

GYM BUDDY BENEFITS

If you're not getting the most from your workouts or perhaps getting a little bored of your training regime, *Glass Man* would strongly recommend getting a gym buddy. In fact, having the right workout partner can be the difference between failure and success, plateauing or getting the results you crave. It doesn't matter if you have different goals, strengths, training ability or experience. The right gym buddy can help you tap in to those extra reserves of strength and energy to give you a more productive workout. Here are some of *Glass Man's* reasons you should double up ↓

Glass Man training correspondent Gary Ward with Rickel White and Christopher Barker



→ Keeping form
As a training partner you should motivate but most importantly make sure your partner keeps the right form. As a general tip, if it doesn't look right, then it probably isn't. Look for:

- ⊙ Symmetry in the body.
- ⊙ Range in motion, meaning the movement should be completed fully.
- ⊙ Tempo of each repetition, should be smooth and rhythmic.

The most common problem to all of the above will be using the correct weight.

→ Competition
Most of us have a competitive streak and seeing your gym partner lose body fat or get stronger can give you that little extra push you need. Healthy competition that makes you eat healthier or train a little harder must be a good thing? It is.

→ Working Out Becomes Fun
You can get a serious workout, without taking it too seriously. The more fun your workouts are, the more you're going to come back and be committed to them over the long-term. There's absolutely no doubt that the right work-out buddy can make your workouts more fun. So choose someone you vibe with. Working out alone can be lonely, so being able to laugh, encourage and motivate can make them more enjoyable.

→ Variety
Your work-out buddy will have different strong points and knowledge to you. We all tend to do the things that are comfortable to us so you can benefit from being taken out of your comfort zone by doing different exercises they introduce you to. Variety is one of the key elements of fun, you're much more likely to stick to your workouts when you can do new things.



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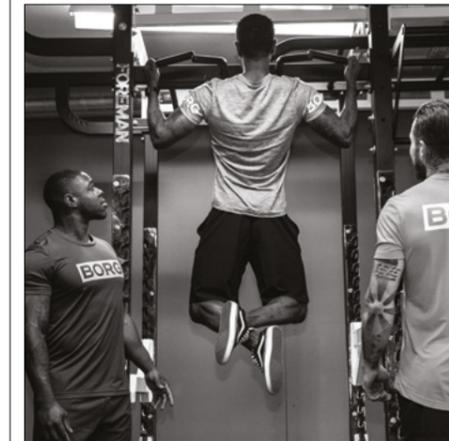
PUSH AND PULL SESSION

Here is one of *Glass Man's* favourite Push and Pull sessions adapted by trainers RICKEL WHITE and CHRISTOPHER BARKER. The aim is always to complete the full repetition range. This will require you to drop the weight to ensure your form stays true during each movement. Enjoy ↓

- Pull Ups
- 1 15 reps
 - 2 15 reps 10kg – drop set with no weight to finish reps
 - 3 15 reps 20kg – drop set with no weight to finish reps
 - 4 15 reps 30kg – drop set with no weights to finish reps

- Weight Push Ups / Plyometric Push Ups
- 1 Max reps at +60kg Push Ups
Drop to +40kg – Drop to +20kg x2 sets
 - 2 Plyometric Superman Push Ups
Max reps x4 sets

Pull Ups



Weighted Pull Ups



PLYOMETRICS



T Bar Row



Bent Over Row Barbell

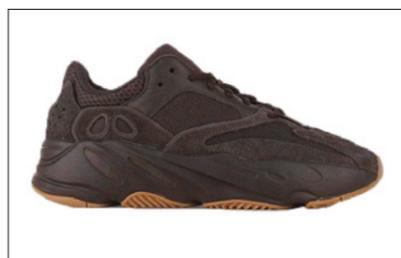
- Bench Press (dumbbell)
4 Sets 12 reps working at 70/80% of your maximum
- T Bar Row
4 sets 12 reps working at 70/80% of your max weight
- Incline Press Barbell
4 sets 12 reps working at 70/80%
- Bent Over Row Barbell
4 sets 12 reps working at 70/80% of max weight

