



# GYM CORNERS



INTRODUCTION BROCHURE





# GYM CORNERS

## O V E R V I E W

Gym Corners, developed by EM Solutions in Cape Town, offers an affordable and sustainable community based and self-owned programme that allows youth to develop their own identity through a well-managed gym and exercise programme that promotes health and well-being.

Gym Corners is a solution that is owned and managed by the youth, which aims to develop a sense of self-pride, personal development and the life skills of community, competition and competence. By focussing on their personal health and fitness, the youth would be less inclined to engage in unhealthy behaviours.

The concept is called Gym Corners as the gyms are designed to be simple enough to set up at any street corner, without the need for fixed premises or utilities, and be an alternative activity for the youth who loiter at the street corners.

The equipment is manufactured out of non-metal materials, lowering the temptation and probability of equipment theft. The idea is to create an entire gym using just one bag of cement, recycled plastic containers, discarded poles, wire and rope from local farms. The equipment can be left outside or packed up and taken home with the owner at the end of the day.

It is projected that the gym can accommodate groups of between 5 and 10 members at a time. The initial investment is required for each gym to cover costs of the manual, equipment construction and a starter pack of consumables.

The manual includes: Exercise cards, members fitness programs, equipment building instructions, business curriculum on how to run a gym and nutritional support guidelines. Exercise routines are developed using the customised planner sheet that are compiled using the exercise cards from the scientific 6-phase exercise program.

Each gym is supported through membership fees to cover costs of new equipment, competition fees and salaries. Regular competitions amongst gyms helps build healthy competition to stimulate higher levels of fitness, strength and body sculpting.



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## MAKING GYM EQUIPMENT - EXAMPLE

Dumbbells are single hand-held weights of various sizes and weights. An initial set of 4, 8 and 12 kg is required, but you can build any weight set you require.

### Components:

- 4 X 1litre plastic soda bottles
- 4 X 2litre plastic soda or milk bottles
- 4 X 3litre plastic juice or soda bottles
- 6 X 20 cm long stick with the same diameter as the top of the soda bottle
- Cement and Sand

### Method:

- Wash out the soda bottles with fresh water. It is important to remove any trace of the sugar drink as this will prevent the cement from setting
- Trim the short sticks to ensure they fit into the opening of the soda bottles
- Mix the sand and cement with water. Use four-parts sand to one-part cement and mix in enough water to make the mixture slightly runny
- Fill each soda bottle with cement mixture, leaving a bit of space to insert the stick
- Insert the stick into the top of similar size bottles leaving 10cm of space between the bottles
- Allow to dry for 24 hours
- Rinse of any excess dry cement

### Your weights will be roughly:

- 2 X 1litres = 4kg
- 2 X 2litres = 8 kg
- 2 X 3litres = 12 kg

### Care and Maintenance:

Check the dumbbells each week for any sign of loose or cracked handles





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## W H Y   W E   N E E D E X E R C I S E

Exercise has the ability to make you look better and feel better. There are many benefits to performing regular exercise and below are just a few of them:

- Increased strength & endurance
- Improved sleep
- Reduced stress
- Less injuries
- Enhanced feelings of confidence
- Stronger bones
- More energy

Resistance exercise is a type of exercise performed against an opposing force or “resistance”. That force can be gravity, a weight or a combination of both. Resistance training helps make your muscles both stronger and gives them the ability to work for longer. Regular resistance training will give you more energy throughout the day.



