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UPPERBODY

TENDON

STRENGTH+

DAREBEE WORKOUT @ darebee.com

30sec dumbbell hold  
right arm

10sec punches  
slow motion

30sec dumbbell hold  
left arm

30sec bicep curls  
slow motion

10sec hold

30sec bicep curls  
slow motion

CHAMPIONS

GYM

30 DAY WEIGHT LOSS  
CHALLENGE

The 30 Day Challenge is back on at Champions Gym...  
Challenge a mate or take on the task yourself in a bid to see how much body weight you can lose! The challenge will have a female and male winner with prizes for whoever loses the most!  
In order to maximise your results, this challenge will include:  
1) Nutrition / Macros seminar by Nina Silic  
2) Motivation Seminar  
3) Before and after Helix composition scans  
4) Before and after progress photographs  
5) 30 day membership at Champions Gym\*

\$149

(OG Members)

HELIX

composition analysis

PLAY CALENDAR

MONTH 1

Nama Slay	HITT R Out It	Get it Girl	AbTastic + Cardio	Sweaty Betty	AbTastic	Break
Nama Slay	HITT R Out It	Get it Girl	AbTastic + Cardio	Sweaty Betty	AbTastic	Break
Nama Slay	HITT R Out It	Get it Girl	AbTastic + Cardio	Sweaty Betty	AbTastic	Break
Nama Slay	HITT R Out It	Get it Girl	AbTastic + Cardio	Sweaty Betty	AbTastic	Break



DIURETICS

Definition of diuretics:

Agents that ↑ rate of urine formation.

Diuresis:

↑in urine volume with loss of solute & water.

Site of action:

They act on nephrons. Diuretics act on their different segments.

Mechanism of actions:

Diuretics are ion transport inhibitors that ↓ reabsorption of Na+ at different sites of nephrons. As a result Na+ & other ions such as Cl2- enter urine in greater amounts than normal along with water, which is carried passively to maintain osmotic equilibrium. Diuretics along with ↑ in urine volume often change the pH & ionic composition of urine.

Straighten arms up and return. Draw elbow up toward ribs and lower. Pure Barre Red Bank started making video campaigns to highlight their gym's unique qualities. Planks Planks are an excellent exercise for improving your core strength and stability. Lengthen your spine to keep your torso upright. "Lower your range (meaning: don't try to lift as high off the ground) and slow down your twists instead," says Freeman. Stand with feet together and a dumbbell in each hand by sides. Try this four-week strength training plan for women.) Start small with your weights and increase as needed: "Choose a weight that's just heavy enough to complete 10 reps, and by that eighth rep, you feel really happy it's almost over," says Freeman. "This is a challenging move and can easily be felt using only bodyweight." A. You don't need to invest in much equipment, but if you do want to purchase a few items, here are some that may be helpful: an exercise mat resistance bands or tubingdumbbells a kettlebell a stability ball a medicine ball Instead of using dumbbells or a kettlebell, you can improvise by using water bottles, sandbags, or canned goods in place of the weights. Why you should do it: "Squats have become the more popular of all lower-body exercises, especially if you're looking to grow your glutes!" says Freeman. Stand feet a bit wider than hips-distance apart, toes turned slightly out. Why you should do it: "The single-arm dumbbell row is a great compound upper-body movement targeting your upper back, lats, and traps while your biceps and shoulders assist throughout," says Freeman. Stand with legs hip-width apart. This, in turn, can help you burn body fat and make weight loss easier. Like a leg press on a weight machine, this exercise makes you work against gravity. The following two exercises use dumbbells. Stand with arms extended in front of thighs and one dumbbell in each hand with palms facing forward. B. D. You can also use canned goods or water bottles in place of dumbbells. This exercise not only works your glutes and leg muscles, it also works the muscles in your core, back, and shoulders, as well as your triceps. Press up to come back into standing and raise your arms overhead. The band should be parallel to the ground.Keeping your arms straight, pull the band toward your chest by moving your arms outward to your sides. To do this exercise: Start by standing up tall, feet shoulder-width apart.Step



