



100% G.A.L.

Glutis, abdominal and legs... Does it needs more presentation?

This workout is directed to the training of the whole musculature of lower body, without stopping in carrying out very static or analytic movements and trying to maintain to carry out some "more global" and wider movements, with an intensity and constant rhythm.

Although that doesn't mean that we don't work with a marked intention, for example: we will work a series of kicks and other movements where we will look for to work in all the possible angles and plans in that the different muscles that compose the quadriceps can move without losing the work rhythm...

Many times we confuse analytic workout with a low intensity cardiovascular work and, usually, we try to transfer the land workout to the aquafitness... without remembering the impossibility of isolating a muscular group, of carrying out a 100% analytic workout. In this session, we will try to discover combinations of movements that give us a point more than intensity and rhythm in the sessions of GAL, movements that obtain better results, and were we can work strengthening the musculature maintaining a cardiovascular work at the same time.

Javier Bergas del Rio (Spain)

javier.bergas@gmail.com

October 2009