# GYM CORNERS

## NUTRIENT VARIETY: HOW TO PLAN A BALANCED DIET

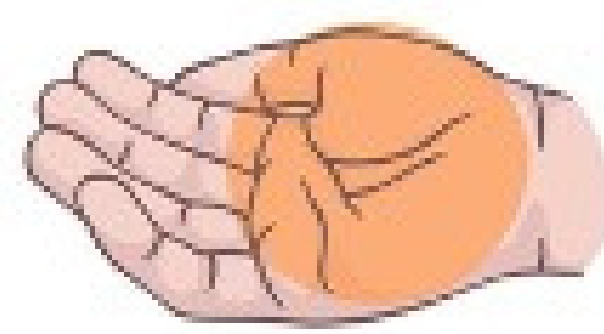
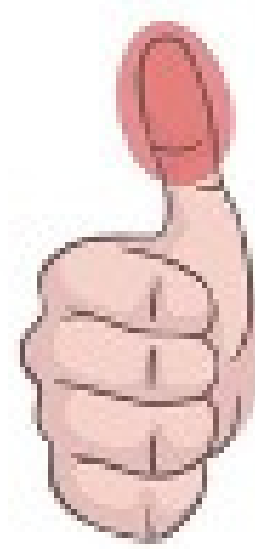
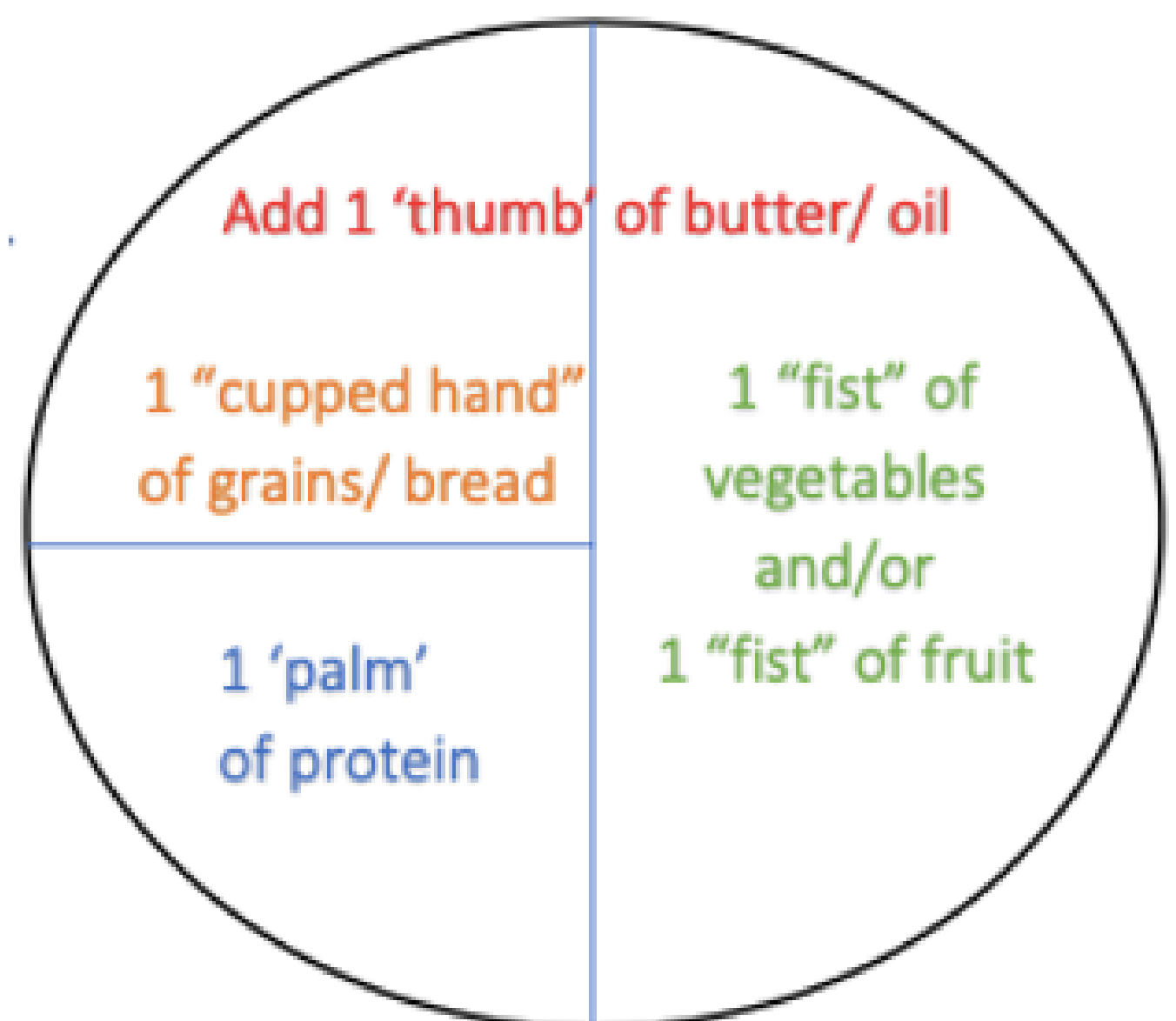
Nutrition status is a term that we use to describe how healthy we are on the inside and the adequacy of vitamins and minerals that our body receives from food.

Vitamins and minerals are called micronutrients and these small molecules help us to resist infection, to fight disease, to repair damage in the body and to protect our overall health.

Seeing that we get different micronutrients from each food group, we should try to eat a balance of foods from each group at every meal, or at least every day.