forward with your right foot, and lower your hips toward the floor until your right leg is at a 90-degree angle and your left knee is parallel to the ground. While it's a popular exercise option at many gyms, you can also build a robust training program that you can do in the comfort and privacy of your home. Pause in this position for a few seconds, and then bring the dumbbells back to shoulder height.Do 1-3 sets of 8-12 repetitions. Lower until thighs are parallel to the floor, if possible. Why you should do it: "Also great for the legs and body, lunges can also wreak havoc on your knees if done incorrectly," says Freeman. "Stop at the top before your elbows move away from your sides — meaning if the weights touch your shoulders, you've gone too far." (Here are more tips to master the biceps curl.) A. Using Animoto, this local fitness studio was able to explore the power of video marketing, with shareable content that helped them reach a fresh audience and find new clients.Create and share videos for free. "Think about trying to pin your elbows at your sides and lift the dumbbell up completely with your biceps," he says. Squat to overhead raiseIf you're new to strength training, start off by raising your arms overhead without any weight. Upgrade anytime for more customization.Get started freeSee pricingHow to make workout videosAs you get started making videos, we're here to help along the way! Get started with Animoto and join others just like you in our social video marketing community on Facebook. "Just like any isolation move, it's all about control to execute this move properly." Muscles worked: legs, butt A. Press your feet against the bands until your legs are fully extended.Bend your knees to return to a 90-degree angle.Do 1-3 sets of 10-12 reps.Finish your workout by cooling down for about 5 to 10 minutes. Similar to the biceps curl, the key here is to think of your elbow as a hinge pinned at your side. Why you should do it: "This is the best isolation exercise for your biceps," says Freeman. B. To avoid this, try placing your fingertips right behind your temples and keep your elbows open, instead of closing them in towards your head." If you do feel any neck strain, it means you're trying to lift higher than your core has the strength to and you're compensating in your neck. In addition, strength training can strengthen your bones and joints, lower your risk of chronic diseases, improve flexibility, posture, and balance, and boost your mood and energy levels. Resistance band leg press This exercise works your quadriceps, hamstrings, calves, and glutes. Lie on your back and lift your feet off the ground. Repeat 10 to 12 times, then rest briefly and do another set. If you can't go that low without dropping your chest forward, keep working on your flexibility." Once your form is on-point, you can start to add weight. Lunge variations include walking lunges, jumping lunges, lunges with a torso twist, and side lunges. Just be sure to grip them firmly to avoid injury. This allows your breathing and heart rate to transition into a resting state. Most people think of weight lifting when talking about strength training. Keeping your back flat and bracing your core, lower your body by bending your elbows until your chest almost touches the floor.Immediately push your body back up to the starting position.Repeat 8-12 times. Slowly curl weights toward shoulders then lower to starting position. Return to the starting position. To do this exercise: Grab two dumbbells and hold one in each hand.Bend your torso at a 45-degree angle, and bend your elbows so they form a 90-degree angle.Then straighten your arms out directly behind you, engaging your triceps as you go.You can either do one arm at a time, or both together. To do this exercise:Stand with your arms extended out in front of you at chest height. Research has shown that strength training can benefit your health and fitness in many different ways. Make sure your front knee doesn't go beyond your toes. Lie faceup on the floor. As you build up your strength, you can switch to using 8- or 10-pound dumbbells. Flex your feet, pointing your toes upward.Wrap the resistance band around your feet and hold the ends. More challenging pushup variations include plyo pushups, close stance pushups, and decline pushups. (Make sure you know how to do squats correctly before trying out this strength training workout for beginners.) Muscles worked: legs, butt A. If you have any health concerns or an injury that makes exercising difficult, talk to your doctor or a certified personal trainer before you start an at-home strength training routine. Start with a 5-pound dumbbells. Keeping weight in the mid-foot and heels (not the toes), sit back and down. Start with 1-2 sets, and build up to 3 sets as you get stronger. Once your muscles are warmed up and ready to move, you can start by doing a series of bodyweight exercises. You can use a chair or wall for balance. "It's a compound movement, meaning that it's also working your anterior deltoids [the front of your shoulders] and triceps throughout the movement." Muscles worked: upper back A. Stand with legs hip-width apart and place one hand on the bench with opposite arm holding the weight below shoulder. This is particularly helpful when you don't have access to weights or machines or can't use them for any other reason. Do 1-3 sets of 15-20 reps. They're lightweight and versatile, and a 2010 study has shown they work your muscles just as well as free weights or weight machines. Bend opposite elbow to knee, then switch sides. Stand