

It's like a dream come true

It's like a dream come true' By Scott Mims

If there were laws against generosity, Christine Thomas would have broken them when she donated 25,000 in fitness equipment to Chilton County High School.

When the school found out about her decision, they showed up with the whole football team and a trailer and loaded up the 30-plus workout machines to haul them back to the school.

Practically overnight, the school had its own fitness center for girls athletics.

It's like a dream come true, said CCHS Principal Larry Mahaffey. This is something I've always wanted. This equipment comes from a ladies fitness center and it's designed for ladies.

Thomas, a local business owner, used to operate a ladies fitness center that was used by both students and teachers. After the center was closed, the equipment sat unused for three years and Thomas decided it could be put to better use.

A lot of the high school girls used to come down and exercise because they didn't have a place to exercise, said Thomas, who currently runs Friends and Partners Sports Caf/ in Clanton. I thought they could use it worse than me.

The machines use air resistance with pumps, which is more conducive to female athletes than weights, said CCHS girls basketball coach and junior varsity volleyball coach Carly Nichols.

The types of exercises the girls can do are endless - squats, leg extensions, leg curls, bicep curls, rowing, abdominal workouts and many more.

These machines allow you to do all the same exercises you can do with free weights, but the fact that you are using machines helps make your workout more stabilized, Nichols explained. Girls are built differently and they get a lot of injuries using heavyweight equipment.

Starting the week after next, the girls basketball team will be using their new fitness center for state pre-season workouts. The volleyball team is already done with their preseason conditioning.

Reformers may be the most popular Pyla Cervantes equipment; It is a large number of doctors and Pyla Cervantes can see in almost every one of Pyla Cervantes studios. It is basically a sliding carriage, the foot bars, springboard, legs and arm pulleys. These characteristics make training work, in different parts, and with the same machines.n

There are two types of reformers, the reformers in the spring of gravity and reformers. Spring Pyla Cervantes equipment reformers, using spring resistance, which is usually used to crouch in the back and pull your arm or push your legs. Gravity reformers have the same concept of push-pull, but springs, it uses the weight of its own. people are diagonal position of gravity dragged his / her need to create obstacles for the exercise.n

The second type of equipment is Pyla Cervantes Cadillac or hanger table. Pyla Cervantes equipment that looks like a cage, no bars, though the shell, attention and bars along springs, straps and an additional bars for several types of exercise. For example, his legs, you can lie down facing the opposite direction of the belt, you will use, and then shoulder strap around your legs, you pull down, and the resistance is through your thigh and calf. Another method used Cadillac is to sit down and now facing the belt, then you are using a belt holding in your hands Rafah while it lying down and then sit up, the works of your abdomen.n

Pyla Cervantes a series of mat drills to improve certain parts, it Pyla Cervantes mats, is an absolute must Pyla Cervantes equipment. mat exercises usually Professor groups. these exercises, mostly concentrated in the trunk and hip to strengthen, the spine and hip also have flexibility. mats may be the most expensive of Pyla Cervantes equipment, but also the most limited, the AMT is basically logistical support, not to provide any form of resistance for the user, but still exercise mat very good, especially for those budgets.n

Pyla Cervantes studio, but the other equipment, you can use at home, a kind barrels Pyla Cervantes-Cervantes Pyla and rings, which are, but not original equipment Pyla Joseph Cervantes Cervantes Pyla preliminary design, but the variety of applications derived Pyla Cervantes skills from other types of exercise.

About the Author

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