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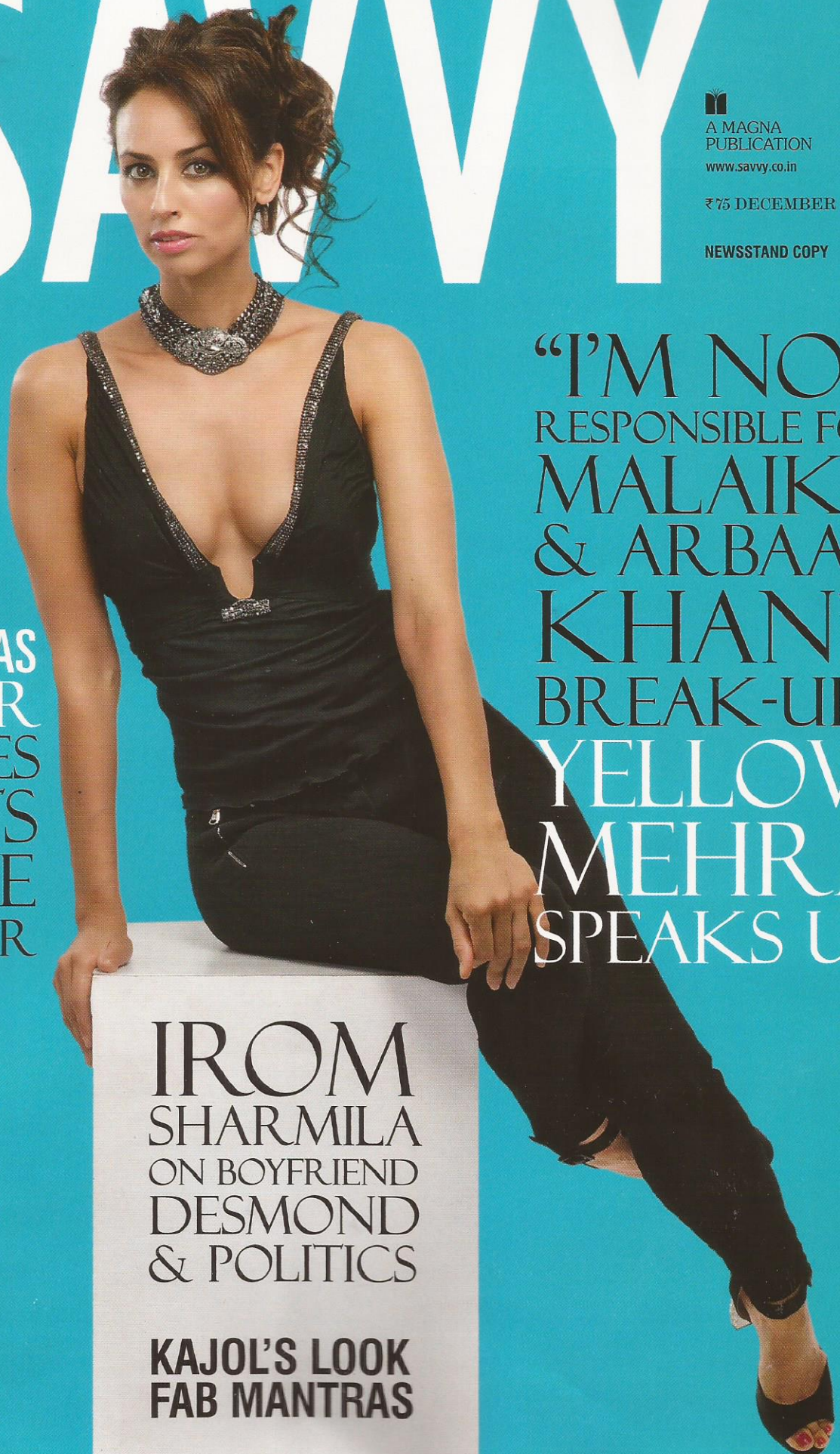
NEWSSTAND COPY

CHRISTMAS
CHEER
• CAKES
• GIFTS
• WINE
• DÉCOR

“I’M NOT
RESPONSIBLE FOR
MALAIKA
& ARBAAZ
KHAN’S
BREAK-UP!”
YELLOW
MEHRA
SPEAKS UP

FROM
SHARMILA
ON BOYFRIEND
DESMOND
& POLITICS

KAJOL’S LOOK
FAB MANTRAS





aerial WORKOUT

Nawaz Modi Singhanian helps you master anti-gravity aerial training.

Aerial workouts are by no means a new trend. It's mesmerizing to watch, but takes more than a little courage to try out. However, this form of fitness training packs in more than a few benefits, and is not as daunting as it may seem. And to help you understand what it's all about, we've answered some frequently asked questions about aerial training. So gear up and fly!

What is anti-gravity aerial training?

The joke goes that Sir Isaac Newton, who discovered gravity, also discovered anti-gravity when the apple fell from the tree and bounced right off his head!

But jokes aside, anti-gravity training happens in and on hammocks of varying sorts, often suspended entirely in the air; this is the very essence of this training form.