with arms down by sides, palms in. This can help you learn how to do different exercises with the right form, and also warm up and cool down correctly.Before starting your workout, do a warmup routine for at least 5 to 10 minutes. "And increasing the amount of muscle in your body also aids in increasing your metabolism, which means you'll burn more calories throughout the day," he says. Try to hold this position for 30 seconds. Keep knees in line with toes and focus on keeping chest lifted. C. Loop the resistance band around both your ankles. They soon saw impressive gains in both their Facebook and Instagram traffic numbers. Why you should do it: "Your chest is one of your largest upper-body muscles, and when it comes to chest training, the chest press reigns supreme," says Freeman. Keep gaze down to the floor to maintain proper postural alignment. Initiate this movement from your mid-back.Squeeze your shoulder blades together, and keep your spine straight, then slowly return to the starting position. This can include brisk walking, jogging on the spot, or movements that work your legs, arms, and other major muscle groups. Options include walking on the spot and gentle stretches.Doing 30 to 45 minutes of strength training two to three times a week is an excellent way of building lean muscle mass, burning calories, and boosting your metabolism. "The main error that many people make with this core exercise is pulling on your neck. To do this exercise: Stand with your feet slightly wider than your hips and your arms alongside your body. Why you should do it: "Bicycle twists are great to engage multiple areas of your core, especially the obliques," says Freeman. "Bones give your body structure, but muscles are what allow you to move, and well." It's not always the most fun or glamorous when you start weight training, but if you do it correctly, then you'll have the strength to really do the things you love, says Freeman. If you're a beginner, start with 1-2 sets of 8-12 reps, and build up to 3 sets as you get stronger.Resistance bands are another great tool for your strength training workout. "You'll still feel it!" Muscles worked: lower back, butt A. Lie facedown on the floor and lift opposite arm and leg. Then step your right foot back to meet your left, and repeat this movement with your left leg. Once you're ready to start putting together your strength training workout, the first step is to find a place in your home where you can exercise comfortably. This article will help you understand what you need to get started with an at-home strength training routine, along with examples of exercises that you can include in your workout plan. As you gain strength and fitness, try to hold the plank position for 1 minute or longer. Why you should do it: "This is a wonderful lower-back exercise, which is a must to help prevent lower-back injuries," says Freeman. When set up on your stomach, think about planting your toes into the floor and not letting them come off the ground at any time. This will also help you engage more glutes as well. When lifting your chest off the floor, you really don't have to lift very high. Hip extension This exercise works the muscles in your hips and legs. Last medically reviewed on September 5, 2019 Read on for a guide to beginner strength training and a closer look at exercises to consider implementing into your workout regimen. Resistance band pull apartThis exercise works the muscles in your back, shoulders, and arms. Bend your knees, creating a 90-degree angle. Modification: Do these on the floor instead of a bench to keep from hyperextending arms below the chest, which can place a lot of stress on the shoulders. Pushups Standard pushups work the chest muscles (pectorals), as well as the shoulder muscles, triceps, and abdominals. Hold a resistance band tautly with both hands. You'll need a light- to medium-resistance band to do this exercise. You'll want to find an area that has enough room for you to move your arms and legs freely. Keeping a straight line in your body, pull your left leg back as far as you can, keeping it as straight as possible.Slowly return to the starting position.Complete 12 reps with your left leg, then repeat with your right leg.Complete 2 sets on each side to start, and work up to doing 3 sets as you build up your strength. Raise straight arms (with pinky leading the way) to shoulder height. Dumbbell shoulder press This exercise targets the muscles in your shoulders and arms, and can also strengthen your core and chest muscles. Push off the front heel to step back and return to starting position. You don't need any equipment for bodyweight exercises, except an exercise mat if the floor is too hard.With each of these exercises, use smooth, steady, and controlled movements. Medically reviewed by Daniel Bubnis, M.S., NASM-CPT, NASE Level II-CSS, Fitness — Written by Emily Cronkleton on September 5, 2019Share on PinterestEdwin Tan/Getty ImagesStrength training, also called weight training or resistance training, is an important part of any fitness routine. Why you should do it: "The triceps extension is a great isolation move where you don't need a lot of weight to feel the burn," says Freeman. Many strength training exercises can be done in the comfort and privacy of your home, using just your body weight or basic, low-cost equipment as resistance. Repeat it two or three times a week on alternate days. You'll need: Two sets of dumbbells (3 to 5 pounds and 8 to 12 pounds) or a set of resistance bands. When it comes to strength training for beginners (and in general), it's