The Plate Model: A Simple Way to Serve a Balanced Meal

A healthy plate of food looks like this



PROTEIN

VEGETABLES

FAT

CARB





# GYM CORNERS

## EXERCISE CARDS - UPPER BODY PULL

UPPER BODY PULL  
UBL1-2

BODYWEIGHT ROW

X

Equipment

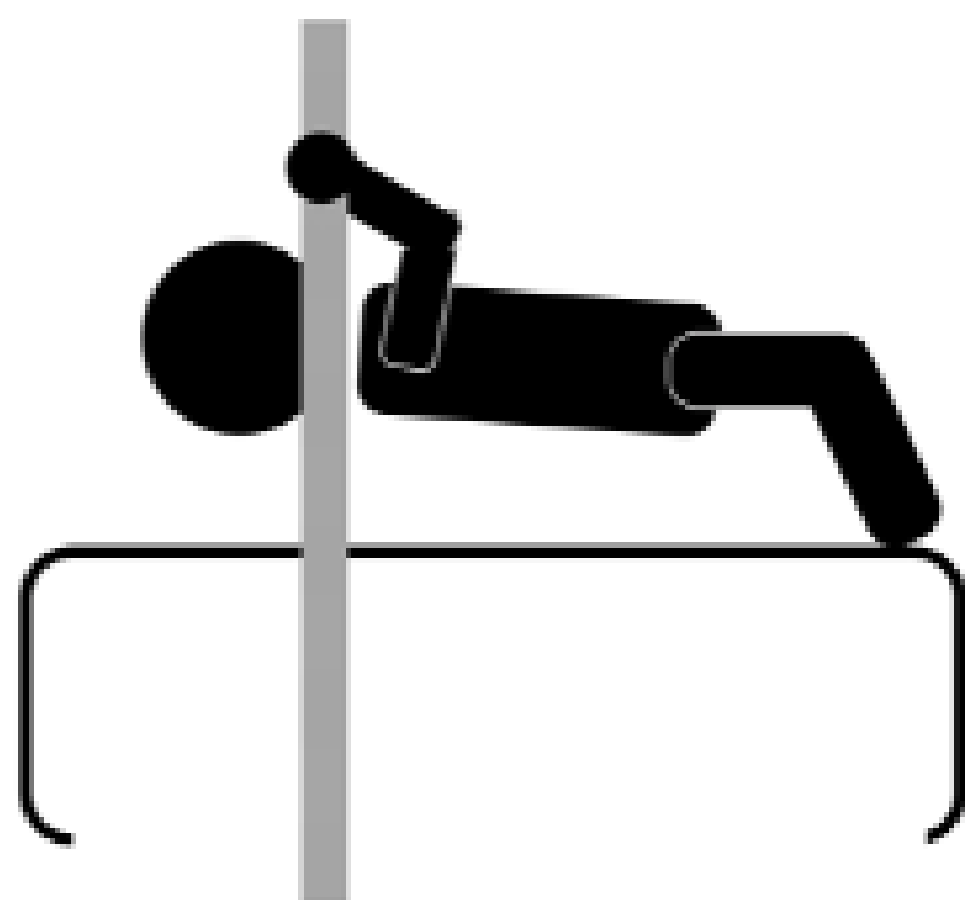
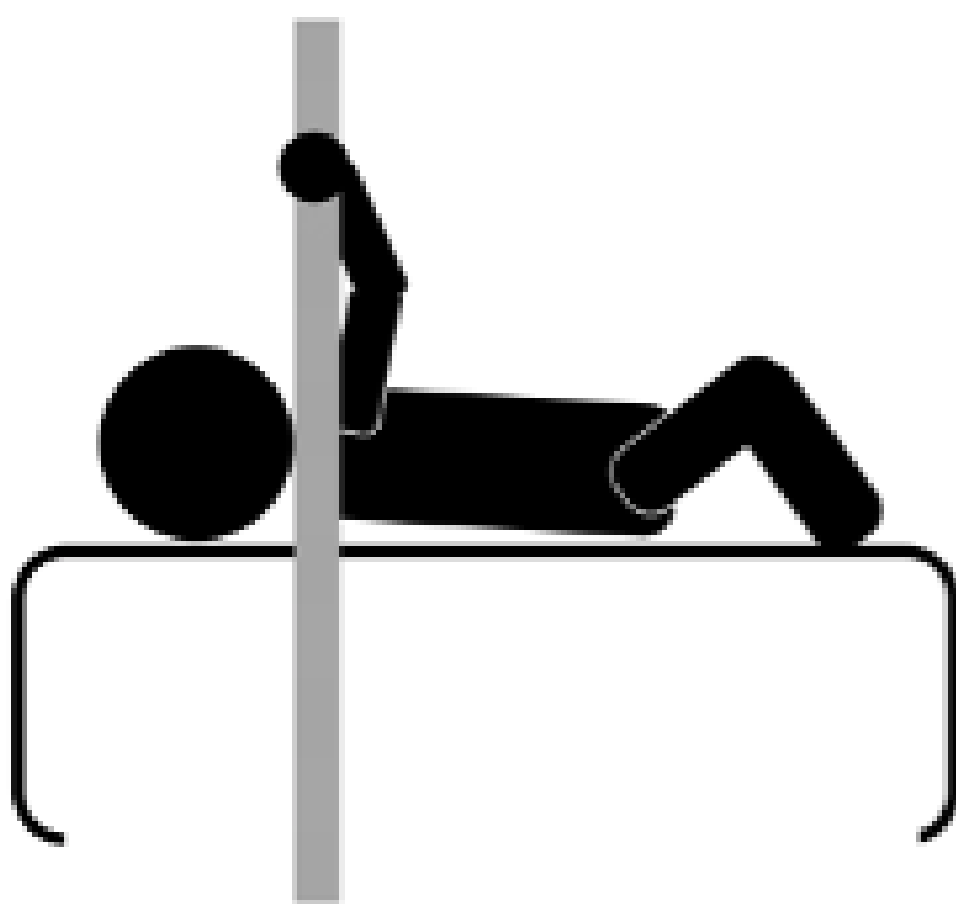
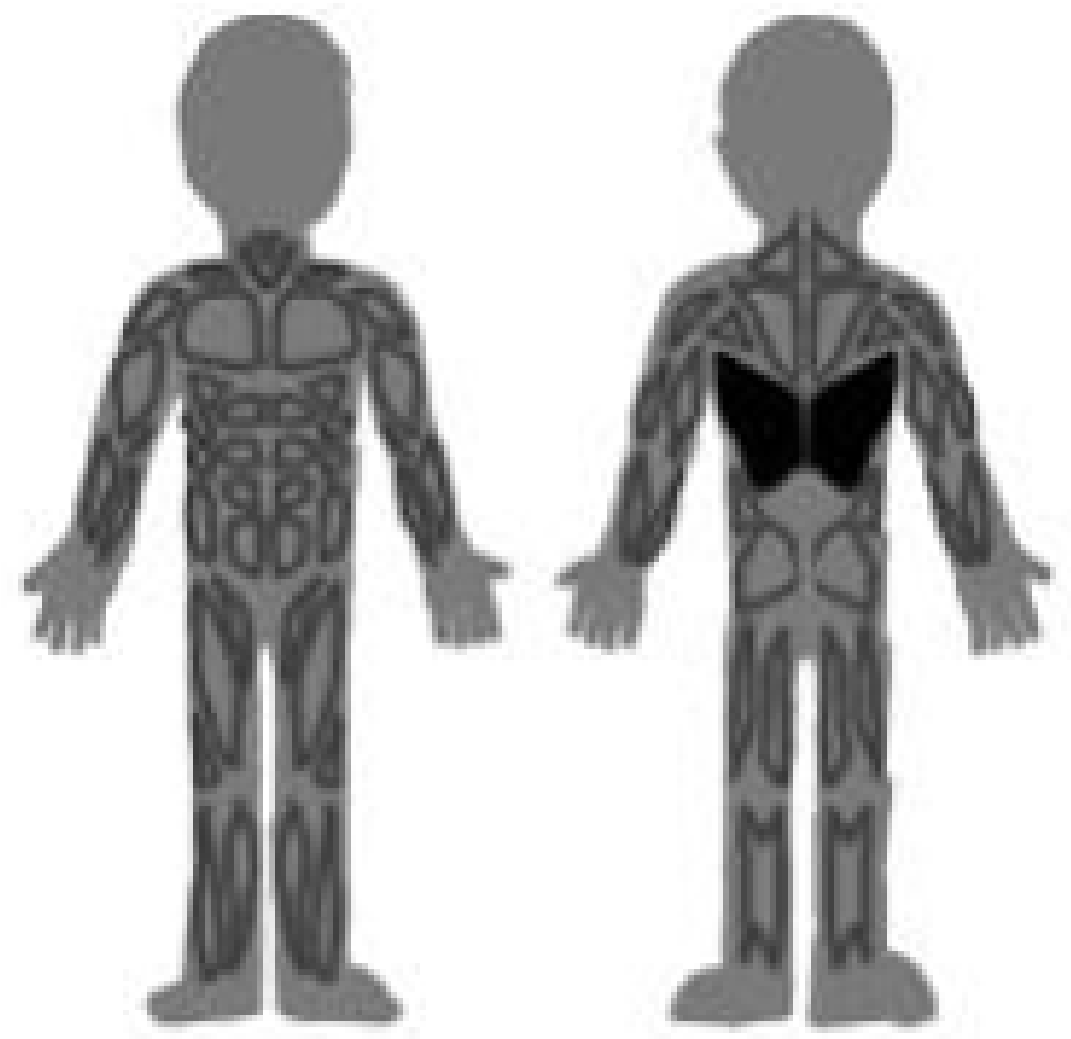
Elevated low bar

