

# Pulse Talk

Oct 2020

Thank you for your continued support and for reading our newsletters and updates. We will continue on the path that we are on for as long as we can. Our goal is to sustain our operation of offering health and fitness opportunities to our AHS employee base and our membership in the manner that is appropriate for the current pandemic environment. Going forward our intention in the development of an online membership (**PG Fitness On the Go**) is to continue this offering when our doors open, offering our services Alberta wide and maintaining overall flexibility in our operation to weather any changes in our environment. We are dedicated to you and passionate about our industry and we believe that this initiative creates longevity and a commitment to survive.

We hope that you will join and enjoy **PG Fitness On the Go**. Please feel free to share this with anyone in AHS as it is now being offered Alberta wide. We are continuing to grow with our online offerings and you will continue to see this happen with new additions and opportunities being added and updated regularly.

Please take a look in this newsletter and discover:

- Discounted Personal Training opportunities for **PG Fitness On the Go** members, including small group training and private and small group Yoga,
- An introduction to our new Live Stream programming. This will be offered to **PG Fitness On the Go** members in October. Please take a look at the sessions being offered and the description as to how you register for these sessions. Our goal with Live Stream is to hopefully move to adding some of our very popular classes back into the schedule.
- Given our “stay close to home” mandate right now, we are also providing information on what to consider when you are setting up your own home gym.
  - An invitation to an outdoor event at Terwillegar Dog Park in Edmonton.
  - A [Free One Week PG Fitness On the Go trial membership is now available](#).

As always, we are grateful for your continued support. We look forward to seeing you online and in person when the timing is right. If you have any questions, please don't hesitate to contact us either through our website or by emailing [pulsegen@ahs.ca](mailto:pulsegen@ahs.ca).

We wish you a wonderful month of October and a very Happy Thanksgiving!

Joan, Breanne, Kelsey, Kevin, Matt, and Regan



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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 thorough 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](#)

# OCTOBER SCHEDULE



## KELSEY

### Week 1...

Yoga For Runners 1

Chakra Meditation

### Week 2...

Yoga for Runners 2

Yoga for Relaxation

### Week 3...

Yoga for Runners 3

Breath Meditation

### **Livestream:**

Movement Fusion

### Week 4...

Yoga for Runners 4

Yoga for Relaxation 2

## KEVIN

### Week 1...

**Livestream:**  
Tips for setting up your own home gym

### Week 2...

Fall Cleanup & Backyard composting

### Week 3...

Simple Tips for winterizing your bike

### Week 4...

Intro to Fall/Winter Cycling

## REGAN

### Week 1...

Linear Hockey Warm up

Intro to German Volume Training

### Week 2...

Lateral Hockey Warm up

Contrast Strength Training

### Week 3...

Intro to 5,3,1 Strength Training

Running Wall Drills

### Week 4...

Hip openers for Strength

### **Livestream:**

Kettlebell Workout

## BREANNE

### Week 1...

Total Body Tabata

### Week 2...

Terwillegar Dog Park Meet Up (Edmonton)

### Week 3...

Core Based Tabata

### Week 4...

**Livestream:**  
Foot & Ankle Mobility (using a ball)

# OCTOBER LIVE STREAM EVENTS

*FREE for PG Fitness On The Go Members -  
Register via your PG Mind Body Online Account*

*Oct 8 @ 12-12:15pm  
Building Your Own Home Gym*

*Oct 14 @ 7-7:30pm  
Foot & Ankle Mobility*

*Oct 18 @ 11-11:30am  
Movement Fusion*

*Oct 26 @ 7:30-8:15pm  
Kettlebells*



# TRAINING AT HOME

Tips on watching your own techniques.

## How to Watch Your Technique

When it comes to training, one of the most important things to focus on is quality of movement compared to quantity (both in terms of how much and how heavy you do). The better you move, the better the results you will see from your training. You will feel better, move better and perform better if your movements are done with quality and control. When you are at the gym, the walls usually have mirrors that allow you to check your technique, however, your home gym may not have mirrors. How then do you stay on top of your technique?

