



# 30 Minute Circuit

Our workout has been specially designed for women, and only takes 30 minutes. We have 8 stations, which each exercise on different muscle groups for a complete workout. With just 3 sessions per week you will look and feel the difference in no time.

This is how it works ...

- 3 minutes per station - a buzzer will go off to let you know when you have completed your workout on that station
- It will give you a thorough body workout leaving you feeling energised and refreshed
- The attentive female instructors are always on hand to offer support to you to ensure you make the most of your workout

## 1. The Bikes

It is important to warm up before starting the circuit. This is where the bike comes in. It helps raise the heart rate to help ease your way through the circuit and minimize muscle injuries. We also provide an alternative exercise if you are unable to use the Bike.



## 2. The Chest Press

This station helps to improve your posture and straighten out your spine to its natural position. It also helps lift the bust. The Chest press is particularly effective for ladies with that suffer a variety of aches and pains.



### 3. Adduction / Abduction

This dual function machine tightens and tones the inner and outer thighs in a comfortable and easy way. In just 3 sessions a week you will start feeling the difference to get those legs to die for.



### 4. Triceps / Biceps

The 'Bingo Wing Buster,' it works on the back of the arms by really tightening and toning them. With this dual function machine you will start to notice the improved toning of the shoulders and upper back.

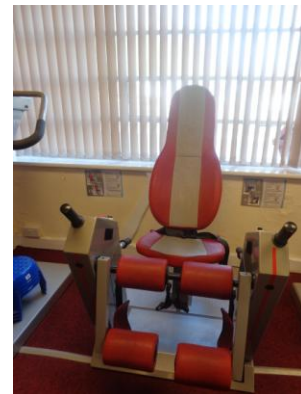
It also slims out the upper arm, so that you can start wearing those sleeveless tops again. Also whilst doing this exercise, if you keep you chin elevated it will also help tone up the loose skin around the neck and chin area.



### 5. Leg Curl / Leg Extension

This dual function machine is for toning and shaping the front and back of the thighs. It helps reduce the appearance of cellulite, by working on the quadriceps (front of the thigh) and hamstrings (back of the thigh) and gluteus (bottom).

By using this machine it will tone and firm your legs, and can help ease mobility and discomfort with troublesome knees.



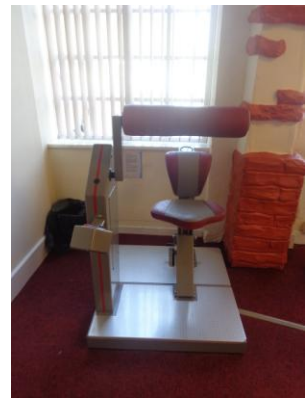
## 6. Pull Down / Push Up

This station will bring back that 'V' shape into the waist area and smooth away any of those unwanted ripples. At the same time you will notice that your posture will improve, by training both shoulders and back muscles.



## 7. Abdomen / Back / Side Bend

This machine focuses on toning, tightening and even flattening the tummy area. It strengthens the abdominal muscles which gives more support and protection to the lower back, which in turn improves your posture.



## 8. Stretches

This is where our instructors will teach you how to do gentle stretches on your shoulders, upper and lower back, hips, thighs and hamstrings.

This will leave you feeling relaxed and ache free by the end of your workout.

By doing the stretches last it helps improve your circulation.