### STARTING POSITION:

Lie on your back and move your chest underneath the bar. Hold onto the bar with an underhand grip (you can vary the grip to over hand as well).

### MOVEMENT:

Ensure your back remains straight. Pull your chest towards the bar. Pause and then lower slowly to starting position. Repeat.(The exercise is easier with your knees bent and feet closer to you and more difficult with your legs straight and feet further away).





# GYM CORNERS

## EXERCISE CARDS - UPPER BODY PUSH

UPPER BODY PUSH  
UB2-5

### SHOULDER PRESS



**Equipment**

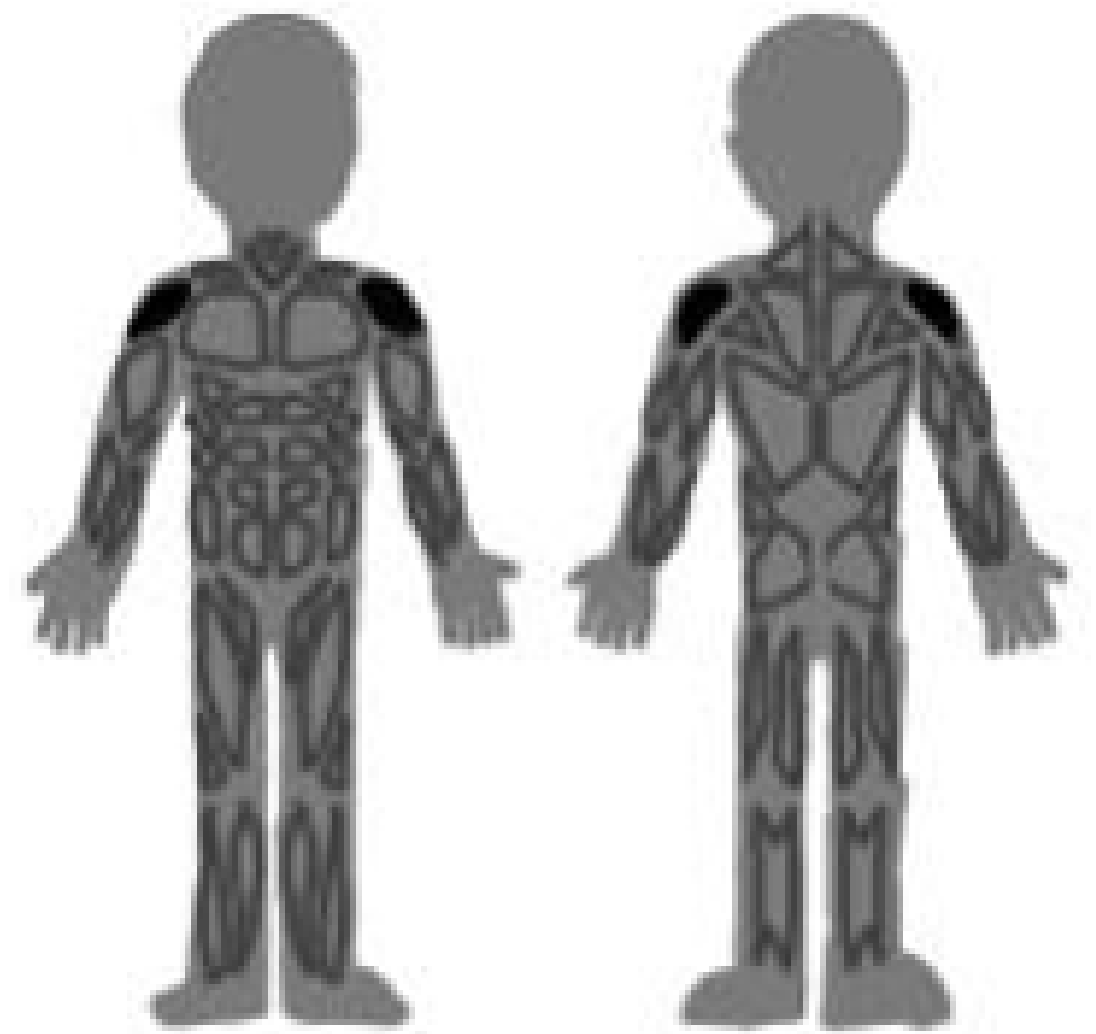
**Barbell / dumbbell**

#### STARTING POSITION:

Hold the barbell / dumbbell with an overhand grip and lift to around shoulder level.

#### MOVEMENT:

Push the barbell / dumbbells up while straightening your elbows. Pause at the top and then slowly lower to the starting position. Repeat for the recommended amount of repetitions.





