



Demystifying Which Gym Machine Does What and How Much

All machines are not created equal. Warwick Women's Workout's Michelle Monks explains.

Perth, WA, 9 May 2014 – For gym newbies, question after question pops up, especially when it comes to how to use the fitness equipment in their local gym. The next set of questions might be, "What can this equipment do for me?"

Michelle Monks, Gym Manager of Warwick Women's Workout operated by Churches of Christ Sport & Recreation Assoc. at the Warwick Leisure Centre in Perth, says not all fitness machines are created equally, but when used properly, they can be a huge tool in attaining one's fitness goals.

"Which exercise machine will burn the most calories? Which can make my upper body stronger and more toned? How many calories can I burn by cycling? These are very common questions from people who are just getting into the gym scene," Monks says.

Bike riding uses the larger muscles in your legs, which creates an intense calorie burning activity. This activity burns around 500-1000 calories an hour, making cycling a hyper-effective workout.

Monks says to keep in mind that recumbent bikes don't give as good a total workout as the 'typical' upright bike. "You're positioned differently on a recumbent, so of course your results will differ."

Running on a treadmill burns more calories than bike riding does and running on the incline setting is an even better way to boost metabolism, especially after the workout is finished. Treadmill walking burns fewer calories than running, but still gives a decent workout, especially for those requiring a low impact activity.

Monks suggests when using the treadmill incline setting, to not select a very steep pitch. "Your natural instincts would be to use the handrails to balance yourself and that has a negative impact on your total body workout," she says.

The elliptical trainer machine can help burn around 600 calories per hour. Again, Monks recommends not leaning on the railings of the machine; allow your body to do the bulk of the work itself.

"Your muscles should be contracting properly during the elliptical session and you'll lose weight and burn more calories if you choose a striding rate of 120 and above," she says.

Monks claims that the rowing machine – which simultaneously works the back, abs, arms and legs – is a powerhouse piece of equipment that challenges the upper and lower body equally in a cardio duel. She says those who hop on and work with the rowing machine can expect to burn no fewer than 1000 calories per hour.

"You'll want to work your torso as well as your arms and your legs," Monks says. "Make certain to check your posture, too, so that you don't throw your back out. You can ask a trainer, or someone at the gym who has more experience on the rowing machine, the best way to 'sit' while you work out."

Monks says by using those three muscle groups, the workout on the rowing machine will show amazing results.

"Cardio is good for your heart, your muscles and much more," she says. One just needs to vary his or her routine a bit.

"Remember," Monks says, "to have fun during your workout. Being knowledgeable about how to use all of the equipment helps make each day in the gym a breeze for you."

Warwick Women's Workout is glad to help when it comes to demystifying each piece of equipment in the gym. Contact Gym Manager Michelle Monks for your journey to better health. View their web page at <http://www.warwickwomensworkout.com.au> or contact any staff member by phone at (08) 9342 9028.

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