

Assault bike

The Assault Air Bike is the perfect tool to improve your cardio level, through various workouts such as interval, resistance and high intensity training. These types of workout will improve blood flow to every muscle group, along with oxygen absorption, leading to an improved cardiovascular system.

The benefits of such workouts are mainly body weight loss, faster recovery after workout, improved muscular coordination and an improvement in overall body fitness.

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For more information, please contact the Sports Department: **sports@psuad.ac.ae**



FOXES

Body circuit training

Men and women, 2x 1h per week possible

Body circuit training is a very effective training method that combines intense cardiovascular work and muscular endurance. Body circuit training sessions can focus on either lower, upper or the entire body.

Lower body and core circuit training is an excellent option for athletes who play sports that demand strong leg support such as soccer, basketball, volleyball and tennis. Upper body and core circuit training focuses on the upper body and abdominal belt. It is an excellent option for athletes who need to develop endurance and strength in their arms, shoulders and core such for sports such as boxing, paddleboarding, tennis and climbing.

Full body circuit training focuses on a full body workout. It is an excellent option for any sport but also general fitness because it works on all muscle groups in the body. This type of training will allow anyone to develop their physical condition.

Equipment and/or outfit required:

Basic sportswear
Running shoes
Towel and water

For more information, please contact the coach.

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Body combat

Women only

Body combat is a powerful cardio course that helps you to let off steam. This highly energetic programme is inspired by martial arts and draws in disciplines as varied as karate, boxing, taekwondo, tai chi and muay thai.

Set against lively music and guided by skilled instructors, you burn calories and improve your cardiovascular capacity further to the repetition of strikes, punches, kicking and katas.

Equipment and/or outfit required:

Light basic sportswear

Light classic sports shoes

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Fitness body shaping

In this class we focus on whole body workout targeting muscle and core strengthening as well as balance and stretching exercises.

Each session will include diverse exercises engaging different group of muscles to beats of different music, all in one suitable for everyone.

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FOXES

Boot camp

Women only

Boot camp classes offer a chance to build strength and endurance. Each class will vary but it generally includes a moderate to intense mix of strength training and aerobic elements such as sprints, pushups, lunges, crunches and much more!

This is a high impact class and you can expect to burn as much as 900 calories. So don't wait, try if you dare!

Equipment and/or outfit required:

Basic sportswear

Running shoes

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Coaching form

Men and women, 2h per week

Coaching form is physical practice done in the gym (done individually or collectively).

The objectives of this course are:

- Know how to correctly and safely use all the toning and cardiovascular training equipment
- Be able to build a customised programme based depending on specific objectives (preparation for sport, weight loss, toning, volume and muscle mass, strength etc.)
- Health assessment (evaluation of body composition, nutrition and recovery activities)
- Personal performance and progress (fitness challenge)

Equipment and/or outfit required:

Appropriate fitness clothes for the gym
Towel and water

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Fitness

Women only, option possible

Fitness classes focus on a whole body workout from head to toes. Each session is different but typically starts with dynamic stretching, followed by cardio, weights training and finishing with flexibility boosting and stretching.

Starting with gentle movements to increase the mobility range of your muscles, cardio will follow with jumps, static runs mixed with squats and lunges, weights training with biceps, triceps curls, squats with press ups and many more will revitalise your whole body. During the last 15 minutes, we will focus on flexibility to loosen tight muscles and stimulate full body circulation. All this is complemented by different music, suitable for everyone, so why wait? Come and join in!

Equipment and/or outfit required:

Basic sportswear

Running shoes

Towel when using the machines

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FOXES

Sports follow-up

Men and women

Sports follow-up: Sport practiced regularly is essential for a healthy lifestyle. Students should avoid extremes (too much sport and no sport at all). Fat is an imbalance between energy intake (calories from food) and calories burned (from basic metabolism and physical activity). When the body receives more energy than it burns, it stores it as fat in adipose tissue.

Do not allow yourself to get overweight. Of course, there are predisposing factors such as family history, medication or endocrine and hormonal disorders (hypothyroidism, menopause, puberty etc.) but weight gain is primarily related to a diet which is too rich and/or anarchic and a lack of physical activity. To lose weight, students must reduce their calorie intake by eating less, eating better and moving more. It is important not to become overweight to avoid health complications. To avoid becoming overweight, follow a balanced food programme and increase physical activity. By combining both, you will see good results.

Some people rush into drastic dietary restrictions to lose weight quickly. Of course, this works in the beginning. However, unable to maintain such dietary restrictions for the long-term, people eventually end up resorting to old habits and regain lost weight, often accompanied by a few extra kilos (the famous 'yo-yo effect'). This leads to a vicious circle because their body becomes more resistant to weight loss.

When we partake in sport, we don't just expend energy (one hour of jogging = 900 kcal; one hour of tennis = 420 kcal). As soon as available glycogen is depleted, the body converts its fat stores to provide energy. Aerobic training is the best form of exercise to stimulate this process (where you can talk but not sing). Walking, swimming, running, cycling, rowing and weight machines not only burn calories (up to 1000 per hour for jogging and cross-country skiing), but they can be carried over long periods and encourage the burning of fat.

Equipment and/or outfit required:

Basic sportswear
Classic sports shoes

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TRX

TRX is a type of suspension training bodyweight exercise that develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises.

Practicing TRX will greatly improve cardio, building muscular endurance, and promote weight loss.

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FOXES

Yoga

Women only, men and women

Yoga is an old discipline from India. Yoga combines breathing techniques, exercise and meditation. Yoga is the Sanskrit word for union. Patanjali was a pioneer of classical yoga. He defined yoga as "the cessation of the modification of the mind" (stopping changing the mind). For example, the "sun-salutation" contains 12 postures or "asanas" which are said to help balance body and soul. The "sun-salutation" is popularly known as "suryanamaskar".

Yoga claims to improve health and happiness. It is also good for weight loss, developing a strong and flexible body, promoting healthy skin, a peaceful mind, good health, improved immunity, stress relief and many other advantages.

Equipment and/or outfit required:

Basic sportswear

Classic sports shoes

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Zumba and flash mob

Women only

Zumba is a workout native to Columbia and combines elements of aerobics and dance. The choreographies inspire themselves from Latin dances (salsa, merengue, cumbia, reggae ton, kuduro) but also from a variety of styles from Bollywood, belly dancing or swing dancing.

Zumba is a powerful cardio workout which leaves your muscles tired and causes a breakdown of muscular tissue. During our Zumba workout, the arteries and veins in our muscles dilate to accommodate the increased blood flow while your skeletal-muscles assist in returning blood to the heart and maintaining cardiac output. Cool down stretching exercises also help the heart rate return to its resting rate along with decreasing soreness the following day. Our objective is to intensify stretching on the specific muscular groups used during our Zumba workout - such as quadriceps, hamstrings, glutes, chest, triceps, shoulders, core and back, focusing on improved flexibility and performance improvements in physical activities while decreasing the risk of injuries during workouts.

A Flash Mob is defined as "large group of people who gather at a public location to perform a pre-defined action, typically a brief dance and disperse rapidly after the event has concluded". It is usually organised and promoted on social media across the world in public spaces. Our goal is to organise our own flash mob and present it at random moments during our day to day routine, surprising our classmates/staff/teachers, using our creativity as a group and above all, to have fun!

Equipment and/or outfit required:

Basic sportswear
Classic sports shoes
Showers on site

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