understand how to fully exhale your breath. This is an excellent beginner exercise to learn how to belly breathe and strengthen your diaphragm.



The Superman/Wonder Woman Pose Breathing

This is a good pre-workout breathing technique to evaluate your exercise readiness.

In a standing position, place your hands on your sides halfway between your ribs and hips. Inhale deeply through the nose, then exhale expanding your middle out in all directions. Feel the pressure against your hands.

Pay attention to how you feel each time you complete a full breath cycle. Is it easier or harder to deeply inhale?

If the answer is that it feels harder to take a deep breath, this may be an indication of stress. You may need to take a step back in your workout and adapt the intensity levels to be a little easier for the day.



Regularly practicing this breathing technique can help create a baseline; observing days when your breath feels differently will help you understand you more fully.

90/90 Hip Lift

Place a mat next to a wall. Sit down on the mat facing the wall with your bottom approx. 12 – 15” away from wall. Lay down on your back and bend your knees. Lift your legs to place your feet on the wall at a 90 degree angle (chair position). Feet are hip width apart. Support your head with a foam roller and place a yoga block or small ball between your knees.

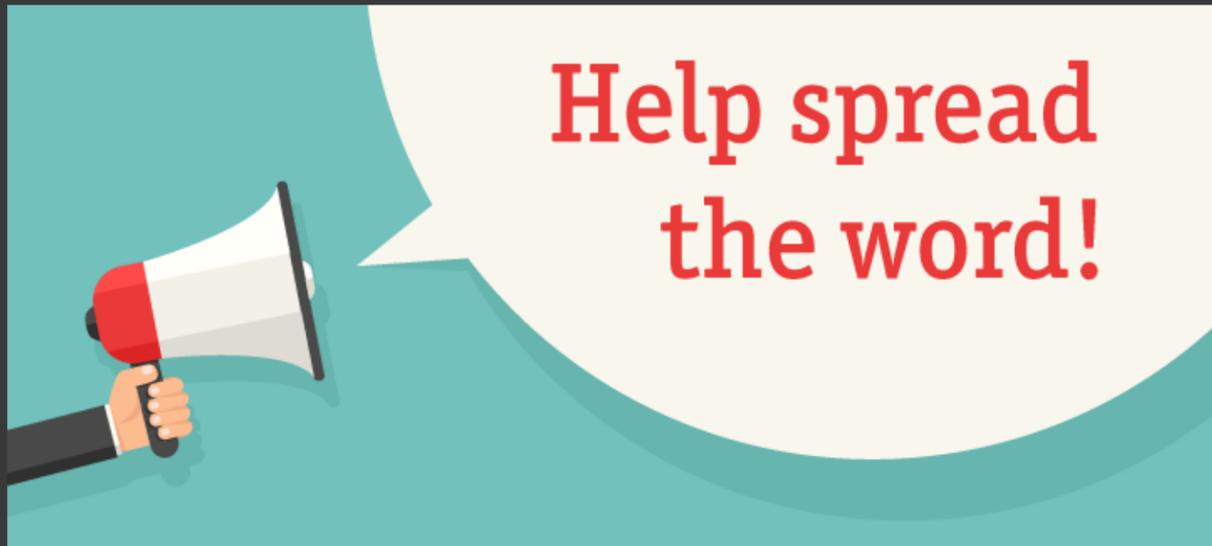


Gently squeeze the block/ball and pull your feet down on the wall being careful not to press into the wall, avoiding any engagement of your quadriceps.

Push your tongue against the roof of your mouth and inhale through your nose. Keep your ribcage flat, exhale your breath expanding the belly and move your breath outward to your sides.

Inhale for 4 seconds then exhale for 8 seconds a though you are blowing up a balloon. Continue to exhale until there is only about 10% air left in your lungs. Repeat for approx. 2 minutes. This is a great relaxation technique appropriate for a cool down period following a workout.

BE A BUDDY!



Don't keep us a secret
Ask for a Buddy Pass!

TELL YOUR COWORKERS HOW
AWESOME WE ARE AND THEN
LET THEM TRY US!

Conditions apply.
Ask us for more details!



GET YOUR BUDDY PASS TODAY!



12 DAYS OF

HOLIDAY
FITNESS

DEC
6-18th

EMS

Edmonton
NW

PUSH UP
CHALLENGE!