# GYM CORNERS

## EXERCISE CARDS - CORE

CORE  
C1-1

### FRONT PILLAR (bent knee)

X

Equipment

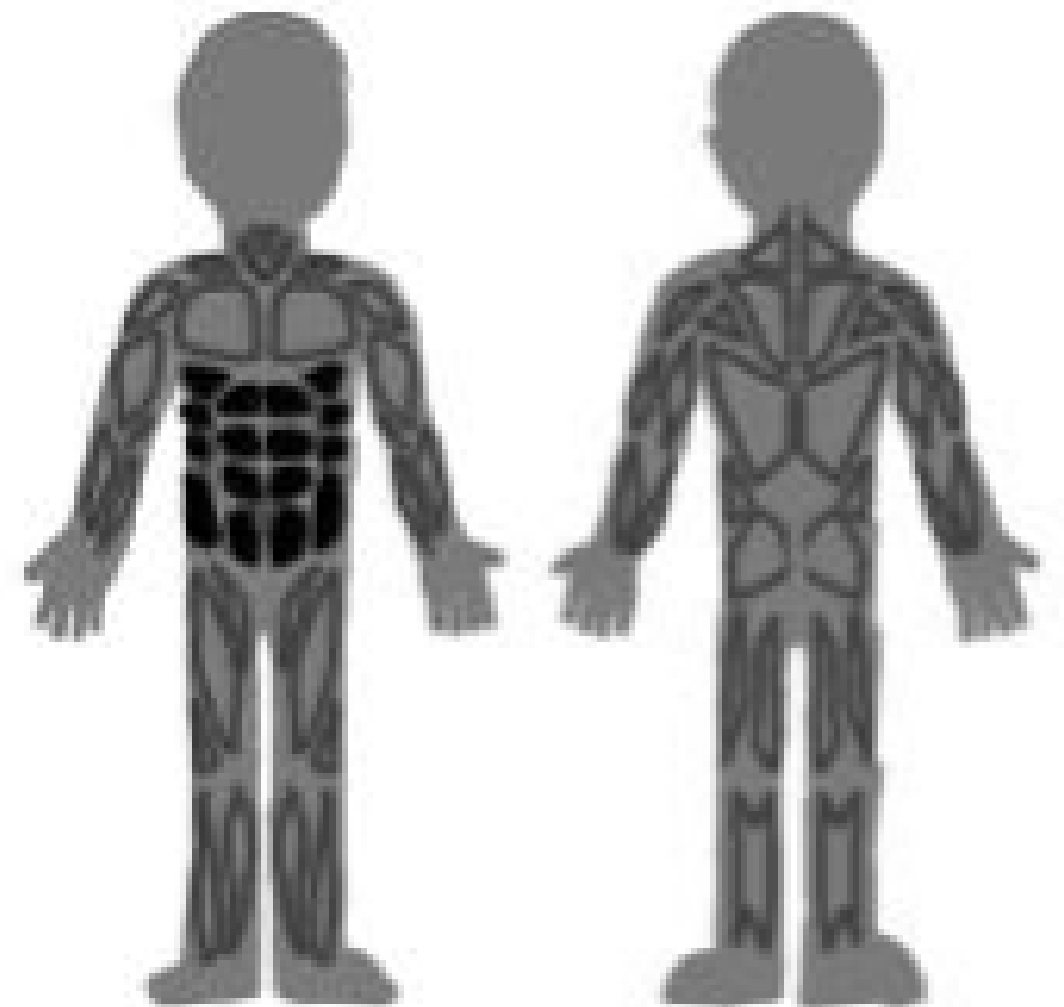
None

#### STARTING POSITION:

Lie on your tummy and position your hands beneath your shoulders.

Tighten your core and elevate your upper body off the ground, stabilizing yourself with your forearms.

Your feet, shins and knees will remain on the ground.



#### MOVEMENT:

There is no movement with this exercise as the position is held for a specific time period. Do not allow your hips to drop down, keep your abdominals tight and back straight. Hold for the specified time.







# GYM CORNERS

## EXERCISE CARDS - HIP DOMINANT

HIP  
DOMINANT  
H3-9

### DEADLIFT

(with increased resistance)



