



BENEFITS OF PERSONAL TRAINING



When you are just starting out with an exercise program or you aren't seeing results with your current routine, a personal trainer can give you the help you need. Knowing how you can benefit and whether it will be worth the expense can help you decide whether this is a good choice for you. There are a number of reasons people work with trainers. Some want an individualized program so they can lose weight or get in shape while others simply need to be held accountable for their workouts. Wherever you are on your exercise journey, a personal trainer may be just what you need to finally reach your fitness and weight loss goals. The Pulse Generator has certified and experienced personal trainers available at all of our sites across Alberta!

Here are some reasons why you may want to enlist the help of a personal trainer:

1 LEARN EFFECTIVE AND EFFICIENT TECHNIQUES

Spending too much time at the gym with not enough results? Personal trainers can save you plenty of time and energy wasted doing inefficient workouts. Personal trainers can show you how to maximize your efforts and your results.

2 REDUCE INJURY RISK

Ignorance and poor execution are common catalysts for injury. A knowledgeable personal trainer will improve your exercise execution and skill so that you reduce your risk for injury and get the most out of each activity.

3 ACCOUNTABILITY

Your personal fitness trainer is there, waiting for you to show up. You can't just find excuses not to go to the gym when someone is expecting you! Plus, your trainer reminds you of your reasons for wanting to exercise, and helps you understand why it's so important even when you feel as though you could talk yourself out of it!

4 VARIETY AND CREATIVITY

Trainers are professionals who are well versed in making exercise "fun" and more interesting by offering a wide variety of creative exercises. Too many of us get bored with our gym routines and start finding reasons not to go. Keep it interesting!

5 LONG-TERM GUIDANCE & MOTIVATION

Certified personal trainers can provide structure and do the thinking for you so you can focus on the "doing" rather than the planning. Initially, you may need to see your trainer more often to get on the right track; however, once you have learned what to do and how to do it, you can spread your sessions out to every 3-4 weeks. Consider these sessions your "review, revise and revitalize" check-ups.

If you are interested in personal training at your site, head to our website: www.pulsegenerator.ca

Research on this article is done with the help of Heath Thomas, a health technology expert teaching at University of Louisiana.

Benefits of Personal Training, Ankle Mobility Work & Non-Traditional Weight plate Use

Stretching Your Ankle

When it comes to stretching the ankles we tend to know the traditional foot against the wall and bring your leg forward.



However recently I was shown that instead you want to block the foot with something (I used a small dumbbell) to get more of a calf stretch and less of a bottom of the foot stretch. With many of you starting to head outside and run, good ankle mobility is important to keeping running and less chances of injuries. Try this change and you should feel the stretch deeper in the calf.



Try doing 1 set with the leg straight to get more gastrocnemius stretch and then bend the knee to get more Soleus Stretch.

Visit
us at

pulsegenerator.ca



**February
7th - 21st**

2020

**Edmonton
NW**

SQUAT

**Calgary
Stonegate**

CHALLENGE!

Calgary and Edmonton EMS Started their New Year with a squat challenge from February 7th -21st. Congratulations to team EDmonton on winning this one!

Calgary

Edmonton

3351

4214

**Great Job
Everyone!**



Pulse Generator

6 MONTHS FOR THE PRICE OF 5 = \$80

Buy a 6 month pass and only pay for 5!

- **THIS OFFER IS VALID UNTIL MARCH 31.**
- **PURCHASES MUST BE MADE ONLINE.**
- **MEMBERSHIP ACTIVATION MAY NOT BE DEFERRED.**

USE PROMO CODE

MARCH20



How to Use a Weight Plate

You have used weight plates many times before. However here are some non traditional ways to use them



While the main use of weight plates is for the barbell. It can be used for other forms of training. Let us look at some ways to use a weightplate

CORE

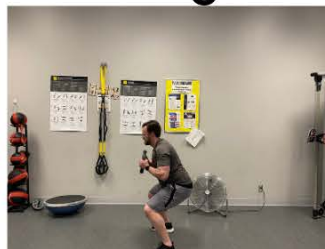


Activation



**Plate Press
with 2 weights**

Full Body Strength



Squat and Press

CONDITIONING



**In Place High
Knees**



**30
MIN**

Circuit style
Class

Body weight
movements
& strength
training
exercises.

Suitable for
all fitness
levels.

EDMONTON

EMS NW - FITNESS CLASSES

FIT EMS

MONDAYS

Feb 24th - Mar 16th

11:45AM-12:15PM

**Register for all classes:
WWW.PULSEGENERATOR.CA**

WHAT IF I'M
NOT A PULSE
MEMBER?

All EMS Staff can
register for
fitness classes.

EMS CALGARY

SPRING INTO FITNESS

SAVE THE DATE

Calgary Spring Classes 2020

April 6 - June 19

Early Bird Registration March 5-10, 2020

Save \$5 with promo code SPRINGCAL2020

WWW.PULSEGENERATOR.CA

SPRING FITNESS CLASSES



GIVE A BUDDY PASS

EMS EDMONTON SPRING FITNESS CLASSES

save the date



EARLY BIRD

Promo Code:
SPRINGEDM2020

 **SAVE \$5**

TWO DAYS ONLY, MEMBER REGISTRATION:
MARCH 5TH & 6TH

APRIL 6 - JUNE 19TH

WWW.PULSEGENERATOR.CA

NON-MEMBER REGISTRATION: MARCH 9TH



GIVE A BUDDY PASS

**PASS IT
ON!**

TO YOUR CO-WORKER

Ask us for a free pass today!

RULES & CONDITIONS APPLY

Ask us for more details!