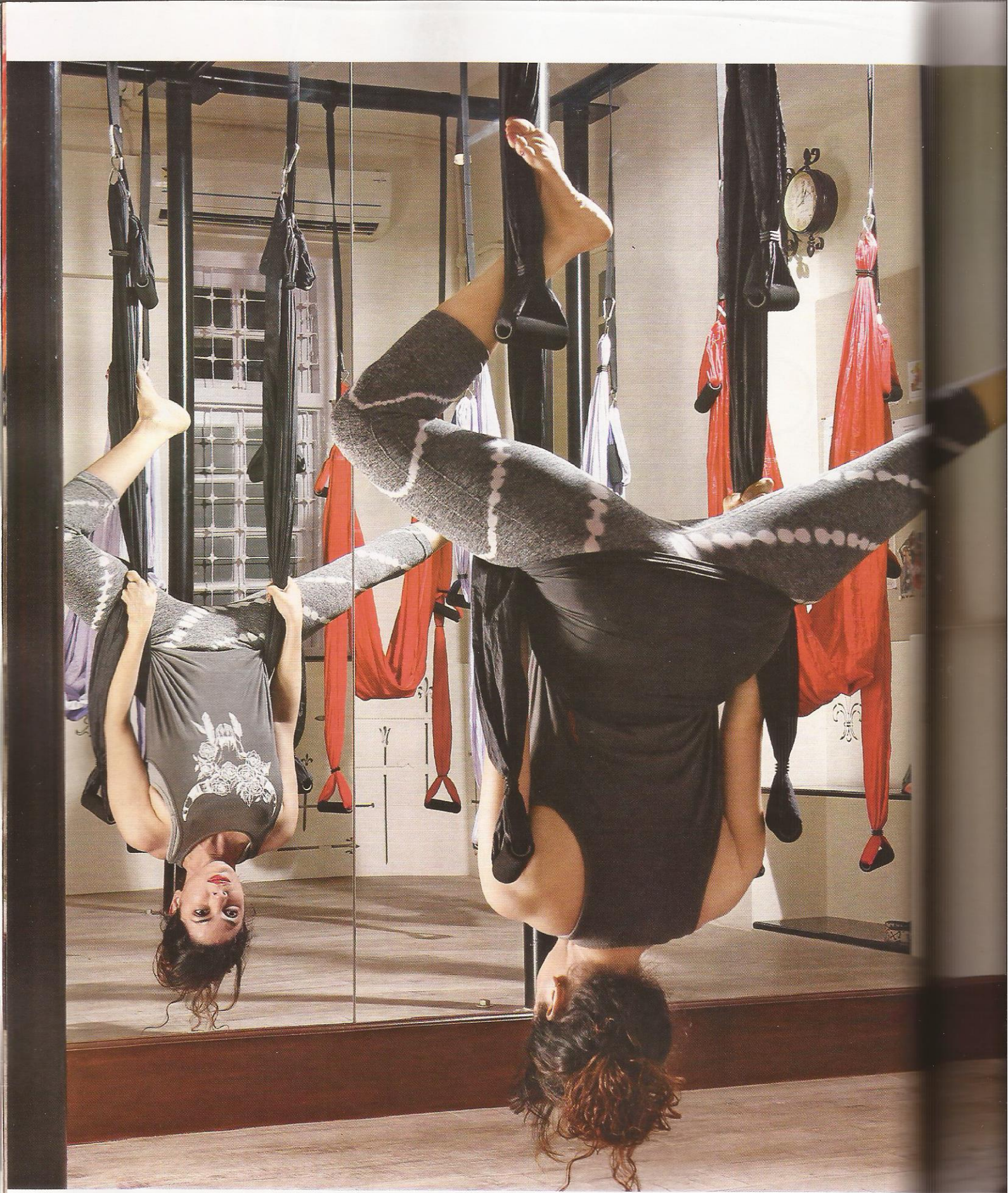
Inversions are really the meat of anti-gravity workouts. Flips, tricks and inversions like hand stands, flying shoulder stands, back angel


flips, the gargoyle, the mosquito, the bat, the downward dog, teepee, the thunderbolt - all give us a mental image of what each move might be. They're dynamic, exciting and a lot of fun - both to do and to watch!

What are the benefits?

Anti-gravity training is essentially a mind-body-spirit workout. It works as a stress buster and has a number of other benefits as well. It gives you a total body workout and helps improve flexibility. It also helps tone and redefine muscles, strengthens the core and joints, and aids in slimming and toning the body. It improves balance and mobility, digestion, blood circulation and fortifies neural connections, thereby boosting your memory. It is often recommended to those suffering from back pain.

Aerial workouts also help clear the mind and help you relax, as well as become more aware of yourself and your body. They boost your artistic and creative skills.





Anti-gravity fitness is easiest for someone who maintains a consistent fitness regime and has a reasonably strong core.

Can anyone do anti-gravity aerial training?

Barring any physical abnormalities and so long as one does not have any of the contradictions listed below, anyone who can do at least three consecutive sit-ups can do anti-gravity training and suspension fitness. It is easiest for someone who maintains a consistent fitness regime and has a reasonably strong core.

What are the contradictions (aka avoidances) for anti-gravity fitness techniques?

Avoid this form of training if you fall under any one of these situations - pregnancy, glaucoma, recent surgery (especially the shoulder, eyes, back, hips, hands or wrist), heart disease, very high or low blood pressure, easy onset vertigo, osteoporosis/ bone weakness, recent head injury, cerebral sclerosis, propensity for fainting, carpal tunnel syndrome, severe arthritis, sinusitis or head cold, hiatal hernia, disc herniation or acute discogenic disease, recent stroke, artificial hips, radiculitis (inflammation of nerve root in spine), severe muscle spasms and botox injections (within six hours).


Does one need to be physically fit to participate?

Not necessarily. Anti-gravity fitness is easier than it seems because the hammock supports you in your poses. However, anti-gravity fitness is easiest for someone who maintains a consistent fitness regime and has a reasonably strong core.

What if one is afraid of heights?

Sir Isaac Newton said, "If I have seen further, it is by standing upon the shoulders of giants."

As mentioned above, during an inversion you are only three inches off the ground. During most of the moves, you are distributing your weight between the hammock and the floor. Be logical and you will quickly realize that there is nothing whatsoever to fear.

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