

Unit 18 – Tare (New Zealand)

Okay, so a typical gym routine for me at the moment ... um ... I'm really working on core strength, so ... um ... I don't do a lot of cardio I might do maybe 2— 2 to 5 minutes worth of cardio on the cross-trainer normally to begin with, just to warm up. Uh, once I feel nice and warmed up ... uh ... I do more free-weights. So, ... um ... you know, I'll ov— alternate sessions so one day I'll do legs and lower back and the next session will be sort of chest and— and shoulders. Um, a leg session will be, sort of, power squats ... um ... weighted power squats. I tend to do, sort of, ... um ... six— six sets and at quite a low weight and, you know, minimal sort of recovery time in between, just to sort of help with the endurance. I do find I get somewhat of a cardio workout anyway ... um ... uh ... yeah beyond that though— sort of, chest and arm sessions would sort of involve ... uh ... yeah, bench pressing, you know, a standing sort of shoulder press ... uh ... again, sort of quite a high number of sets but low repetitions. So, a high number of sets might include sort of six sets ... um ... and the repetitions might only be like sort of five to six repetitions per set.

Um, yeah, the reason why I'm doing core strength I— I find it sort of it helps with explosive sort of power and ... um ... I guess it's what I know as well, 'cause growing up I used to play quite a bit of contact sport and ... uh ... that was all about sort of short sharp explosive bursts of energy ... um ... and yeah I— I think it just sort of helps out with coping with everyday life.