### Buy a Standing Mirror

First let us go with the most obviously idea. Go down to your local home improvement store and buy a standing mirror. This way you can set up a mirror wherever you are working out. The important thing here is to have a sturdy mirror that will not break and can give you a good view of your exercises.

### Use your Cell phone and Video Tape Yourself

You may be working out in an area that does not work well with mirrors. Maybe your room is small, and you worry about breaking the mirror, or the walls are too far away, and it is hard to see. No problem. Cell phones and laptops can be handy tools in the workout world. Take your phone and set it up to video tape your workouts. Cameras can allow you to record an exercise, then rewind and watch for mistakes or poor movement. Make sure you set up your camera to record the full movement.

## Online Personal Training

A third option is to gain the watchful eye of a trainer. Using the video of yourself that we previously talked about, a trainer can help focus on technical corrections that may prevent injury. Online personal training allows you to get instant feedback with an expert eye. For many of us watching an exercise and catching the faulty movement; then finding the right correction can be difficult. Having someone with a trained eye can speed up the process and give you the correct feedback. Plus, now with video analysis you can go back over the information with your coach. This will help you stay on task while providing you motivation and accountability.

## 3 Common Mistakes When Exercising

- Not keeping the core and pelvis engaged. Many people complete a movement but let their core relax. Focus on engaging the core as if you are tightening up a belt.
- Tucking your chin in when trying to engage the core. This creates rounding in the shoulders which in turn can cause you to round your back. Keep your head up and looking toward the horizon.
- Knees collapse inward. This can be caused by weak core, tight ankles or weak hips. Make sure to do an assessment if this is something that you notice to correct the problem.

Use these tips as a start to carefully watching and correcting your technique. If this is still proving difficult, consult with a PG trainer as a proactive measure to increasing your success.



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# 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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### Option #1:

#### Consultation & Program Design

Meet with a trainer to discuss (Zoom Meeting) and put a plan together to help you reach your fitness goals with home equipment available. Your trainer will design a personalized exercise program and put you through it, so you can work out confidently on your own at home.

This service is usually completed in two parts -

- 1) meeting with trainer & client
- 2) go through/perform program with trainer.

All meetings will be held via Zoom.

**\$80**



### Option #2:

#### Ongoing Sessions

Do you need motivation or new workouts ideas? Do you need some accountability? You can schedule regular (virtual) workouts with a Pulse Generator personal trainer. They will put you through a great workout with the equipment you have available at home. All sessions will be 30 to 40 minutes and scheduled via Zoom.

**Package of 5 sessions \$100**

### Option #3:

#### Small Group Training Session (45min)

Have some socially distant fun. Small Group Training is set up for 2 to 6 participants, whether you live in the same household and/or attending virtually. The duration of the session is 45 minutes. Research shows that people adhere to exercise longer with a workout partner or small group. These trainer lead workouts will help you maximize your training time, achieve your goals and have some fun with your friends,

family or co-workers.

All sessions will be done via Zoom.

**\$15 per person**

### Option #4:

#### Ongoing YOGA Private Session

Yoga is not a one size fits all and Individual sessions ensure you are doing poses and modifications most appropriate for your needs. Similar to Personal Training, individual instruction offers the ability to focus on personal interests, concerns or goals. All sessions will be 30 to 40 minutes and scheduled via Zoom.

**Package of 5 sessions (\$100)**

### Option #5

#### Small Group Yoga Session (45min)

Perfect for 2 to 6 participants, whether you live in the same household and/or attending virtually. The duration of the session is 45-60 minutes and can be tailored to your groups ability and needs.

All sessions will be done via Zoom.

**\$15 per person**





TERWILLEGAR DOG PARK  
**MEET UP**

COME FOR A WALK  
(DOG NOT REQUIRED)

SUNDAY | OCTOBER 4, 2020  
MEET BREANNE AT 10AM

TERWILLEGAR DOG PARK IS LOCATED AT:  
10 RABBIT HILL ROAD NW (EDMONTON, AB)

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FOR MORE INFORMATION  
CONTACT BREANNE  
780-707-6313



# Tips for Setting Up Your Own Home Gym

As time has moved along and fall is upon us, our workplace settings are still unclear. Having a space to call your own for exercise is important for both physical and mental health. Through this article, we talk about some tips on setting up your own home workout space.

