**STRONG MUMS PROGRAM**

This 6-week health and fitness program is designed for pre-and post-natal exercise. Focusing on strengthening, toning, improving participants core strength, reducing stress or preparing to reintroduce exercise, members will have time to bond with their baby and be involved in a program that is welcoming and supportive.

All exercises will be conducted whilst holding the child (unless the child is asleep – then we can provide a replacement weight), thus helping to train using correct techniques for lifting, turning and moving, with a baby in their arms!

Ideal for 12-32 weeks pre-natal or anything after 6-weeks post-natal. Mothers with babies up to 12-months are welcome, although the program is designed for those whose child hasn’t learnt to walk yet.

**Waiver/Pre-screen requirements:**

- Pre-screen for all participants will be required – set questionnaire as outlined by EP Kitty Chao on request via kitty.chao@mq.edu.au
- Pre-eclampsia or other health risks noted on pre-screen will require a medical Certificate
- If less than 6-weeks post-natal, medical clearance must be provided

**Date/Duration:** Monday 21st October – Friday 29th November 2019 (6-weeks)
**Location:** Health Club, Macquarie University Sport and Aquatic Centre
**Time:** 9:30am – 10:30am
**Days:** Mondays and Fridays
**Cost:** MQ Student: $180.00
Non-Student: $200.00

**How to Book:** At the front desk of the centre or Health Club information desk

To learn more about Strong Mums, click through to the following page.
STRENGTHCON PROGRAM
StrengthCon is here to take your training to a new level of intensity. Combining raw strength training with metabolic conditioning, StrengthCon will push your limits through big compound movements, high reps, and high intensity.

We aim to increase strength through the main compound lifts whilst marrying it to high intensity workouts to increase your functional threshold. StrengthCon participants can expect full body compound movements like Olympic and Powerlifting as well as functional and object specific lifts.

This five-week program will push you through both aerobic and anaerobic limits. You’ll be worked through heavy lifts one session and a Workout of the Day the next. The workouts will be varied but every session will continue to push you right to your working limit.

This program is not for beginners and an understanding of squatting, deadlifting and bench press would be considered minimum requirements, as well as the following strength standards:

- Overhead Press 6 reps @50% body weight
- Back Squat 6 reps @50% body weight
- Complete 15 push ups in one unbroken set

**Date/Duration:** Monday 21st October – Friday 22nd November 2019 (5-weeks)
**Location:** Health Club, Macquarie University Sport and Aquatic Centre
**Time:** 6:30pm – 7:30pm
**Days:** Mondays and Fridays
**Cost:**
- MQ Student Gym Member: $170.00
- MQ Staff/Alumni Gym Member: $185.00
- MQ Community/General Member: $200.00

**How to Book:** At the front desk of the centre or Health Club information desk

To learn more about StrengthCon, click through to the following page.
**BOOTYCAMP PROGRAM**

Summer is on its way and you are running out of tomorrows to start getting ready. Booty Camp is back for 2019 and there is no better way to sculpt your abs, butt, and thighs in the lead up to beach season. Run over six weeks, Booty Camp is open to females looking for a focus on the lower body.

Featuring basic physical testing of running, sit ups, and free squatting to create a base to build from, Booty Camp will feature resistance bands and activation exercises, strength, boxing and circuit training, team challenges and the all-important focus on abs, butts, and thighs.

Sessions are split between the Health Club and surrounding outdoor areas, in a supportive and comfortable female only space, led by a female instructor. Sessions can be modified to suit any limitations or considerations.

**Date/Duration:** Tuesday 22\textsuperscript{nd} October – Thursday 28\textsuperscript{th} November 2019 (6-weeks)

**Location:** Health Club, Macquarie University Sport and Aquatic Centre

**Time:** 6:45pm – 7:45pm

**Days:** Tuesdays and Thursdays

**Cost:**
- MQ Student Gym Member: $140.00
- MQ Staff Gym Member: $165.00
- MQ Community (not student or staff): $180.00
- Non-Member: $257.00

**How to Book:** At the front desk of the centre or Health Club information desk

To learn more about BootyCamp, click through to the following page.
OCTOBER MEMBER CHALLENGE – DON’T DROP THE FOAM ROLLER
The October Monthly Member Challenge is Don’t Drop the Foam Roller. Like all monthly challenges, notify members the Health Club staff that you’d like to participate, so they can help set up and record your results.

The Process:
1. Rogue Echo bike to be set up behind a step that is placed n 2 shelves proximally to the bike and 4 shelves distally. This should create an incline on the step of approximately 8 degrees.
2. Trainer holds a 90cm blue foam rolled across the step at the halfway mark.
3. Challenger is allowed 3s to start pedalling the Echo bike in order to gather up enough speed to maintain the foam roller on the step without the trainer’s assistance.
4. After 3s of pedalling, the trainer then releases the foam roller and the timer is started,
5. Challenger needs to maintain the foam roller on the step through pedalling only.
6. Challenge ends when the foam roller either rolls off the step or touches the bike.
7. Max time is recorded.

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