

A Visit to the Gym

Class 7f from Auguste-Viktoria-Schule paid a visit to a local gym because the unit in the English book deals with sports. The students chose different topics, took pictures and wrote short texts.

General fitness



The general fitness part is equipped with machines and TVs, so you can watch TV while you train.

There are three different types of machines for general fitness, which is good for beginners and people who want to lose weight.

There is a treadmill, where you can jog or run. You can change the tempo and the slope to your preferences.

There are two different kinds of steppers. The first one turns around by itself. By the second one you have to work by yourself, so that it turns around.



Circuits

Circuits are cool and they are very modern. Did you know that one of these things costs over 1000€? The good point about circuits is that they are good for beginners and for the pros. It is good for a warm-up, it is easy to train your muscles with them and you also can improve your fitness level. Every circuit has its own function you even can train your back to prevent and heal pain in the back.

By the way, the favourite activity of the trainer is bodybuilding, but he likes the circuits to warm up before he goes bodybuilding.

One month of membership at the gym costs 30€ and you are in a contract for 12 months if you are under 18, if you are older you are in a contract for 18 months.

For signing in you get a gift card for some protein shakes. The trainer that showed us around liked the shakes that tasted like chocolate-hazelnut because it tastes like Monte.



Bodybuilding

Bodybuilding is a kind of extreme muscle training, where you can pump up your muscles.

In every gym there is a bodybuilding compartment with many machines and dumbbells.

Dumbbells are available from 5kg to 50kg or more, but the most people just lift 15kg to 30kg.

In the gym "Balance" kids from the age of 14 are able to train, but you can do bodybuilding from the age of 16.

Competition:

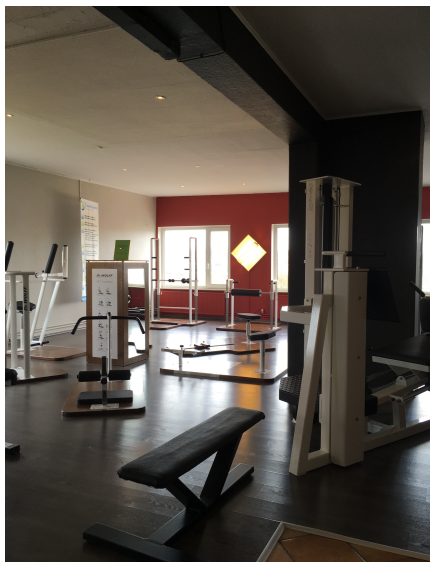
Bodybuilding competition are available in many countries. There are many bodybuilders who lift weights of 150kg. But some people improve their muscles in an illegal way, with doping.



Health courses

Our topic was health courses.

If you have problems with your back, you can go there. There are many different exercises to make your back better.



This is one training equipment for the back.



This is a picture from one area where you can train.

"The lie of fat burning" is one course you can visit. There they tell you how you can burn fat. You can also buy a drink which helps you to burn fat and while you train there you can buy and consume protein shakes.

Bikes and spinning



Spinning

vs

Bike

Spinning is with a trainer and music. One training takes about 45-60 minutes. You can “cycle” it in different positions, sitting or standing. It is good for your general fitness.

Cycling improves your condition. It is a good way to end your training. At the beginning its also for warming up. You can adjust the difficulty.

ZUMBA AND STEP AEROBICS

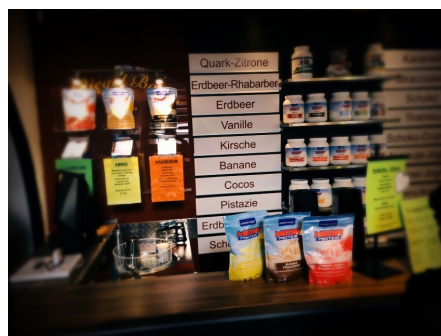
The gym offers different fitness classes like zumba and step aerobics.

The room for dancing is very big and has mirrors on two walls. In the middle of the ceiling there are spotlights.

On the other side there are big windows. The floor is bouncy, so you can jump and land very soft. That's very important for dancing.



After dancing we all need something to drink. Our body needs that, so we can buy some protein shakes with many different flavours like caramel, strawberry, stracciatella and chocolate nut etc. from the bar.



The coach in training loves chocolate nut and recommends that. Yummy!