#### Equipment

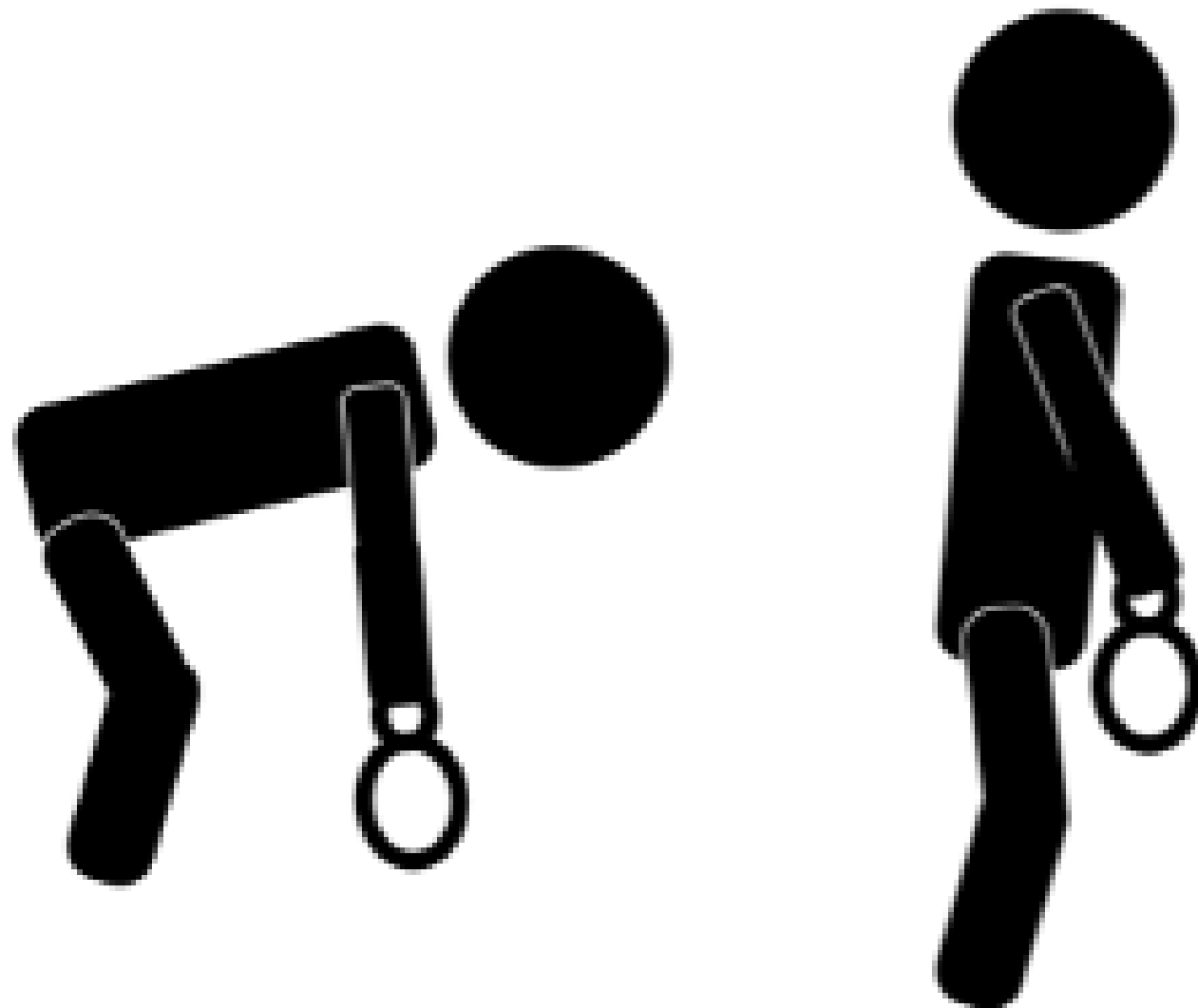
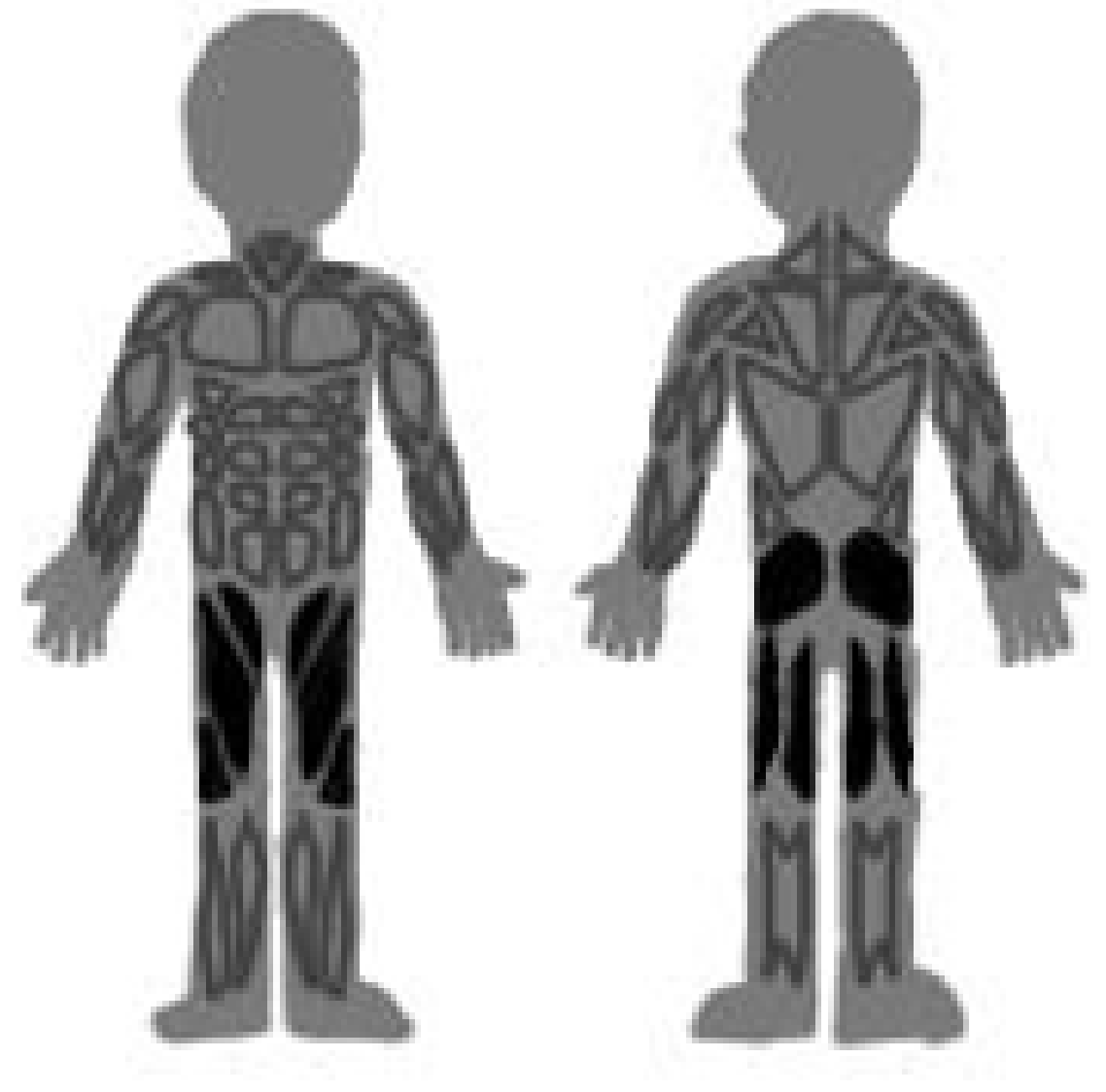
Barbell /dumbbell / kettlebell

#### STARTING POSITION:

Keep your feet at shoulder width. Brace your core throughout the movement. Keeping your chest up, bend at the hips and knees. Slowly, lower yourself until you are able to grab the barbell (or kettlebell/dumbbell).

#### MOVEMENT:

Straighten your knees and hips simultaneously. Drive the hips forward at the top of the movement. Return to the starting position by bending at the knees and driving your hips back. Do not allow your hips to drop below your knees.





