

**SHOCK
ABSORBER**

BACK ATTACK

CREATED BY
PIERRE POZZUTO



THREE SPECIALLY CREATED WORKOUTS



PIERRE POZZUTO, PERSONAL TRAINER

One of the UK's most renowned personal trainers, Pierre's celebrity clients include Keira Knightley and Gordon Ramsay. Starting out as a black belt in Shotokan Karate, Pierre quickly discovered a passion for personal training and sharing his knowledge with clients. He was soon headhunted by one of London's most distinguished fitness clubs, The Third Space. Today he can be found in the Reshape Studio at fitness boutique 1Rebel.

Pierre believes in 'quality over quantity' and making the most out of your workout – time is precious.

THE INSPIRATION

Celebrities such as Millie Mackintosh have made working out desirable, but it takes specific and targeted exercises to get the best results.

The back muscles are too often neglected in today's fitness workouts, with more attention paid to the quadriceps, abdominals and gluteal muscles; otherwise known as 'legs, bums and tums'.

Pierre believes; "One of the biggest mistakes I see people make is to focus too heavily on achieving the 'six pack'. Our body has antagonistic muscles, which work together, if you only focus on one side in isolation, you will have a physiological imbalance leading to bad posture, poor form and injuries such as sciatica. Muscles are like elastic bands, there needs to be a balance."

WHY IT WORKS

The programme has been created with three complementary 10 minute workouts, each serving a different function: Posture, Fat Burn and Hourglass. You will see that a lot of the moves in each workout engage the back muscles as well as the core and abdominals, so they are working together.

Complete each of the workouts twice a week (one hour per week in total) and complement with 10 minutes of cardiovascular exercise for a balanced, high intensity workout.

You should start to see results in three weeks.





WARM UP

W.

It's beneficial to do dynamic stretches before any type of exercise. These moves increase heart rate as well as warm the muscles, reducing injury risk.

TORSO TWISTS 15 SECONDS

Hold your torso tight, belly button sucked into your spine, chin and chest up and rotate side to side, allowing your head to follow.



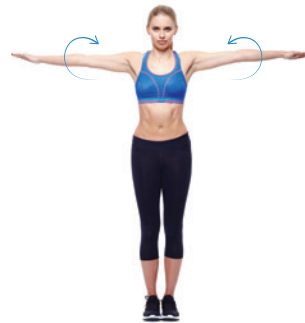
BACK SLAPS 15 SECONDS

Leaning forward with your back parallel to the floor, create a swinging motion with your upper body until your palm touches your back.



ARM CIRCLES 30 SECONDS

Chin and chest up, arms at shoulder height, perform small rotations in a forward motion, repeat in reverse.



FORWARD PUNCHES 30 SECONDS

Bring yourself into a guard position, one leg in front of the other, knees soft and raised onto the ball of the back foot. From the chest, with your elbows in, create a forward punching motion. Aim for a fixed position.



UPWARD PUNCHES 30 SECONDS / ADD JOG

Remain in the guard position, one leg in front of the other, knees soft and raised onto the ball of the back foot. From the chest, with your elbows in, create an upward punching motion toward the sky. Aim for a fixed position.



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Bra Featured:
Ultimate Run Bra: Soft seam free inner lining to prevent chafing



POSTURE

1.

This entire workout engages the back and core muscles (layers of muscle below those we can see at the body's surface). This in turn improves posture and helps achieve a tighter waistline.

This 10 minute workout contains four exercises and looks like this:

Set 1: 4 X 1 minute exercises (A,B,C,D) 20 second break

Set 2: 4 x 1 minute exercises (A,B,C,D) 20 second break

Set 3: 4 x 20 second exercises (A,B,C,D)

A. DORSAL RAISE

Lying on your front, raising your chin, chest and arms.

TIP: Extending the arm backwards engages the upper back (trapezius muscles), making it an all-over back exercise.



B. RENEGADES

Into bridge position, legs shoulder width apart. Pull alternate elbow to ceiling without breaking form. Without twisting the body, keep shoulders directly above hands. Speed progression: how quickly can you go?!

TIP: This is a good pulse-raiser, but fundamentally a core exercise. You should feel it in your shoulders and upper back and, because of the way we're using it, it is a big 'burn' for the deltoids and rhomboids.



C. PLANK AND KNEE

In plank position, bring alternate knees around to the elbow. Slow and controlled.

TIP: This is technically for the 'love handles', engaging the core but creating an oblique exercise.



D. BENT OVER FLY

Stand and grab weights, bend forwards to 90 degrees, arms almost straight. Raise up and out to the side, squeezing shoulder blades together.

TIP: This is tackling the upper body and back muscles but also engaging the core. Holding yourself parallel to the floor, the bent over lateral raise encourages the posterior (deltoids) and back muscles (trapezius) to work harder.



Bra Featured: ACTIVE SHAPED SUPPORT: Lightly padded for great shape

3.



FAT BURN

2.

With this workout we're trying to burn body fat, the idea here is to constantly keep the heart rate elevated and remain outside of your comfort zone with every rep, aiming to burn fat and achieve a lean body.

