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Setting Yourself Up for Success with Online Training

Online training has become more and more popular over the years and now during COVID it has taken off even more. It is an excellent way to train however there are some things you should consider to get the most out of online training. Because you are not going to a gym and instead often doing your training at home there are things you can do to set yourself up for success.

Set Your Goals.



Goal setting is important to any training. Having a clear set of goals with a timeline and a realistic outcome. As well taking the time to measure certain data points depending on your goals, can help you determine if you are staying on track, if you are looking at weight loss or gain then maybe weight and inches should be looked at. If it is a performance related goal then maybe look at things like run times or strength numbers. Any program that is measured will help you be successful. It is also important to remember that just writing out goals is not enough. You need to also put together a plan and support system to reach those goals.

How to Maximize the Results with in Home Training; Tips for Winter Cycling

Set a Workout Time



For most people online training also means training from home and this can make things tricky. This is because it can be easy to get doing other things instead of doing your workout. Cleaning the house, working in the yard all those distractions can make getting your workout in difficult. Plus if you get home from work and sit down in front of the TV it can be easy to skip a workout. Make sure you set a workout time that works within your schedule and make sure you stick to it. It can be easy to put off workouts if you are not scheduling your time.

Invest in Multi Use Equipment



When it comes to training at home it is hard to have a full gym like that you have

at your local fitness center. With that in mind invest in equipment that work in multiple ways. Adjustable dumbbells, tubing, fit balls, TRX and even kettlebell can give you a multiple ways to train. Giving you freedom to work on multiple goals and allowing you variety so that you are not doing the same workouts every day. What to choose will depend on your space, budget and what you are going to be training for. However in my experience the 5 things previously mentioned are a great start as well as relatively inexpensive. If you have a dedicated gym space and you're a runner a folding treadmill is great, if you are a weight lifter there are great folding squat racks or individual squat stands along with a bench and a straight bar. The important thing to remember is it needs to fit what you are looking to do and what you can fit.

Create a Group



Group exercise is one of the best ways to stay accountable. However with home training it can be difficult to workout with your friends or support group. However even though you may not be able to work out together you can still create a support group. Set up group check-ins to make sure you did your workout using things like a group chat, do group workout on zoom or facetime. Set up socially distanced walks or other outdoor activities. Keeping a strong support system can help you stay on track, help keep you feeling connected and social. In times like now having a strong support group can help you keep your mood up. As well the accountability will help you stay on track.

FOUNDATIONAL LIFTS THE DEADLIFT

WHAT TO FOCUS ON WHEN YOU DO A DEADLIFT

The Deadlift is a great foundational lift learn but technique is key to maximize its benefits. Here are some tips to get the best results



START BY BENDING THE BAR

CREATE TENSION TO KEEP YOUR BACK HEALTHY

Before you even lift the bar create tension with the bar through your body. Start by pressing feet into the ground and start the extending in the body. However pause for just a moment when you feel tension in the bar.



USE YOUR BREATHE

EXHALE FORCEFULLY

Use your breathing to brace your core and create force. Exhale forcefully as you lift the bar.



LOCK OUT

MAKE SURE YOU LOCK OUT YOU SHOULDER AND HIPS

At the top of the movement squeeze your shoulder blades and glutes driving your head towards the ceiling.

VISIT WWW.PULSEGENERATOR.COM FOR MORE TIPS

Nov 2020

Pulse Talk

Welcome to November!

As the world continues to change and adapt, so does the Pulse Generator. The PG team is working hard to continue to motivate and help you stay fit and healthy. As we move indoors and perhaps don't feel comfortable or may not even have the opportunity to go into a fitness centre, the PG is in transition with our Hybrid model of fitness delivery. Fitness Centres across North America are adopting a hybrid model of operation that includes online as well as "brick and mortar" offerings.

As we continue to live with the uncertainty of what we will be able to offer in the future, we are working hard to sustain our operation utilizing the talent and expertise of the PG Team. Please take look at **PG Fitness On the Go** this month. Your membership automatically enters you into **the DAILY 15 (our first 30 day challenge)**. November is a great time to begin to initiate some regular exercise options into your lifestyle.

November is also AGM month. Our Annual General Meeting is held every November and this year will be no exception, but it will look different. In consideration of provincial regulations regarding large group gatherings, the AGM will take place over Zoom this year. The date is

Wednesday, November 18, 2020 at 4:30pm.

