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# women's fitness

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AT EVERY AGE**

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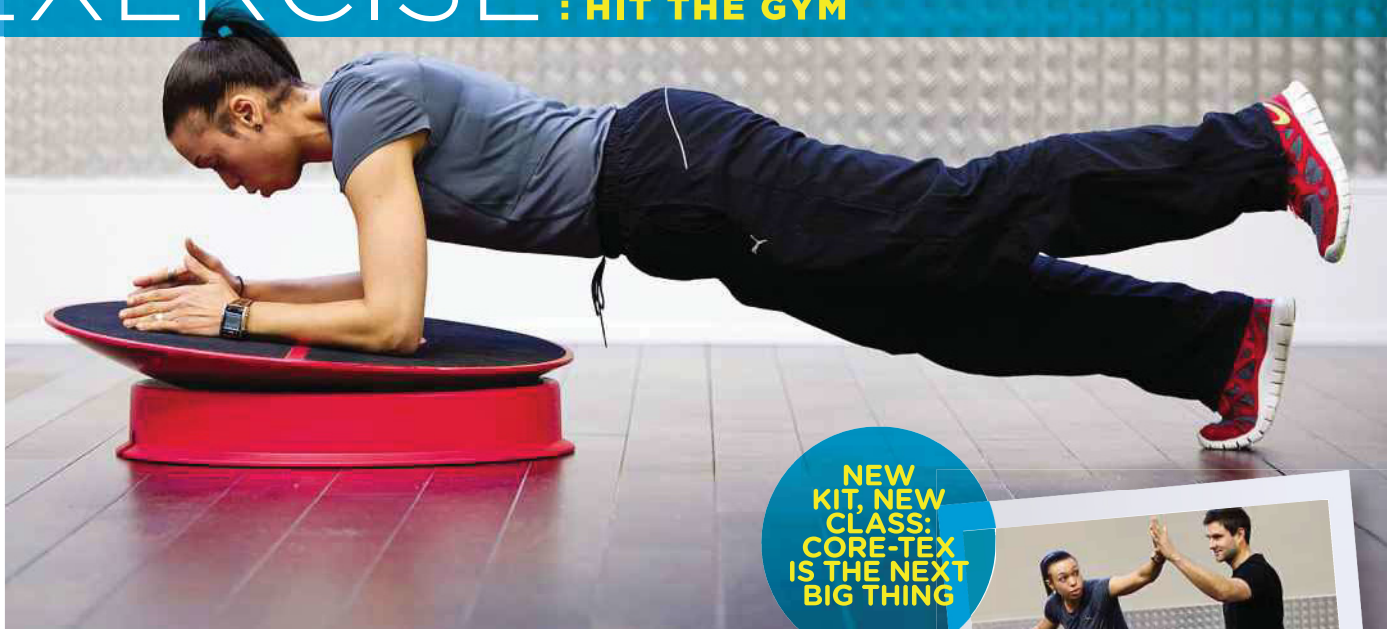
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NEW KIT, NEW CLASS: CORE-TEX IS THE NEXT BIG THING



CLASS ON TRIAL

## Core-Tex

Challenge your body with a nifty 20-minute class designed to shake up your fitness

**T**here's a lot to consider when you're planning your workouts. Want to fit in some cardio? Spinning's great. Muscular endurance and tone? You can't go wrong with Body Pump. A lower-body workout? Three words: Legs, Bums, Tums. But if you want to challenge your whole body and save time, Core-Tex is ideal. It helps you build your core strength, mobility, motor skills and nervous system while you work up a sweat. And it's done and dusted in just 20 minutes.

### THE BACKGROUND

The Core-Tex is one seriously clever piece of kit. Far from being just a stability trainer, it can boost any goal, from strength to rehabilitation. The platform sits on a base with three ball bearings as the contact points, allowing it to move in all directions. It's not as dangerous as it sounds: underneath the platform is a rubber dowel that catches in the base to stop the platform shooting out from under you, so you won't end up with a sore bum and a red face!

Because the Core-Tex moves in every direction, it constantly provides a challenge for the nervous system – its unique selling point. Whether you're doing press-ups, squatting or just holding a plank, it forces you to recruit your senses for the duration of the move and keep every muscle tight to hold you steady. It's a great way to train for functional movements that are used in both everyday life and sports performance.

### AT A GLANCE

- **What's the concept?** A speedy class with a real stability challenge
- **Where can I do it?** Virgin Active clubs at 200 Aldersgate, Kensington and Northwood, and nationwide later in 2013
- **How much is it?** Free for members at Virgin Active or £10-£40 for a day pass
- **Where can I get more info?** [virginactive.co.uk](http://virginactive.co.uk) or [coretexfitness.com](http://coretexfitness.com)
- **Difficulty?** It's easy to get the hang of, but it offers a challenging workout. There's something for all levels.

### THE EXPERIENCE

Gym floor classes are all the rage right now: they offer fast, fuss-free fitness. The Core-Tex fast class is exclusive to Virgin Active and promises to give you a head-to-toe workout in just 20 minutes. The class touches on four key elements of a great workout: mobility, strength, interaction and a fun challenge. If you're looking for conventional moves like basic sit-ups, you won't find

continue, but with the help of a partner (lifting you into a wheelbarrow as you press up with your hands on the Core-Tex, for example), which is a great motivator, gearing you up for another five minutes of work.

We had one last challenge before the fast class wrapped. The challenges vary from session to session depending on how

## 'This class will have you mentally and physically engaged from the start'

them here – this class will have you mentally and physically engaged from start to finish.

The class begins with a mobility section to prep you for the tough session ahead. It's also a great chance to familiarise yourself with the Core-Tex itself. Then we got to work, starting with four high-intensity strength exercises that target every inch of the body. At this point you begin to understand just how easily a 20-minute class can get you working at your max.

The interaction section that follows is where the fun begins. The whole-body exercises

creative or cruel your instructor is feeling, but ours was pretty fun. We got into plank position with our hands on the Core-Tex and, as our workout buddies moved our legs from side to side, we fought to maintain perfect plank form. The first team to complete five movements were announced the winners.

### THE VERDICT

There are no excuses for skipping this class – it's fast, fun and will challenge your fitness in new ways. It's the perfect session to support your usual workouts, whatever your goals. **A**