This 10 minute workout contains five exercises and looks like this:

Set 1: 2 X 1 minute exercises (A,B) 20 second break

Set 2: 2 X 1 minute exercises (A,B) 20 second break

Set 3: 2 X 1 minute exercises (C,D) 20 second break

Set 4: 2 X 1 minute exercises (C,D)

Set 5: 1 X 1 minute exercise (E)

Equipment: hand weights

A. STANDING PUNCH

Grab those hand weights and resume the guard/boxing position. Punch and extend arms out at shoulder height. How many can you do?!

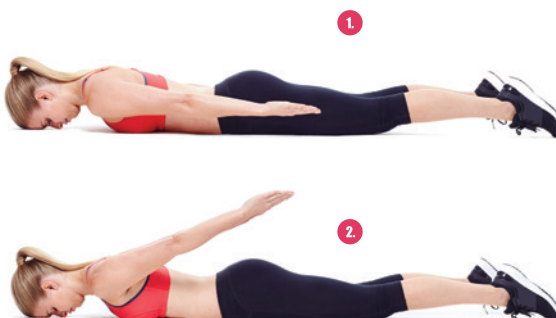
TIP: If you fatigue, switch to use alternate arms.



B. LYING PALM PRESS

Lie on your front, arms by your side, palms up. Begin with arms off the floor. Now push up as high as you can in quick pulse movements.

TIP: This is a speed exercise, you will stay in the fat burning zone by completing as many reps as possible.



C. FULL PARALLEL RISE

Standing with weights by your side, raise up above your head (but still slightly in front of you), keeping arms straight.

TIP: Keep weights in your eye view to engage the deltoids and protect the lower back.



D. BEAR CRAWLS

On hands and feet, walk a few paces forwards, then backwards. Go as quickly as possible without breaking form.

TIP: Really focus on core and balance on the way backwards. It's a game of technique, arms and legs need to be working in a synchronised form.

After set 4, stay in this position, straighten the body and transfer to T-Plank for the final set.



E. T-PLANK

Legs shoulder width apart, bridge position into press up, twist and reach alternate arms (hands) to ceiling. Slow and controlled.

Tip: Do not worry about achieving a very deep press up, bending your arms slightly will still engage the upper arms (deltoids). Keep toes and balls of the feet in a fixed position.





HOURGLASS

3.

This workout targets specific back muscles, the upper arms (medial deltoids) and waistline, so an hourglass shape is created.

This 10 minute workout contains five exercises and looks like this:

Set 1: 2 X 1 minute exercises (A,B) 3 X 20 second exercises (C,D,E) 30 second break
Set 2: 2 X 1 minute exercises (A,B) 3 X 20 second exercises (C,D,E) 30 second break
Set 3: 2 X 1 minute exercises (A,B) 3 X 20 second exercises (C,D,E)

Equipment: hand weights and resistance band

A. LAT PULL DOWN

Stand and grab your resistance band. Grip at each end, hold above your head and straighten arms. Pull down and apart until the band touches the lower part of your neck.

TIP: This is focusing on the lateral muscle, which is the big V shaped muscle that allows us to create a 'V-Taper' in the body. This allows for a swooping toned upper back and encourages the look of a smaller waistline.



B. LATERAL RAISE

Hold weights by your side. Raise straight arms up to shoulder height, tipping slightly forward at the top.



SUPER SET CIRCUIT:

C) Plank and Jack (20 seconds)

From plank position, jump legs out to jack plank. Repeat as fast as you can.

D) Full bridge extension (20 seconds)

From bridge position, move your hands forward lowering your chin – eyes to feet. Repeat.

E) Mountain climbers (20 seconds)

In bridge position, bring alternate knee between hands in running motion. Make sure your shoulders are over your hands. Go as fast as you can!

TIP: These are technically little 'fat burners' to encourage a leaner waistline. The goal is to do as many reps as you can in 20 seconds.

C. PLANK AND JACK



D. FULL BRIDGE EXTENSION



E. MOUNTAIN CLIMBERS



Bra Featured: ACTIVE MULTI SPORTS SUPPORT: Crop top style with hidden internal cup sized support



COOLDOWN

C.

Because we've reached a high intensity during the workout, it's important to gently bring the heart rate down whilst stretching the muscles. Avoid stopping abruptly after aerobic exercise.

SIDE SWINGS 15 SECONDS

Keeping active, create a pendulum motion with the upper body, reaching out to the sides as far as you can.



HEEL KICK BACKS 15 SECONDS

Still keeping the bounce, kick your heels back to your gluteus muscles, "heel to bum".



KNEE PULL UPS 15 SECONDS

Extending the arms above your head, create a bouncing knee raise, trying to get your knee to your chest every time.



HEAD TILT AND PULL 30 SECONDS

Chin and chest high, hands to the opposite side of the head creating a pull motion to the side.



SUMO SQUAT AND SHOULDER DROP 15 SECONDS

With wide legs and knees and toes pointed outwards, place your hand on the inside of the knee cap, pushing down and out to create a stretch through the shoulder and the inner thigh.

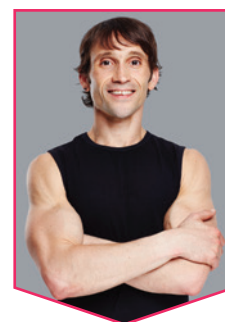


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Images and videos are available to view on
the Shock Absorber website and social channels:

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