



SMART FOR women

Kawasaki
Let the good times roll.



Hello MCSA Readers,
Can't believe it's been a month already. So this month hasn't been as adventurous as the Last. I have fully healed but strangely enough my ankle is still so bruised... It's been 3 months already, very strange I tell you. But apparently its normal, because the ankle is so far away from your heart it takes longer to Fully heal... oh well its not affecting my training so doesn't bother me.

Now All my focus since I've come back from injury is training. You would not believe how quickly you become unfit and lazy when you injured. So here I am going back to boxing thinking I can do what everyone else is doing... Was I wrong! Now I love a challenge so I pushed myself to limits and I didn't even cope for a full hour of training. The first round of skipping I was dead. There were some new ladies that had joined the gym and they were even fitter than me. This made it even worse for me but I pushed on. The thing about training is, you just have to ignore everyone else and push on. I got home that night being my first training back, and I passed out. The next day I was in so much pain...

Now I knew I needed to get fit quickly. So I also decided to sign up for the Adventure Boot camp Classes, as they say cardio is always best done first thing in the morning on an empty stomach. My word, I am still not sure why I decided to go for the really early class but oh well, as they say the early bird catches the worm.

First day I arrive at Boot camp I thought well it shouldn't be that bad, I've been boxing a little I'm fit enough... Hhmm was I wrong. A lot of the ladies that go have been there for a while. And they don't mess around. It actually is fascinating to experience the two different environments of training, one you get a bunch of women, doing Boot camp then the other you get a mixture at Boxing classes. Boot camp, well it's serious but more relaxed and the women would have lots to say, not in a negative way they can just have full conversations while training. At Boxing, its serious, music Pumping and everyone is Drilling themselves to the Max and no one is really chatting to each other, even the ladies.

Now I am Training 4 hours a day, not all at once but throughout the day. And at our gym we have this 5hour session in a day Challenge which runs from 3pm till 8pm. So I thought cool I'm fit enough I'm going to do the challenge. Now I committed to the Challenge on the Monday to Do it Thursday that week. And this is how that week went. If I never see another push up in my life again, well I'm definitely not going to miss it.

Tuesday morning I arrive at boot camp getting keen for the Week and our lovely little Fitness lady brings out a pack of cards, so this is the deal, for every red card from A-10 you have to do that number of push ups, and so on for the rest of the pack doing other exercises. Now remember I don't Do LADY PUSH ups I do Normal push ups. By the end of that pack of cards I wanted to go home, I worked out I did something like 100 push ups just in that session. But I still had to complete the rest of the Boot camp class. Then I go and do weights with my Coach and what do we Chest... and then that night 2 hours of Boxing, let's just say I was really over Push ups. On Wednesday, I arrive at Boot camp we do legs for the Session, Weights with Coach and 2 Hours

Boxing again that night, by the day for my 5 hour session I was actually so over training I wanted to pull out. That's not me though if I commit to something I will never back out.

I can't even begin to explain the whole 5 hour session. This is how it basically goes. 40min on bag then Sit-ups 1st hour, Fitness class 2nd Hour, 40min on Bags Sit-ups 3rd hour, Fitness 4th hour Fitness 5hr.

By the Time it was the 5th hour I was so moody and zoned I don't even know how I coped. Oh and I did all of the sessions in a full tracksuit!! In Total that week I must have done about 500 push ups, I am seriously over push up, but considering that first night I couldn't even do 10 I'm happy that I'm strong again!

And it shows in my Riding, because I'm riding the best I've ever ridden and managed to do 1.03.9 at our last regional at Zwartkops Raceway, achieving 1st for performance index and 6th for the day!

It just goes to Show that having great team and putting the effort in, really pays off at the end of the day!!



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