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Training with Tempo

Adding Variety to Your Training

Changing the pace of how you lift is a great way to change how the exercise affects your training. Slower paces can build muscle, faster can work more cardio or holds can increase strength (in those positions). Changing the pace of your exercises can unlock many ways to get results, maximize your home gym and change your routine. With that in mind, let's look at a few different concepts and what they can do for you. The first thing we need to look at are the 3 main types of muscle contractions you will use in your workout program. They are Isometric, Concentric and Eccentric. There are other contractions but for most exercisers these are the ones you will be focusing on. Isometric contractions are where you hold a specific position for a set period of time and the muscles neither lengthen nor shorten. Think of a squat hold as an example of isometric. Concentric contractions are when muscles shorten. Think of the biceps muscle as you do a biceps curl and the weight comes up against gravity. Finally, eccentric contractions are when muscles lengthen so when resistance comes down with gravity on a biceps curl. Each movement is important to training and changing one or all of these can add variety and results.

Isometric Holds –Building Strength and Leaning Joint Position

Holding a position either weighted or unweighted is isometric and can be an excellent way to get stronger in a certain position. Isometric holds also allow the person to feel certain joint positions. If you need to be strong in a particular position this kind of exercise can help you feel those positions and how to maintain posture.

Pulse Online is Now Live

How to Use Tempo in Training

Try adding a 5 second pause in between each rep of a squats at the bottom of the squat. The legs will burn and you can get a great workout as well as working on your core positioning.

Eccentric Exercises –Increasing Strength and Learning to Slow Down

Slow lowering to a movement really challenges the movement tempo, which helps build muscle and improve strength. It also helps you to learn to absorb forces which can be beneficial for sports. By working on controlling forces, muscles must learn to store that energy and redistribute it. The slow lowering also micro tears muscle forcing it to rebuild helping with strength. Try doing a slow row for scapular control. Pull the weight in explosively but lower for 5-10 seconds.

Quick Concentric and Eccentric –Working on Your Conditioning and Speed

Quick movements are good for speed as well as conditioning. Moving fast allows us to work on power and speed, but if you do something for longer duration or multiple timed rounds it can become cardio. Think HIIT training. This type of training can work on conditioning and possibly some speed and power. Try doing times of 20 seconds of work and 10 seconds of rest for 8 –10 minutes. If your focus is more on strength training, then try loading a weight at 50% of your 1 rep max or lower and try to get 8 reps in 9 seconds for more speed training.

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EMS Calgary and Edmonton Newsletter

Pulse Talk

The Pulse Generator is moving into fall with a renewed vision for providing our services while our doors remain closed. We decided that we needed to expand our offering in order to support you, our AHS family and membership and the operation of the Pulse Generator. Our online membership “**PG Fitness On the Go**” gives you exclusive access to a unique, PG created, fitness and health information library. I am so proud of the work that the PG Team has done and will continue to do, updating the library with new content weekly. There is nothing online that will compare to this, including the cost of \$10.00/month for unlimited access. The cost of this membership will support and help sustain our very small operation until we can open our doors. This of course can only happen if you purchase this membership. As you know we are in the process of cancelling all of the current PG memberships and refunding fees. You will have to go into your Mind Body account and purchase the new membership. When we open our doors again, all “**Fitness On the Go**” members with a gym on site, will be offered the opportunity to upgrade your membership to include facility access. We have appreciated your support and hope that we will be able to open our doors soon.

You will notice that there are more changes on our horizon. With the launch of our online fitness, we have phased out our Facebook page and blog as our new content will be delivered through our online membership platform. If you are in need of contacting the Pulse, you are able to go to our website and complete the “contact us” or email us at pulsegen@ahs.ca.

We also say good bye to one of our long time team members, Mary Nielsen, who will be moving on to new adventures. She has had a huge impact on the success of the Pulse Generator over the years and will be missed by her fellow team members and the membership.

We are moving forward and are committed to continuing to support health and fitness initiatives within AHS across Alberta.



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Get PG Fitness On the Go

on

September 1, 2020



PG Fitness On the Go is developed right here in Alberta specifically for our Alberta Health Services family. The Pulse Generator has many years experience providing health and fitness services for the Health Care community. We are proud to offer our newest membership across Alberta, our online health and fitness library and services. If you have questions or need help, we have real people right here in Alberta ready to assist you.

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 in your PG Fitness On the Go Membership?

- Exclusive access to Pulse Generator Online
- Access to Virtual Workout Library (updated weekly)
- Access to member workshops and events
- Discount Personal Training packages and Live stream classes (available soon)
- Ask a Trainer – quick training and exercise advice

Membership Cost: \$10.00/month

On September 1, 2020 go to the link below and start your membership:

<https://clients.mindbodyonline.com/classic/ws?studioid=679328&stype=40&prodid=111>

If you have questions, please contact pulsegen@ahs.ca or go to our website:



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Farewell!

Thank you Mary!

It is with sadness and gratitude that we say good bye to Mary as a member of the Pulse Generator team. Mary is off to new adventures. She has been a team member at the Pulse Generator for 14 years. She has been a huge asset to the PG. Her enthusiastic legacy will live on. She brought to her position professionalism, incredible credentials and a warm and welcoming personality that touched all of us, colleagues and Pulse Generator members. Her athleticism and commitment to fitness was admired by all and she inspired many members to successful running and fitness endeavors. Thank you Mary for the 110% effort that you consistently put forth in your job with us.

We wish her all the best in her future challenges and will miss her smile every day!



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PULSE GENERATOR IS NOW OFFERING

ONLINE PERSONAL TRAINING

Are You Needing Some Personalized Guidance to Reach Your Goals? The Pulse Generator Team Can Help you with a Personalized Online Training Program and Coaching!



Visit our webpage to book your session

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