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## EXERCISE CARDS - KNEE DOMINANT

**KNEE  
DOMINANT  
K1-1**

### BODYWEIGHT SQUAT

X

**Equipment**

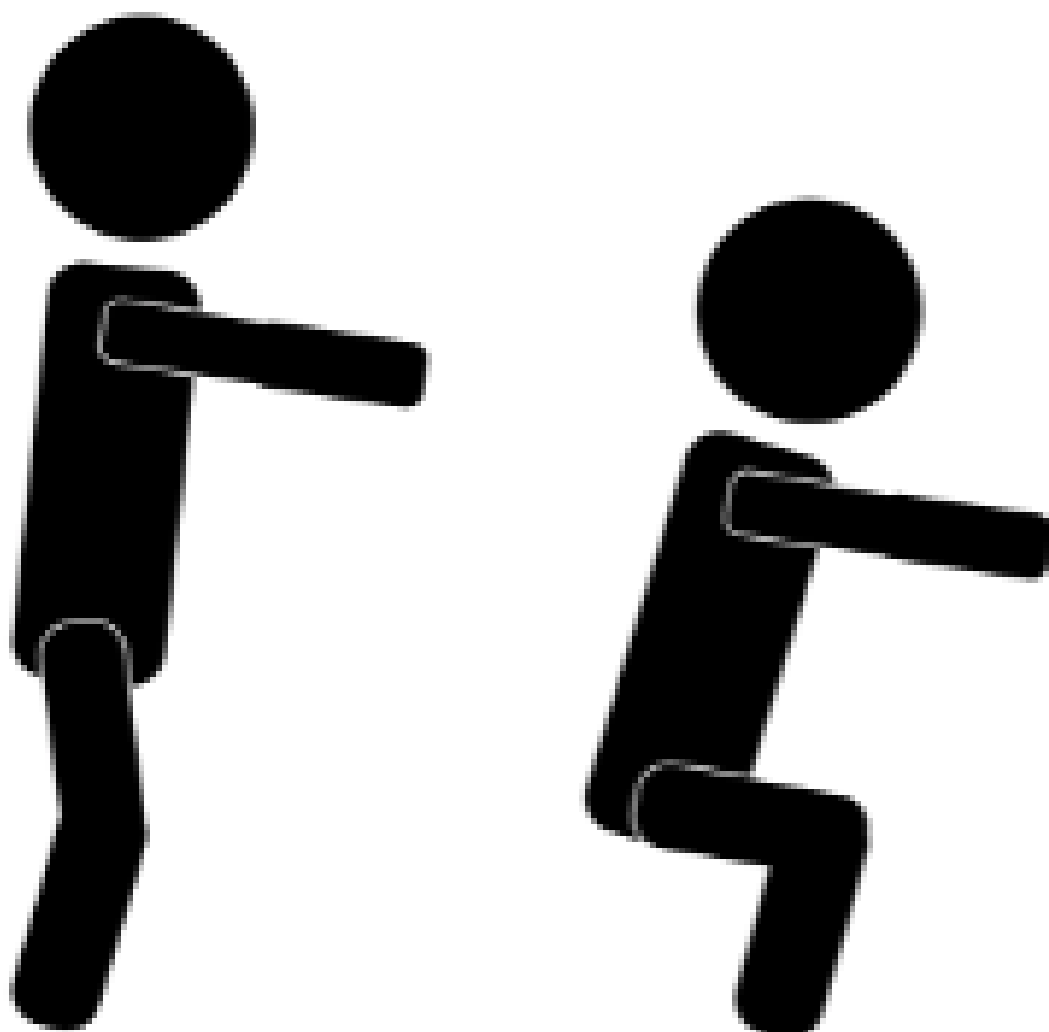
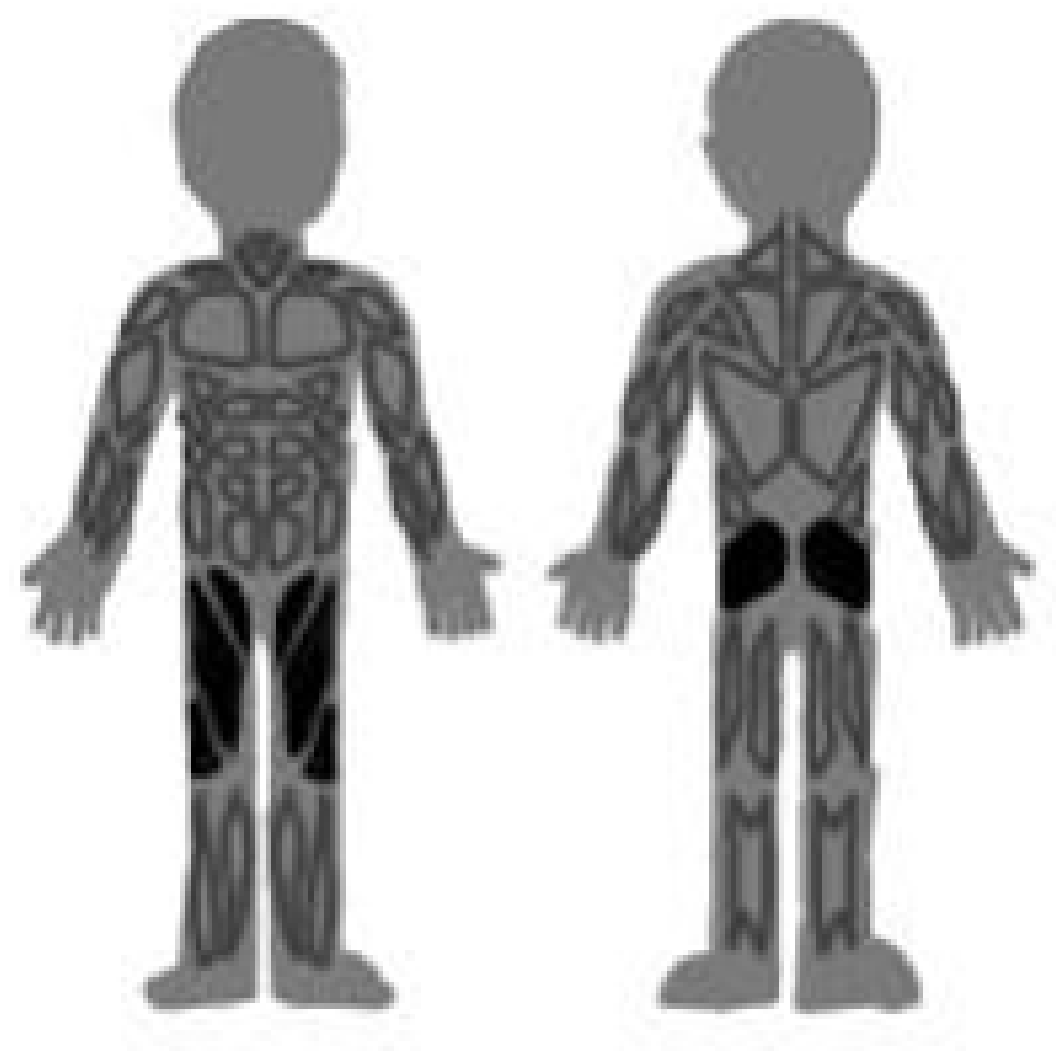
**None**