THERAGUN

For all-round body wellness and maximising your body's potential, *Glass Man* would strongly recommend the Theragun, it's a lightweight, battery-operated muscle treatment device that increases blood flow, decreases lactic acid and in-terrupts the pain cycle ↓



→ Natural pain relief → Enhances performance and recovery → Energises and activates the body → Relieves tight, sore muscles
Glass Man has primarily used the Theragun for recovery and tightness around my upper glutes and lower back. You can download a free application to ensure you maximise all the functions. Models available from £275 www.theragun.uk



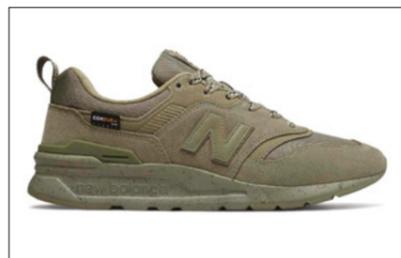
YEEZYS 700
£381/HKD3,443



ADIDAS Ultra Boost Black 19
£169.95/HKD1,599



NIKE Vapor Speed 2019
£164.95/HKD1,499



NEW BALANCE 997H
£80/HKD599



PUMA RS X
£90/HKD899



JORDAN'S Air Jordan 6 retro
£169.95/HKD2,778

WHAT'S NEW

Glass Man is always on the lookout for new and exciting ways to keep fit, train and generally push their body to the limit. Over the past few months we have tested many new exercise classes and studios in the name of research and have loved it. Here are our recommendations of things you have to try if you're in London. We felt remarkable afterwards. The workouts on the other hand ... let's just say it wasn't as plain sailing ↓



ROWBOTS

Rowbots is a results-oriented group exercise experience with mental conditioning at the core. Combining the most effective machine in the gym – the rower – with explosive floor work, you will leave feeling empowered and ready for anything.

Footballer Gareth Bale comments, "The workout has been engineered to combine rowing, floor exercises and motivational and mindfulness techniques, so that you'll feel a better version of yourself after every class."

→ The Classes

The classes comprise five concepts themed around different mental health objectives, 45 minutes each, where you apply maximum effort, working every muscle group on a state-of-the-art water rower which mimics the feeling of rowing on open water. This is combined with high intensity floor work to maximise fat burning and muscle strengthening, burning up to 800 calories a session. All classes are low impact on joints, so your knees will thank you. Each concept provides a different benefit.



BXR

London's leading luxury, pay-to-train fitness studio, Sweat By BXR, has announced the launch of its second location and first standalone studio in Canary Wharf. Sweat by BXR Canary Wharf will boast two studios, featuring three signature Sweat class concepts seven days a week, as well as introducing a brand new class early in 2020.

→ Climb To The Beat

Sweat by BXR's Versaclimber Cardio studio will bring the most effective, full-body cardio workout to Canary Wharf with its signature group climbing classes, featuring 35 of the latest VS Versaclimber models. Sweat by BXR flagship has garnered a reputation as one of the most intense cardio workouts in London, with an estimated 800 calories burned in each 45-minute class. The high-energy workout also activates all major muscle groups through mimicking the natural motion of climbing, strengthening muscles to improve posture and balance.

→ Sweatbox

Boxing is widely renowned as one of the best exercises to work out the entire body and has become a favoured training method amongst individuals looking to improve their overall conditioning. Sweat by BXR's Sweatbox class provides an exhilarating full body workout. It's designed to elevate heart rate with high intensity rounds of boxing, interspersed with bodyweight exercises and ab/core drills paired with energetic music.



ONE LDN

A premium fitness club located in Imperial Wharf, Chelsea that combines a high-performance gym and boutique fitness studios. The club offers a wide range of specialised classes across four studios as well as Tailored Transformational Training and Personal Training in its spacious and light high-end gym. For complete disclosure, I train and teach classes here.

→ The Classes

In addition to its renowned immersive yoga and strength and conditioning studios, ONE LDN has recently launched a versatile range of Low Impact but High Intensity classes. The science-backed low impact workouts have been designed by a team of experts to burn and strip fat, target the most stubborn areas and define the finest body assets.

ONE LDN recommend combining the high intensity low impact cardio workouts with the lower intensity resistance classes throughout the week for perfect body conditioning. Classes include dance sculpt, total definition, booty hit and core definition.

