

Westcare Health and Fitness

NEWSLETTER

April 2022 Edition

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Westcare Health and Fitness 2022 staffed hours

Monday - Thursday:

9am-7pm

Friday:

9am-1pm

Saturday:

9am-12pm

Personal Trainers
Kayce Bozdarovski
Jordan Heatley

Exercise Physiologists
Peter Kollis
Brian Ting

Customer Service
Sarah Priasca
Irene Battaglia

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GYM UPDATES

Member of the Month

For the month of March, we are delighted to announce our members of the month are Liz and Jordan.

Liz comes in almost every morning & pushes herself each session. She recently had a moon boot on port surgery, but that didn't stop her! She kept persisting and doing what she could do while recovering.

Jordan has been a member for the last 2 years (almost). In the last 6 months, the staff have noticed how much more determination and hard work he puts in at the gym. He is currently away for work so were unable to get a photo of him.

We are proud of all of our members, keep working hard and you could be our next Member of the Month!



Class Timetable

Our classes will continue to be outdoors for the first few weeks of April. We will monitor the situation and make changes when we feel is safe to do so, but for the time being, they will continue outdoors.

Public Holidays

Throughout the month of April, there are a few public holidays, so please keep this in mind if you need to contact the gym.

The following dates we will be unstaffed in the gym and classes will not be on as it is a public holiday:

Friday 15th of April

Monday 18th of April

Monday 25th of April

HAPPY
EASTER

PT SPOTLIGHT – BUILDING UPPER BODY STRENGTH

Building Upper Body Strength with Dips

Dips are one of the best ways to develop strength throughout the upper body. What makes dips such a fantastic exercise for upper body development, is the multiple muscle groups that have to work in harmony to achieve what is overall, a relatively simple movement. The chest, arms, shoulders, and core muscles are used and activated at some point during the lift, with the triceps and chest taking the bulk of the workload.

While being an excellent exercise for strength development, it also has benefits for those wanting to look better in their upper body. From a viewpoint of wanting to look good, having developed triceps adds tone and definition to the arms, while having developed chest muscles adds shape to the torso. Tricep dips can seem like a daunting exercise at first, but there are ways to work up towards doing full, unassisted, tricep dips.

The Exercise

The easiest variation of the tricep dip is the supported tricep dip. Supported dips are dips done off of something stable and low to the ground, like a bench or chair, with the feet still on the ground, helping to support the weight of the upper body. From there, the next progression is an assisted dip, such as using a resistance band or the assisted dip machine, to help support the weight of the upper body but slightly less than before, for a harder exercise. The final progression is a regular tricep dip, with no assistance at all.

Supported Dips

1. Setting yourself up with a stable object, such as a bench or chair, sit on it, and place your hands on the edge, with your elbows pointed up and backwards.
2. Place your feet out in front of you, either all the way out (as pictured) or with your feet flat on the floor. The further away your feet are, the harder the dip, the closer the feet are towards your body, the easier they are. Start to shift your bodyweight and hips forward, supporting yourself with your arms.
3. Slowly lower yourself down, aiming to hit a 90-degree bend in your elbows. Push yourself back up and repeat. A video demonstrating a supported dip is available on Mywellness.



Tricep Dips / Assisted Dips

1. The following applies to both full unsupported dips, and assisted dips. Start by stepping onto the steps on either side of the machine/bars.
2. If doing assisted dips, make sure the knee pad is folded out, and an appropriate weight is selected.
3. Hands are placed onto the bars, with palms facing towards each other.
4. If assisted, place one knee, then the other onto the pad, slowly taking up the weight.
5. If regular, start to push yourself up, and bench your knees to pick your shins up behind you, to approximately 90 degrees bent.
6. Slowly lower yourself down and forwards, aiming to hit a 90 degree bend in the elbows. Push back up with control, and repeat.



Written By Jordan Heatley

EP SPOTLIGHT – LAT PULLDOWNS AREN'T THAT GREAT FOR YOUR LATS!

When we think of training the Latissimus Dorsi muscle (“the Lats”, pictured to the right), nine times out of ten we generally think of the classic Lat Pulldown exercise. It’s easy to set up, most gyms have it and you can generally “feel the burn” in your Lats region through the movement.

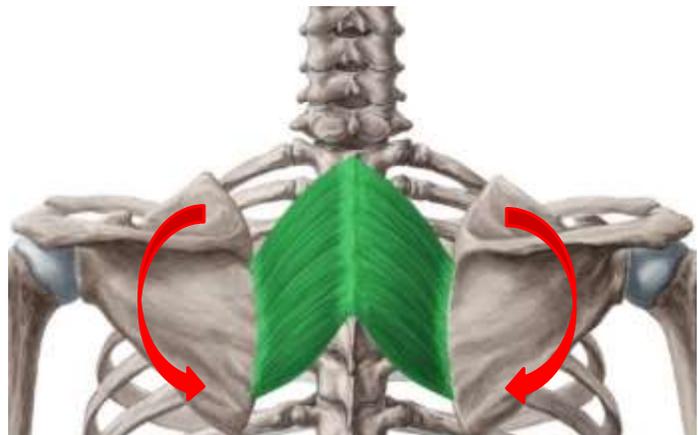


Why Isn't The Lat Pulldown Good For Your Lats?

To fully train the Lat muscles and get the best bang for buck from our exercise, the muscle fibres must be fully contracted, and unfortunately the Lat Pulldown just doesn't put our arms in the necessary position to achieve this, not the traditional pulldown method anyway. The traditional Lat Pulldown involves a wide grip on a bar and pulling the arms down in a horizontal, “elbows out to in” motion, when really the elbows should be moving in more of a “front to back” motion and the aim should be to bring your elbows down in front of you and have them end up approaching your hips from the front, not from the side. This can be generally characterized as a narrow grip.

So What Muscles Does The Traditional Lat Pulldown Work?

Well, the traditional pulldown does in fact work your Lat muscles and you will get some stimulus from it, but it actually puts your Rhomboid muscles in a much better position to work, as their main role is to rotate your scapula (shoulder blades) in a downward motion, which is what people commonly refer to as a “pulldown” motion (indicated by the arrows in the attached diagram).



The pictures below demonstrate the difference in grip position as well as slight difference in posture to differentiate between the two variations.

RHOMBOIDS FOCUSED

LATS FOCUSED



Written By Peter Kollis