



BodyTec – future of fitness

STRAPPED IN: TO FIT IN

» **Hi-tech method for muscle training guaranteeing results with 90% muscle stimulation.**

Kgosi Modisane

I recently had the opportunity of attending a muscle-building session at the BodyTec studios in Green-side, Johannesburg.

programme that uses Electro Muscle Stimulation (EMS) as a form of training muscle areas throughout the body.

EMS is the use of electric current pulses that work to stimulate small and large muscle groups found in the body.

This works the same ways as the conventional way of training because muscles tend to adapt to the average push-up and weight lifting that happens in the gym.

A single 20-minute BodyTec session will increase up to 90% muscle activation, strength and power, and the speed and flexibility of muscles.

Upon arrival at the studio,

one is strapped into a sweat- and heat-resistant suit.

Attached to the suit are electro cords placed on various muscle areas on the body, including the abs, biceps, upper and lower back and the inner and outer thigh region.

The cords are then linked to the main plug, later plugged into the stimulus reactor. This sends through the electro pulses to the body as the instructor guides you through easy-to-do-exercises within the course of the 20-minute session.

The exercises include squats, front and back lunges and, lastly, abdominal crunches.

The currency is regulated, based on each individual's stamina and muscle threshold, resulting in muscle growth and activation.

At first, the pulses will seem light, but the monitored muscle areas will then adjust to a level when the muscles pull against the stimulus from the suit.

The BodyTec training class is best recommended on a weekly basis at R225 per session or R975 per month on the classic contract and express contract.

There's also an option for six



months at R270 per session for 52 sessions (1 session per week).

90%

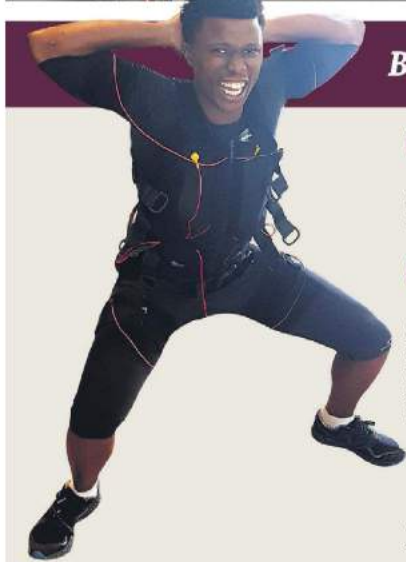
A single 20-minute Body Tec session will increase up to this amount of muscle activation, strength and power, and the speed and flexibility of muscles.

This new fitness craze is tried and tested by the likes of SABC 3 *Afternoon Express* host and actress Bonnie Mbuli, socialite Uyanda Mbuli, *Mancave* host Lunga Shabalala and traffic compiler and presenter on Jacaranda FM, Thabiso Khambule.

Having used BodyTec for five months, Khambule describes his

experience: "Still sore each and every time after a session, meaning I am working my muscles and there is progress."

To book yourself a session check out their website: visit www.bodytec.co.za



BodyTec Q&A with Thabiso Khambule

Q Have you lost weight since you started training with the BodyTec programme?

A: I have lost weight as well as toned my muscles doing BodyTec.

Q Based on the nature of your job, how often do you go for a BodyTec session?

A: I love the fact that I only have to go into BodyTec once or twice a week for 20 minutes to get a basic, full-body workout. I enjoy BodyTec so much. I believe it's the future, especially when coming to career-driven people who don't have time to go to a gym and work out.

Q Would you recommend BodyTec to your spouse, family and friends?

A: My wife and I train together and use it as a way of spending time together.





Still sore each and every time after a session, meaning I am working my muscles and there is progress.

Thabiso Khambule
Jacaranda FM presenter



Jacaranda FM's
Thabiso Khambule



You can stay fit forever

Forever Fit, founded by health and fitness coach Timera Bettocchi, had its official launch at The Health Network in Sandton on May 28.

The big day was ushered in with Forever Fit's signature body sculpt classes.

For the past two years, this class has been a best-kept secret, boasting clientele ranging from local celebrities to women struggling with post pregnancy weight, or simply just weight-loss.

In conjunction with Forever Fit's custom meal plan and personal training, body sculpting has helped shape women's bodies, leaving a strong, lean yet feminine silhouette.

This class embraces the essence of the unique method of training Forever Fit's Timera has developed over many years.

Body sculpt is a 60-minute full-body workout. It focuses on the core and smaller accessory-muscles using a unique fusion of pilates-based move-

ments and dance-cardio. This class is meant to increase the heart rate and burn fat without bulking, thus building strong lean muscles.

"We aim to focus on strengthening from the core outward, and attempt to create balance in the body," Timera says.

"Since we believe clients should workout five times per week, this cardio-intense body sculpt class was created to perfectly compliment the training routines of existing clients on personal training programmes."

Body sculpt classes are held weekly and will be launched as a monthly pop-up class in various locations.



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