

Albuquerque
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Albuquerque
Circ. 102226
From Page:
f9
5/10/2009
369190

Kinesis' smooth moves won't leave you sore day after

■ *Four workout stations incorporate full body, demand balance*

By NANCY TIPTON
Of the Journal

CLASS NAME: Kinesis
PLACE: Defined Fitness, 3301 Juan Tabo NE (this is the only Defined location with Kinesis), 296-7000

INSTRUCTOR: Daren Parks
FORMAT: Group strength training using specialized equipment

TIMES: Throughout the day Mondays-Fridays; call the club for monthly schedule.

COST: Varies. Introductory classes are offered free every month. One-on-one sessions start at \$15 for 30 minutes; 50-minute group sessions (four to five people maximum) start at \$20 a person. Unlimited classes may be offered to members for an additional monthly fee.

DIFFICULTY LEVEL: For all fitness levels

EQUIPMENT USED: Kinesis stations Alpha, Beta, Gamma and Delta modules

OVERVIEW: When I first read about Kinesis at the Technogym Web site, I immediately thought of Pilates reformer machines.

But when I arrived at the Kinesis studio at Defined

Fitness, what I saw looked more like a piece of Danish-inspired furniture. The whole assembly is a 25-foot-long by 8-foot-high flat unit that houses four workout stations called "modules." Each module is geared to exercise specific regions of the body, but the movements it encourages incorporate the full body and demand balance.

"It's all about motion," says Daren Parks, regional athletic director at Defined Fitness and the instructor for my "Kinesis Experience" class.

"I'm not here to tell you how to do the movement," he says. "I'm just here to guide you, time you, and see that you don't get hurt. Make the movement however you feel comfortable doing it."

The equipment uses a system of cables and pulleys, but it is different in that instead of the usual restraints of weighted cable equipment, there is no clunk at the end of a full movement or specific path you must take.

That makes the workout very flexible, says Parks, and it's "not about the weights."

Indeed, our 30-minute introduction class, which lasted more like 50 minutes, was fast-paced and challenging.

It didn't really feel like

"lifting weights." It isn't a prescribed number of sets and reps, but rather moving at your own pace for a specific amount of time.

The moves were pretty standard, like chest presses and rows, and also had a lower body feature like a squat or lunge. But they were so fluid — and there wasn't much weight — that they felt more like dancing than strength training.

The machines are smooth and make you feel good about moving and using your muscles. There was no "I'm not going to be able to move my arms above my head in the morning" feeling like there is sometimes after a workout. And, indeed, I wasn't sore the next morning.

Parks says the Kinesis classes will be offered for beginning, intermediate and advanced exercisers. There also will be a special class for children ages 10 to 15.

In addition, there are plans to gear classes for those who do specific sports like yoga and golf.

If you know of a class that might be good to be featured as the Workout of the Month, send an e-mail with the class name, location, instructor and a short description to workout@abqjournal.com.





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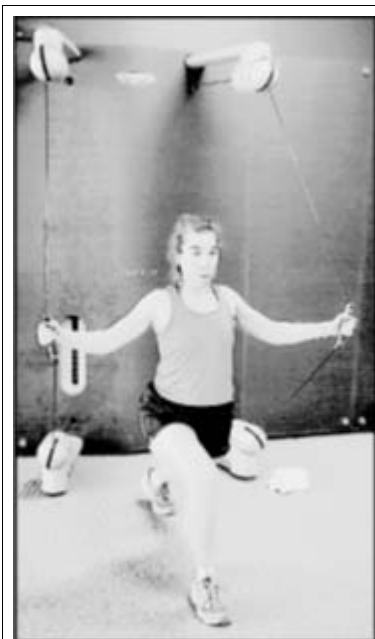


DEAN HANSON/JOURNAL

Liz Estrada works out on a Kinesis piece of equipment at Defined Fitness' Juan Tabo location in Albuquerque.



Daren Parks, regional athletic director for Defined Fitness, says Kinesis is "all about motion."



Michelle Langmead does a "fly" with the Kinesis equipment.