Calgary
Stonegate

Thank you everyone who took part in the EMS push up challenge. A grand total of **5396** push ups in 12 days!

FANTASTIC TEAM WORK!

FINAL TOTALS

EDMONTON

CALGARY

3280

2116

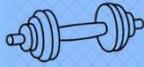
Congratulations Edmonton!!

**The next challenge is coming soon.
Continue to stay fit because we know
Calgary's training.**



Free weights can be used to strengthen my core?

EQUIPMENT IN THE GYM



.....

FREE WEIGHTS

Can be used to strengthen your **CORE**,



RENEGADE ROW

in other words, all the muscles that make up the trunk of your body and those that support your spine to keep your body upright. They allow you to twist to the side, and stabilize your body when you lift something heavy.

A strong core is not only incredibly helpful for developing your overall strength and fitness, it's essential for everyday life. It can help to prevent and reduce lower-back pain.

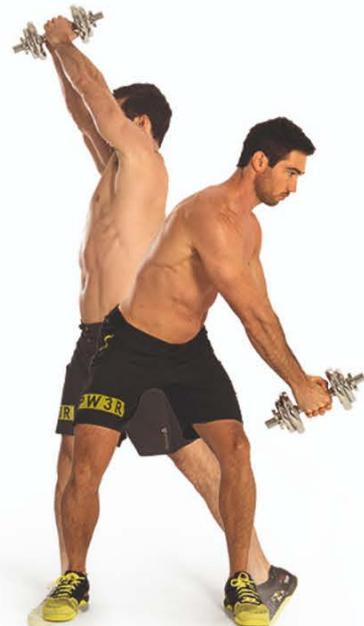


SINGLE-LEG ROMANIAN DEADLIFT



MODIFICATIONS

Planks are one of the best exercises to work your entire core, but they require a great deal of upper-body and core strength. If full planks aren't comfortable, try modified planks instead. These are equally difficult.



WOOD CHOP



January

Membership

Special

Purchase a 6, 8, 12 month or payroll deduction membership in the month of January and

GET 1 HOUR
OF PERSONAL
TRAINING FREE
of CHARGE!

(Subject To Availability)

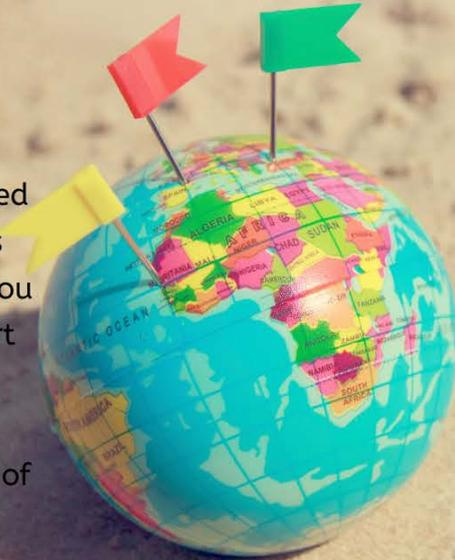


Register Online at:
www.pulsegenerator.ca

EMS (Edmonton & Calgary)

PULSE GENERATOR DESTINATION FITNESS

The Pulse Generator has been building great destination travel opportunities for 10 years. These programs are centered around unique destinations and fitness events, giving you the opportunity to take part in a completely different experience than what is traditionally offered inside of a fitness centre.



WWW.PULSEGENERATOR.CA

VIETNAM'S CYCLE BACK ROADS

NEW!

2021

JAN 24 - FEB 4

The programs prepare you for the event/activity and travel, and in the process you become a member of the PG destination community. As the group prepares for the adventure, we pride ourselves on challenging you with new life experiences and new fitness endeavors.

RIDE THE ROCKIES

MAY 29 - JUNE 1



Join us for our 5th Annual SPRING INTO THE MOUNTAINS

June 5 - 7th, 2020
Pomeroy Kananaskis Mountain Lodge

- Your weekend includes:
- Accommodations for 2 nights at the Pomeroy Mountain Lodge
 - A \$50 food and beverage credit
 - 3 Yoga Classes
 - Hiking
 - Friday social with a craft beer exchange
 - A wine tasting (additional cost)
 - A discount to the Pomeroy Mountain Lodge spa
 - A great time with great people!

SOLD OUT
JUNE 5 - 7

NEW YORK MARATHON

2020



NOVEMBER 1