important to understand that you can add resistance and strength train without added weight. Keep back flat and stand with a 45-degree bend at the hips. Hold this position for 5 seconds or longer. Lunges A basic lunge works the muscles in your lower body, including your quadriceps, hamstrings, glutes, and calves. Follow along below to get a great strength training workout that's totally beginner-friendly How it works: Do 2 sets of 10 to 15 reps of each exercise. Do 1-3 sets of 8-12 repetitions. Once you're ready for a more challenging version of the plank, you can try lifting one leg at a time while you're holding the plank position. Pick up the dumbbells and raise them to shoulder height. The key here is to nix all momentum; don't swing to get the dumbbell up. You've probably heard that you should do strength training workouts, but maybe running a few miles or hopping on a spin bike fits your personality more. Step forward with the right foot, lowering until both knees form 90-degree angles and back knee is hovering off the ground. Dumbbell triceps kickback This exercise works your triceps as well as your shoulder muscles. This total-body routine does exactly that and can be performed a few times a week to maintain and build strength all over. (Want a full month of strength programming? To do this exercise: Stand with your feet shoulder-width apart. But keep in mind: "Safety is a must in this exercise to avoid injury, specifically to the lower back area. Contrary to popular belief, though, you can build muscle strength using various methods, including using your own body weight, resistance bands, cable resistance machines, and yes, weight machines and free weights. When you add weights to an exercise (whether it's via free weights or a weight machine at the gym), that is considered weight training. Switch sides. No experience necessary. Just focus on squeezing your booty as you lift, and you'll also be engaging the lower-back muscles. While that's totally fine, you should keep in mind that the benefits of strength training are too good to pass up, and they range from building muscle endurance to preventing injury. A less challenging version of the pushup can be done by putting your weight on your knees instead of your toes. Slowly lower your hips down into a squat position. Your palms can face forward or toward your body.Raise the dumbbells above your head until your arms are fully extended. Muscles worked: chest, shoulders, triceps A. Lie on a bench, elbows bent 90 degrees out to sides. According to the Mayo Clinic, strength training may help:A home-based exercise routine can be a super easy and convenient way of fitting in a workout without having to hit the gym. "Standing during this exercise is also a great way to get some extra core work in as well. Just remember that there should be zero momentum or swinging — slow and steady wins the muscular race!" A. "The only thing that should be moving is your elbow to straighten your arm, squeezing your triceps at the top and return." Muscles worked: shoulders A. If you're newer or returning to exercise, it's often best to start with bodyweight only and focus completely on flexibility and proper form. New to strength training? Motivate, teach, and engage your viewers with our simple video editing tool. It helps make you stronger and also builds muscle endurance. To do this exercise:Start in a plank position with your palms directly under your shoulders. If that's too hard, start with 20 seconds. Why you should do it: "Well-built lateral delts [the sides of your shoulders] are what give you that nice rounded shoulder look, and the lateral raise is the best exercise to isolate this muscle," says Freeman. "That can be a win-win," especially if your goal is to lose weight. Ideally, a beginner weight lifting routine should include eight to 10 exercises targeting the major muscle groups. To do this exercise: Rest on your forearms and toes only, keeping your body in a straight line with your buttocks clenched and your abdominal muscles engaged. Keep the weights centered over the middle of the chest. Once you can do this exercise with good form, you can add light dumbbells, and increase the weight as you build strength. This exercise can also strengthen the muscles in your back, chest, and shoulders. For starters, the Centers for Disease Control and Prevention (CDC) recommends strengthening activities "at least two days a week." Keep in mind, that's in combination with "150 minutes of moderate-intensity physical activity," such as a brisk walk or casual bike ride. "This will ensure you're challenging your muscles so they can grow and get stronger." Ready to give it a try? Our team of video experts are ready to help you grow with tips, ideas, inspiration, and feedback on your video. With strength training, you move your body against some type of resistance, such as: your body weightfree weights, like dumbbells or barbellsresistance bands, also known as resistance tubing or workout bandsresistance machines, like cable machines, single-exercise machines, or multi-gym systemsStrength training is a versatile type of workout that you can do almost anywhere. If you're just getting started with strength training, you may want to find a strength training workout for beginners online. Repeat on the other side. "Basic strength training is key to developing a strong muscular foundation," says Joel Freeman, creator of the LIIFT4 program and Beachbody Super Trainer. Lean forward from the waist, elbows bent 90 degrees at sides.

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