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THE GLOBAL GUJARATI

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HAUTE HORLOGERIE
EXTREME GLAMOUR
BLING IT ON!
HOT DESTINATIONS

REACHING FOR
THE SKIES

DSP Design Associates

KING OF
COOL

Achal Bakeri

TO DANCE
TO DREAM

Shila Mehta

The Sufis of style

Abu Jani and Sandeep Khosla



GADGETS AND GIZMOS, CARS AND CUISINE, FITNESS AND FADS

Monsoon Magic

Nawaz Modi Singhania

whose gym Body Art is a haven for scores of fitness devotees shows you how to stay fit and feel great even when it's raining outdoors!

SO has the monsoon washed away your workout? Can't head out for a walk, a good roller blading session or cycle around the neighbourhood anymore?

No sweat (pun intended)! There are plenty of other fitness activities you can engage in like trampoline workouts, spinning, aerobics, pilates, gyrotomics, dance, and many more. Just one of the many options is slide training!

Slide Training

Slide Training is lateral movement training. As the very name suggests, the primary movement or motion, which is the core of the routine, is sliding.

Benefits include burning fat/calories and muscle toning. This routine targets the hips and thighs. And the cherry on the top of the cake, is that it is loads of fun!

It is cardiovascular and athletic conditioning. Being a very low impact activity, and often non-impact, it is very safe, while being very effective. Low impact just means that at least one foot stays down on the ground at all times. Non-impact implies that both feet remain on the floor right through.

Can anyone participate?

Yes, anyone can participate. There are exceptions though. Slide Training is not recommended for those having an active knee problem or an obesity problem. Though standards of what exactly is considered obese vary, if you are 18 kgs or more than your recommended weight according to most height-weight charts, for this purpose consider it as obese.

Is any special equipment required?

Yes, and guess what it is? A slide! A slide is a long flat surface with rubber gradients on the ends, which act as stoppers. As the very name suggests, the basic idea is to slide from one end to the other.

Basics of Slide

It is important firstly, to get the slide strap out from under the board. Having the slide strap under the board can not only hamper one's ability to slide across smoothly, but it can also puncture the slide surface.

You have to get your slide socks on over your shoes. Make sure they

cover the entire sole of your foot at least. This makes the surface more conducive to sliding.

Always keep your knees bent. This protects the knee joint, adds a greater degree of intensity to your workout and since this lowers your centre of gravity one is more stable. This increases the ability to be able to slide across to the other end of the board.



Keep your feet facing forward at all times. Try and slide your way across to the other end in one single motion.

Initially, you may make it only halfway or three quarters of the way down. Instead of making your way back from wherever you ended up, make sure that you step over to the nearest rubber gradient first. This is important as this is the only thing that offers you stability, and allows you the push-off you need in order to make your way through. If you avoid doing this, at best, you won't make it across. At worst, you will fall.

Your routine ideally should last for about 40 minutes or so. This way, fat and inch-loss is maximised. If you feel the need to stop due to exhaustion, slow down instead. You are probably working too hard to be burning stored fat anyway.

Starting up

Initially when starting up, you will feel a little unsteady on your feet. It helps to keep an eye on your feet in the mirror. This will help you feel more stable, and create a feel and awareness of where exactly the slide is placed even when you aren't looking at it.

Keep a bottle of water or a sipper along with a pair of lightweights near your slide at all times. This way you can access them easily without having to get off the sliding surface. This gets tough due to your slide socks.

It is very important to stay well hydrated in order to regulate body

Beginners' blues

Initially, it will be quite a task just being able to slide from one end to the other. No worries! Allow yourself to be a beginner. Take your time and work at your own pace. The class you are in might be fancy, the participants stepping their way through with impressive choreography. Don't feel pressured to keep up with their pace. Watch your pulse! Chances are that it will race way above ideal levels. Slide is an intense routine. Especially if you are not accustomed to it. Go easy to keep your pulse under check. Generally, you should keep your target heart range between 16 and 18 on a six second count. You can add on the lightweights eventually. They will add to upper body tone. For those of you who are not novices to this routine, weights will help keep your pulse up. When sliding, make sure your legs do not drag on the slide. This can be stressful on the knees.

Couple your slide session with some general toning for the upper and the lower body to get the maximum from your session. Do not forget to target the abs as well. You will tone, strengthen and reshape your muscles. This segment also corrects postural deviations such as rounded, droopy shoulders, or a forward pelvic tilt. Toning is crucial in the way you end up looking and is also largely instrumental in injury prevention.

Tone Up

To tighten and tone up do a few compound exercises which target many



temperature and make sure that the fluids lost through sweat are replaced so you can continue working out aerobically.

Make sure you warm up and cool down adequately. Each of these segments should last for about four to eight minutes.

Make sure all the muscles of the lower limbs are well stretched out after your slide session, or you're bound to be stiff and sore the next day. Flexibility exercises allow the muscles in question to rid themselves of the waste matter of exercise, which includes excess blood, lactic acid and carbon dioxide. This is what causes pain, typically 24-48 hours post-exercise.

muscle groups at the same time. Push ups, planks, squats and lunges are great examples. Do two sets of 10-12 counts of each exercise to begin with. Time your breathing with the exercise by exhaling on the most difficult part of the exercise and inhaling on the easier phase.

The above four exercises in themselves will target the upper, middle and the lower body and so will be an all-encompassing workout. Slide Training is fabulous and best followed with the above-mentioned 'tone up' segment. It is great fun and is highly effective. So get cracking and slide and glide your way into a whole new body. 