

Jim at the Gym

Title Boxing Club

In-and-Out Workout in 30 Minutes

By Jim Potoski

Butt kickers. Battle rope. Jump rope. Donkey kicks. Curls. Planks.

What can I say – Jaime Oyler made me an offer I couldn't refuse?!

It was back around Thanksgiving 2013 when Jaime and I sat down to discuss my Title Boxing Club membership at the Lee's Summit location. I had been off the Power Hour grid for months and he (the new owner) wanted to know why. That's when I showed him the pinkie finger on my right hand.

Because of a condition known as Dupuytren's Contracture, I cannot fully open or extend my right hand. Simply explained – three of my fingers point north and my pinkie points west. This situation occurs when fibrous tissue in the hand thickens and shortens, specifically in the palm of the hand. The fingers bend toward the hand and cannot be completely stretched out. It's the darnedest thing!

Fortunately, there's zero pain nor have I lost any grip function or strength. I can perform daily chores and routines like everyone else. Shaking hands is clunky. It's easier to fist bump. It only took a few Power Hour classes to realize that donning boxing gloves and jabbing the heavy bag was bent-pinkie unfriendly. I had to put down my dukes and charter a more amenable workout regimen.



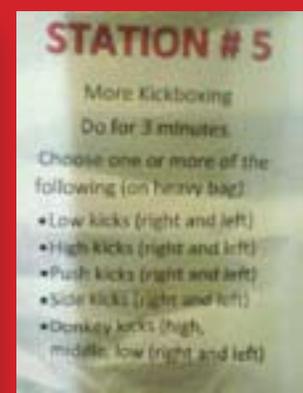
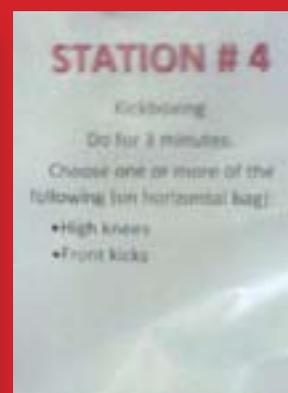
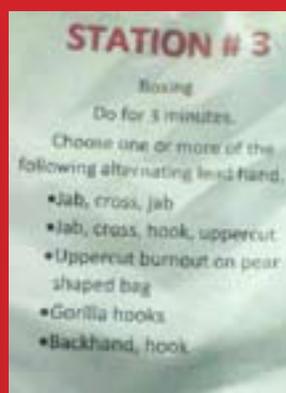
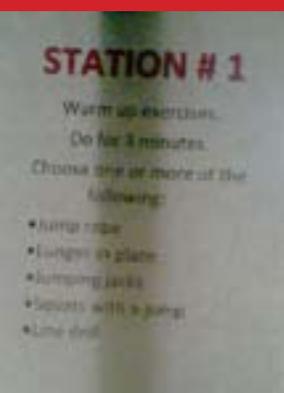
Jaime had the ideal Plan B solution. As a value-add for club members, he created the "In-and-Out Workout" – a 30-minute workout at 10 different stations where you spend three minutes at each station. It focuses on cardio, muscle toning, and core strengthening in the same amount of time it takes to watch Jeopardy. Members can do the 30 minutes with or without an available trainer as well in between their Power Hour classes. If time constraints are a factor, this workout works.

At my AARP-membership age – cardio, core development and muscle toning are healthy necessities. I did some research and found out that:

