



OFF THE WALL

» Power moves | By Jay Harrison

Who says you need weights and machines to get a good workout? Jay Harrison puts his back to the wall and finds that he can work up a good sweat all on his own

{ Over my years in the fitness industry, I have experienced many different forms of exercise. I have been put through my paces by colleagues with creative definitions of just what's good for you – sometimes otherwise known as torture – but I have never experienced anything quite like the Body Wall.

It was a crisp autumn afternoon when Chris Toal (Body Wall developer) and Paul Greenwood (Personal trainer), gave me my first taste of the Body Wall, and to be quite honest, I was initially skeptical. I had seen the Body Wall in a previous *Fitness Life* issue, but was not sold on the concept and thought that – like many new ideas in this sector – it would be just another fad.

Boy, how wrong was I?

Paul put me through eight exercises in my first 45-minute session and, I tell you, it felt like I hadn't done anything for months. I was exhausted, yet had that endorphin fix you get when you know you've had a really

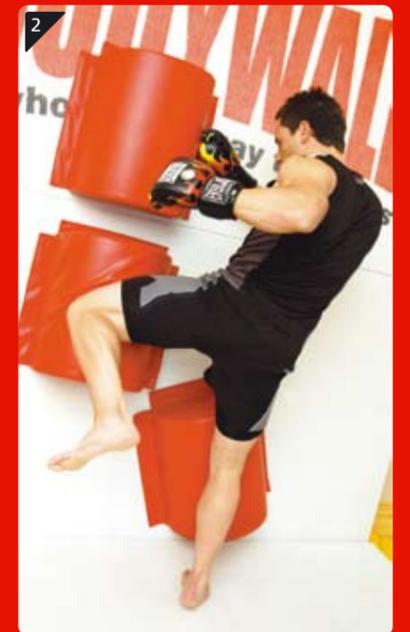
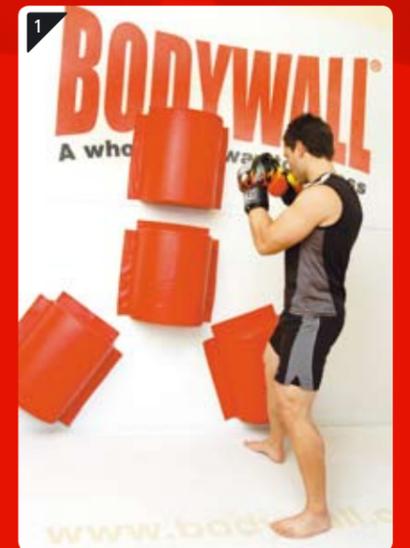
good workout. And the scary thing is, I think he went easy on me.

I am a big fan of functional training. That's the kind of exercise that translates into everyday life, helping us to move and function better. Having experienced the Body Wall, I am happy to say it ticks all my boxes in that regard. The best thing about it, though, is its diversity. Working with it can be as easy or difficult as you choose, and more than 400 stretches and exercises provide great variety.

My workout started with a 5-minute cardiovascular kick-boxing routine – yes, on the wall – progressing into some nice stretches. This was then followed by a total body strength training session, which was really intense and focused very much on muscle balance, core stability and functional power.

With sweat dripping off me, as if I had been exercising in a sauna, it was time to wind down with more stretches. Paul assisted me through these and, with the combination of the wall and a trainer, I was able to achieve a greater range of motion and deep muscle extension than I had ever experienced before.

So, as a newly converted 'Body Waller', and with the help of the Body Wall team, I have put together a programme that will give you a glimpse of the diversity and fun that awaits you on the wall. It's good for all fitness levels, as resistance can be tailored to your requirements. However, some of the exercises demonstrated here are more advanced and are recommended only for more experienced individuals.