#### **STARTING POSITION:**

Stand with your feet hip width apart. Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

#### **MOVEMENT:**

Keeping your weight on your heels, bend your knees and lower your hips towards the ground as if you are sitting down on a chair. Keep your back. Do not let your knees extend out beyond the level of your toes. Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight.







# GYM CORNERS

## EXERCISE CARDS - CARDIO

**CARDIO**  
**CR2-7**

### BURPEES



**Equipment**

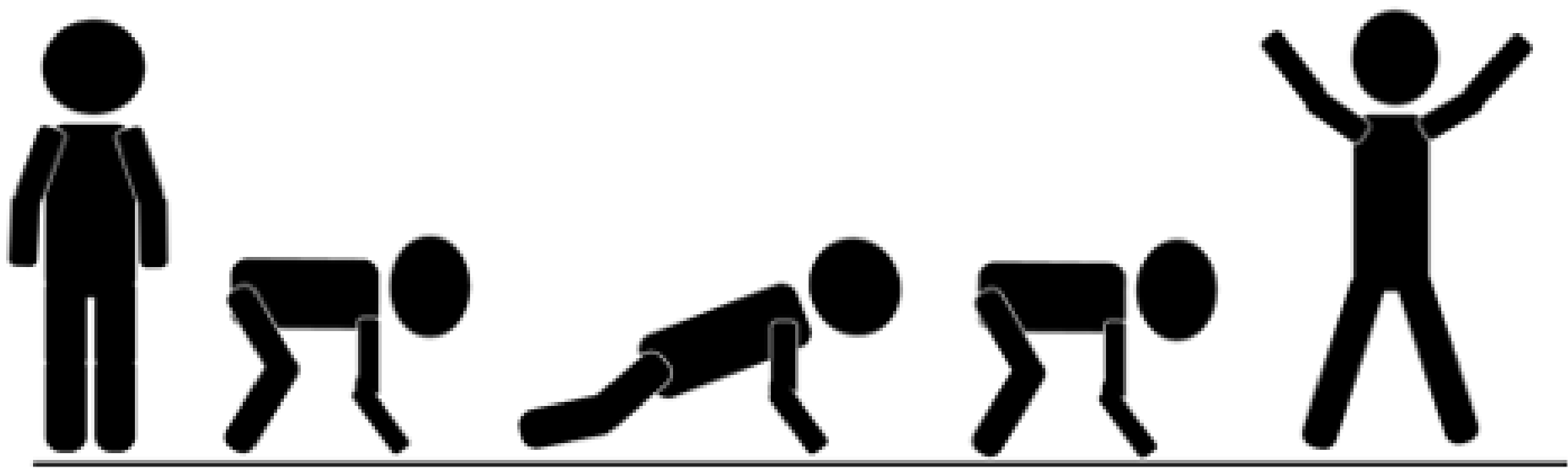
**None**

#### **STARTING POSITION:**

Stand with your feet shoulder width apart and hands at your sides.

#### **MOVEMENT:**

Squat down and place your hands on the floor in front of your feet. Lean forward, so that your weight is on your hands and jump your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position) Jump your feet forward to just behind your hands.





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## APPLICATION FORM

To apply to join this gym, please complete the following personal information and the short assessment questions.

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Cell: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

### ASSESSMENT

Before you start an exercise programme it is important to ensure that you are safe to do so because some health conditions or injuries could be made worse during physical activity.

Please answer each question by marking either Yes or No in the box

	YES	NO
Has a doctor ever said that you have a heart condition or that you should only do physical activity recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever have chest pain during physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a bone or joint problem that could be made worse by a change in your physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have uncontrolled asthma (asthma that is not easily controlled by an inhaler)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you on any medication for your blood pressure or a heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know of any other reasons why you should not do physical activity? This might include diabetes, a recent injury, or serious illness.	<input type="checkbox"/>	<input type="checkbox"/>

### GYM FEES

The joining and registration fee, payable with this application is \_\_\_\_\_

Monthly gym membership fees are \_\_\_\_\_ payable each month on the \_\_\_\_\_

### DISCLAIMER

Gym Corners, their partners, the gym owner and any associates will not be held liable for any and all injuries, losses and damages sustained while participating or using the Gym Corners facilities. Furthermore, Gym Corners and all associates will not be held liable for any misuse of equipment and/or equipment failure. Please consult your doctor or healthcare provider before starting an exercise program.

SIGNATURE \_\_\_\_\_





# GYM CORNERS

## COMPETITION FORM

Competition / Campaign Name: \_\_\_\_\_ Competition Date: \_\_\_\_\_

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Weight: \_\_\_\_\_ Category: \_\_\_\_\_

### Strength-Cardio

Exercise type	Reps / Weight	Sets	Time

NOTES:

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### Strength-Endurance

Exercise type	Reps / Weights	Sets	Time

NOTES:

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### Body Sculpting

Exercise type	Muscle Definition and Presentation

NOTES:

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