As we do need a list of participants in attendance, we will be sending out a registration link with our weekly update on Friday, November 6, 2020. If you would like to attend the meeting, you will need to reply on the registration link. As we do need to have quorum at this meeting, we ask that each person wishing to attend please register individually. All who have registered for the meeting will receive the Zoom meeting link on Tuesday, November 17, 2020. Please note that you will need to download Zoom on your device (computer, phone, iPad) in order to attend the meeting. In accordance with our Bylaws and the regulations of the Corporate Registry of Alberta, the purpose of the AGM is to review the last year (2019-2020) of operation presented by the Pulse Generator Board of Directors and Management. This includes the presentation for approval by the membership, the Audit for the Fiscal year ending March 31, 2020. We hope that you can spare a few minutes to join us.

As always, we appreciate the support and kind words from so many of you as we continue to navigate very uncertain waters. Please stay safe and healthy.

Joan and the PG Team.



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Tips for Winter Cycling *by Kevin Vachon*

Some big changes have occurred in all of our lives in the past 6 months or longer. One of these changes may have been your choice to start biking more, even possibly commuting. If you have become a commuter, the next big question will be are you taking this to “another level” by continuing to commute over the winter months? Having done this for many years myself, it is not nearly as daunting as some make it out to be as long as you take into consideration a few keys tips. If this is a choice you are considering, keep reading...

Committing to Ride:

The first thing to consider is your mental choice to actually continue riding. Once you commit that this is something you want to try, really give it an honest effort, but realize there will be some challenges. You can always back away after a few attempts or change your approach and make up your own self imposed winter riding rules. The key here is to mentally accept that it is not the same as summer riding, but can still be a great way to get some exercise and possibly have some “You” time to or from work. A second consideration when committing to ride is scouting out a safe route. Are there bike paths or dedicated biking lanes near you or will you always be riding on the street? If you will be on the street, consider how you feel about riding alongside cars and how confident your riding skills are. Stay Safe.

Choosing / Building a Winter Bike:

A large consideration in winter riding is the bike you have available to you. Do you want to ride what you have or modify your current bike or consider a second bike that you either buy or build? Do you ride a mountain bike, a commuter style bike or a fat bike? In my experience, all work very well. Cold weather conditions tend to be hard on paint, your drivetrain, your bottom bracket and your pedals and many people do not want to sacrifice these bike parts on their “good” bike. Also, when commuting, do you have a place to safely lock up your bike or will it remain outside in a vulnerable spot? Can you afford to have your good bike stolen or is this even an consideration? Alternatively a second “winter” bike may be best if you have space for it at home. This bike can be a lot less fancy than your regular bike by choice with the realization that it will get worn out faster but it looks like an older bike that nobody will want to steal. If you are looking for a second bike, consider something simple and used from sites like Kijiji or Facebook Marketplace or somewhere such as [Bike Edmonton](#).

Environmental Considerations:

In Alberta, as the saying goes “wait 5 minutes and the weather will change”. The only guarantee with winter riding is that conditions are always changing. Things to consider in the colder months are wind chill, snow and ice. Wind chill is by far the most severe and should be taken very seriously as frost bite can set in quickly on exposed skin. As you are moving much faster on a bike, the air hitting any exposed areas creates its own wind chill factor which can be colder than the actual temperature. Using items such as a buff, or balaclava are great for covering exposed facial areas. Ice can also be a danger if there is some close thaw and freeze cycles or if machines do not groom trails correctly. A consideration with ice is that you will not always see it, so slow down. Over the course of the season, I expect to fall at least once. It may catch you off guard, but in the long run will help you become a better, more skilled rider. As for snow, if there is a lot of snow in one shot, it may be best to simply get off the bike for a few days until your routes have been cleaned up, making riding easier and safer.



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Tips for Winter Cycling continued...

Clothing:

As mentioned before, winter conditions can change quickly so choosing the correct attire can be tricky. Having a variety of clothing choices will keep you comfortable in all conditions. Body parts that tend to get cold the fastest are the extremities such as the toes and fingers so a selection of footwear and good gloves work for me. I often simply wear thick socks with my running shoes and add an inexpensive booty cover that is wind proof. If it is colder than this, I am likely not biking. In my experience, wind is my enemy so if I can block that out with a light wind proof jacket, it is enough to keep my quite warm while I am active on my bike. Consider long insulated cycling tights as well or some light wind proof pants. While you are riding you are generating a lot of heat, so a few simple layers under a solid jacket is good for most conditions. Experiment with a few options and you will determine what works best for you, but as my friend says "Be Bold, Start Cold" and most days you will be just right.