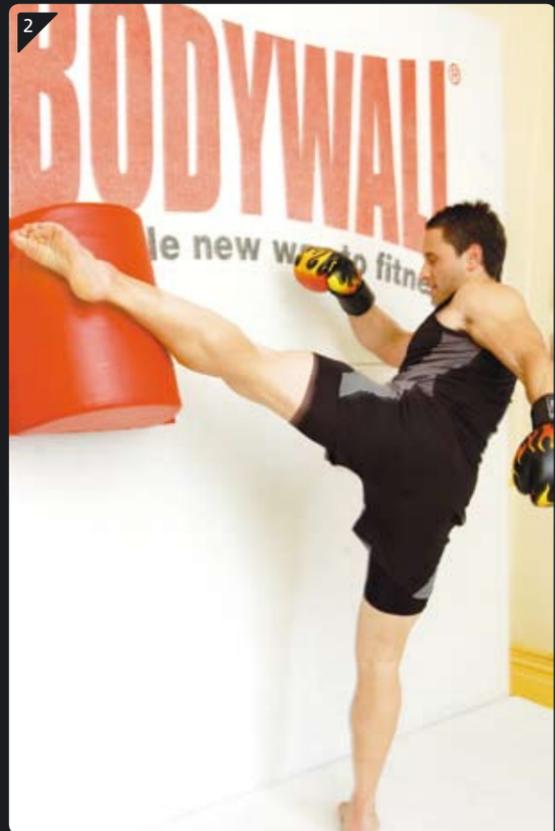


1. Dynamic knee

This is part of the warm-up sequence. Starting off easy, gradually increase the intensity of the movement to raise the heart rate and get a light sweat going.

2. Dynamic high kick

This is a progression on the previous exercise. The goal is to really ramp up the intensity. This move can be used in conjunction with endless combinations.



3. Assisted squat

To target the thighs, glutes, biceps and core.



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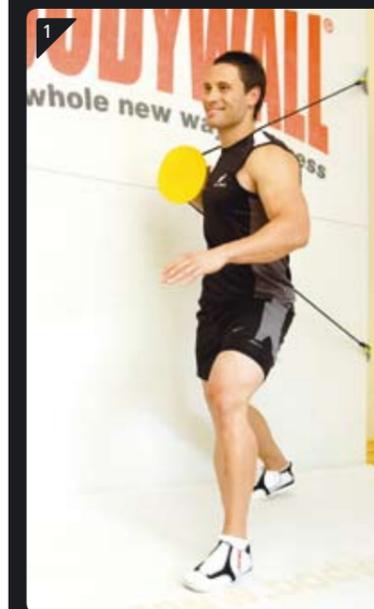
4. Assisted lunge

Also targetting the thighs, glutes, biceps and core.



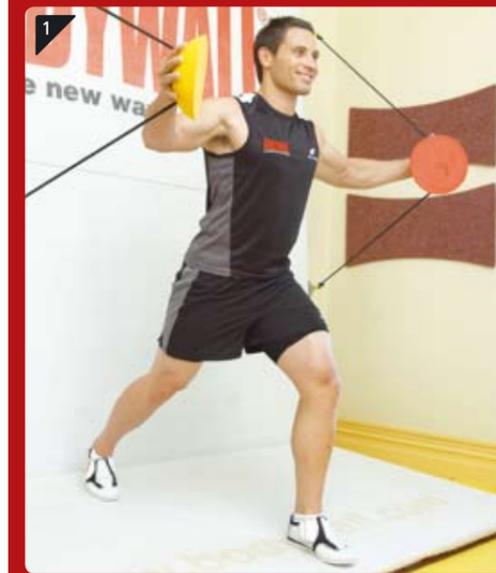
5. Single chest press

Targets the chest, shoulders, triceps and core.



6. Chest fly

For the chest, shoulders, arms and core.



7. The flank

To target the legs and core.



8. Wall plank

Targets the core, chest, shoulders and triceps.



9. Wood chop

For the obliques, shoulders and arms.



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» Power moves

Stretch 1: TFL-ITB and hamstrings



Stretch 2: Adductors



To find out more about Body Wall in your area or to purchase a Body Wall visit www.bodywall.com or contact Chris Toal by:
Tel: + 64 9 378-4038
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Stretch 3: Chest



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