## Less is More:

This theme can be applied to both the equipment you require as well as the size of the space you need. Finding equipment that can be used for multiple uses is better than having a large selection of one use only pieces. This applies to both strength and cardio equipment. Keeping this theme in mind with allocating a space, a simple small room or part of a larger room that gets a dedicated title is far easier than trying to allocate an entire open area and outfitting it with equipment that is very large and possibly expensive. Keep it simple.

## Dedicating the Space:

Choosing your correct dedicated space is a pillar to having a personal workout area. Some things to consider are how you will use the space, the air quality, the heat, the lighting, and the floor materials. A space with harder floors and a few floor mats that be tucked under a bed or rolled up are recommended over a carpeted area if possible. No need for unnecessary slips on carpet and hard floors are easier to keep sanitary. Once your space is decided upon, it needs to remain this way to the best of your ability. If it soon becomes a place to hang laundry or store excess items, it will not remain as the dedicated space and your workouts run the risk of diminishing since you no longer have the space. Don't give yourself an easy excuse to get out of your session because your house has become untidy.

## Choosing equipment:

A huge step in choosing the right equipment for you will be determining what your goals are with your fitness and the space you allocate. Ideally you would have a versatile collection of items that will be good for strength, mobility and cardio or for the specific sporting activity in which you train for.

Bodyweight workouts are equipment free, require very little space and can be done anywhere. If you do decide that equipment is necessary, then items like a TRX Suspension Trainer, resistance bands, or selectorized dumbbells are perfect for small spaces. If you are into more of the mind body style of training, maybe a yoga mat is all you need. Finally, if cardio is more your thing, you will need just enough space for bodyweight movements. I recommend taking two big steps forward and backward as well as to each side from a centre point. This should provide enough movement space for at least 80% of your sessions. Another option may be to invest in a bike trainer to use with your actual bike. Alternatively, maybe this is the year you explore the outdoors a bit more this winter season.



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## Tips for Setting Up Your Own Home Gym continued...

### **Cost:**

The sky is the limit on how much you spend on your equipment, but it does not have to be this way. As mentioned earlier, finding pieces that are good for multiple styles of training are the best bang for your dollar. Simply using household items can be very efficient as well. Use your stairs or a backpack with some books in it for added resistance.

### **Technology:**

This is an area that is really up for debate and depends on the specifics of your training. Setting your space up with music is as easy as your phone with some earbuds or a small portable speaker. If you are doing simple body weight exercises or following a yoga video, maybe a television, a laptop or a mobile device can be added or brought to your space. On the other end of the spectrum are very expensive technology such as Zwift bike trainers that hook up directly to a network and allow you to compete live with other participants. Again, what are your needs or wants? This will determine the direction in which you build from.

### **Sourcing Out Equipment:**

At this time it may be tough to find equipment such as dumbbells and weight plates. Consider items such as medicine balls or Kettlebells. Sourcing out some local retailers instead of Amazon will allow you to get your equipment faster as well as speak to someone who can offer some advice on what you can do without. Second hand items are also a great way to find some great deals for home use.

If you are in the market for larger equipment such as treadmills or cross trainers, this can open a whole other level of possibilities. Most of the other points in this article still apply, however cost, size, and other issues such as power supply and maintenance could be an added expense over the long term.

### **Working Out Outside:**

In combination with any equipment choices you make and spaces you set up, consider having at least 1 session per week outside. Dress for the elements and get out for some fresh air. Walk, bike ride, ski, or just explore a park you have never been to. Consistent movement is the key, no matter what your space looks like. Think like a pioneer. There were no fitness centres back then.

At the end of the day, setting up your own home workout space can be a big deal, but it doesn't have to be. Take into a consideration a few of the points talked about here, decide what you need and go for it. Keep in mind the first point that Less is More and you can always add on to your plan as you go.

**Join Kevin for a Livestream event of "Setting Up your Own Home Gym" on  
October 8th at 12:00—12:15pm**



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