Accessories:

As in summer months of bike commuting you can always add on or remove parts from your bike. After trying many different types of tires, I do recommend studded tires. You can make these, but investing in a pre-made set will likely last you several seasons and save you a lot of time. Second most important are bike lights and reflective materials so you are seen on the road. A light on the front and the back are the bare essentials and will keep you safer during the darker days of winter. Other considerations are bike locks and panniers to carry your bags if you are not using a back pack. The panniers will allow the bike to carry the weight of you pack, but wearing the back pack close to your body will keep you warmer. As mentioned earlier some booties for your feet or some bar mitts for your hands are also nice additions. Consider also the style of helmet you currently use. Is it large enough to accommodate a thin toque or buff under it and could you put goggles around it if required? I tend to ride with my regular helmet until it is a lot colder, then I switch to my snowboard helmet. In saying this I typically use clear construction style glasses over my eyes to protect them from the cold wind, but some folks really like the goggles instead.



The Final Word:

Winter cycling can seem like a big step to try, especially if you are a fare weather rider, but it is not as difficult as one may think. Committing to the ride and planning ahead, by watching the weather forecasts and having the right gear will go a long way to making your winter riding season successful.



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Pulse Generator

Annual General Meeting

Let's stay safe and healthy!

Wednesday, November 18, 2020

4:30—5:30pm

on

ZOOM



Even though our doors are closed, we still need to have an AGM and would appreciate your attendance. You must reply to the Zoom invitation in order to reserve your space.

We do need to have your information as a meeting participant to meet quorum.

Complete a video everyday for 30 days and create a new movement habit.

Want to join in the fun? Join PG Fitness On The Go. Already a PG Fitness On The Go member? You are automatically part of the challenge. All you need to do is log in everyday.

DAILY
15

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NOVEMBER 16 - DECEMBER 15, 2020



SAVE THE DATE



The Pulse Generator has provided fitness opportunities on AHS sites for over 30 years. As you know, due to the pandemic situation, our doors are closed indefinitely. We do want to open our doors again, when the time is right. We have developed a membership to help sustain our operation while our facility operation is shut down. We hope that you will purchase our online version "PG Fitness On the Go". We have created a library of fitness offerings, mindful offerings and health and fitness information for you. As a PG Fitness On the Go member you will have exclusive access to all of these 24/7. This library will be updated weekly with brand new videos. We hope that you will support the Pulse Generator through this uncertain time and take your workouts with you wherever you go.

The cost of the membership is \$10.00/month.

Join us anytime, anywhere for a great workout to reduce your stress, interject some energy into your day and increase your fitness!

What is included:

- Exclusive access to Pulse Generator Online
- Access to Virtual Workout Library (updated weekly)
 - Access to member workshops and events
 - Discount Personal Training packages
- Ask a Trainer – quick training and exercise advice
- 3 month upgrade to Membership with Facility access (when available)

PG Fitness On The Go Membership



Sign up and become a member with
PG Fitness On The Go.

[Sign Up Here](#)

PG On The Go Virtual Library



As a PG Fitness On the Go member you will have exclusive access to this content 24/7. This library will be updated weekly with brand new videos.

[View Library Here](#)

NOVEMBER SCHEDULE



KELSEY	Week 1... Hatha Yoga 1	Week 2... Step & Pump 1	Week 3... Daily 15	Week 4... Daily 15
	Movement Fusion 1		Hatha Yoga 2	Movement Fusion 2
KEVIN	Week 1... Indoor Cycling	Week 2... 5 TRX Stretches	Week 3... Daily 15	Week 4... Daily 15
			5 Moves for Winter Sports	Chocolate Pudding
REGAN	Week 1... Dumbbell Complexes #1	Week 2... Barbell Complexes	Week 3... Daily 15 KB Complex	Week 4... Daily 15 Dumbbell Complexes #2
	Fascial Strength Training... Posterior Oblique Sling	Fascial Strength Training... Anterior Oblique Sling	Fascial Strength Training... Oblique Sling	
BREANNE	Week 1... Surprise	Week 2... Surprise	Week 3... Daily 15	Week 4... Daily 15



PG Virtual Personal Training



**ENROLL AS A PG FITNESS ON
THE GO MEMBER TO RECEIVE
A 10% DISCOUNT**

Are you needing some personalized guidance to stay on track these days? The Pulse Generator Team can help you with a Personalized Online Training Program and Coaching!



**LET US HELP YOU FROM
THE COMFORT OF YOUR
HOME.**



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