- ↪ The core is the base of the body's strength – it's like the trunk of a tree that holds all the limbs
- ↪ What experts refer to as the core actually consists of many different muscles that stabilize the spine and pelvis, and run the entire length of the torso.
- ↪ Building a strong core means exercising these muscles.
- ↪ Core muscles include all of the muscles of your mid-section, including your abdominal muscles (front, side, and deep), low-mid back muscles, and all of the hip muscles (glutes, hip flexors, pelvic floor muscles).
- ↪ The core muscles make it possible to stand upright and move on two feet. These muscles help control movements, transfer energy, shift body weight, and move in any direction.
- ↪ Core exercises are most effective when they engage many muscles throughout the torso that cross several joints and work together to coordinate stability. Core muscles need to work as a unit in order to stabilize the spine.
- ↪ A strong core distributes the stresses of weight-bearing and protects the back. When this happens, we are able to generate powerful movements of the extremities.
- ↪ Maintaining a strong body core is important at any age because balance, posture and back health have been linked to core strength. Your core is the vital foundation of all body movements such as walking, carrying a bag, or playing a sport.
- ↪ Weak core muscles result in a loss of the appropriate lumbar curve and a swayback posture. Stronger, balance core muscles help maintain appropriate posture and reduce strain on the spine.



My day of reckoning came the Friday after Big Turkey. Jaime had a twinkle in his eye. He was the lion king of this jungle. I was the tasty antelope entering his turf. No way was I a couch potato. But no way was I ready for these 10 rounds. He guided me through everything – one challenging station at a time. Keep moving, kiddo. One hundred eighty seconds and counting. Hit it hard.



Two minutes into the workout it dawned on me that three minutes is a LONG gosh-darn time?! Warm up was jumping rope and jumping jacks. Then it was step-ups on the side of the boxing ring, high knees, and butt kickers. My heart rate was up. My stamina was down. How many MORE stations are there?! Then it was multi-bag boxing and kick boxing. I tapped out after Station #6. "No Mas." Needed windshield wipers to swipe the sweat off my forehead.



I was totally whipped and humbled by the process. Being in decent shape seemed a jillion miles away! I could barely speak as Jamie demonstrated the final four stations. My arms and legs were toast. Cardio, schmardio. My core was screaming for mercy?! I cooled off and eventually spent 15 philosophical minutes on the treadmill. The gauntlet had been thrown down. My manhood had been challenged. It was time to buck up and stare physical fitness in the face. Jaime gave me tangy lemons and a roadmap. I had plenty in the tank to make lemonade and take a long drive.

The following Monday was Round 2. Oops – I did it again?! Got super gassed super early and wobbled past a few stations. That’s OK. I’m still getting my sea legs. Endurance will come. Kick boxing is a killer. Planks and leg lifts are very demanding for my boomer body. I’m heading in the right direction. The In-and-Out Workout is absolutely not a sprint. It’s a rewarding marathon. Three times per week is a manageable schedule. Got me some sweat equity to invest.

Stay tuned for more episodes of Jim at the Gym. My New Year’s Day goals are to last a little bit

longer at each station and not skip any rotations. Wish me luck. By Valentine’s Day, I’m hoping to have lost 15 pounds (started at 215) and toned up soft areas. Next time I’ll tell you about when and how trainer Toussaint introduced me to a new friend - the battle rope.



STATION # 6

Multi Bag Boxing
Do for 3 minutes.
On row of bags do the following:

- Jab, cross 20 times/bag
- Hooks 20 times/bag
- Uppercuts 20 times/bag
- Free style 20 times/row

STATION # 7

Weights
Do for 3 minutes.
Choose one or more of the following:

- Tricep extensions
- Curls
- Upright/bent rows
- Bench presses
- Chops with ball
- Heavy rope

STATION # 8

Weights
Do for 3 minutes.
Choose one or more of the following:

- Weighted squats
- Weighted lunges
- Hops (one and two foot)
- Jumping jacks
- Jump rope

STATION # 9

Ab Work
Do for 3 minutes.
Choose one or more of the following:

- Planks
- Crunches
- Sit-ups
- V-Sit (ball side to side)
- Leg lifts (flutter, scissors)
- Bicycles

STATION # 10

Stretching
Do for 3 minutes.
Choose one or more of the following:

- Toe touches
- Hurdle stretch
- Arm and shoulder stretch
- Butterfly
- Trunk rotations
- Yoga poses