

ROCKED to the Core

Malcolm Twigg pushes a personal envelope at a new gym in Babbacombe

I said I wasn't going to overdo it at Christmas, but I did. I said I would start working out after Boxing Day, but I didn't. I made a New Year resolution to get the fat off, but ate chocolate instead. So it came as a welcome kick up the rear when I got an offer to try out a new gym in Babbacombe.

One Vision One Fitness is one of that new breed of gyms which, despite yourself, helps you get fit through a special range of equipment. For those used to the old grunt and sweat method, there's nothing worse than not seeing quick results: you get discouraged, start tailing off the exercises, and eventually stop altogether. But if exercising is made to be fun, then you actually look forward to it.

With décor inspired by the West End show *We Will Rock You* and Queen music, at One Vision One Fitness there's a fully staffed personal training programme available for those who want to be pushed to their limits, including a Pilates-based exercise machine called the 'Core Pilot', which uses your own body weight, modified by springs, to deliver the resistance. As yet this is only available as part of a personal training package, although the rest of the equipment in this area is open to general use when there is no personal training going on.

Also available at the gym is a motorised Isokinetic Fitness System for a complete body workout in just 30 minutes; a full range of cardio-vascular equipment for burning off calories; a resistance training studio for the real grunt-and-sweat merchants; a hydrotherapy spa to relax in; and a massage chair to knead all the remaining knots out of your body. You can then replenish lost liquids at the Juice Bar.

Caroline Hill, co-proprietor of the gym, together with fitness instructor Clare Said, took me through a few exercises, concentrating on the Isokinetic chairs, the Core Pilot machine and a couple of personal training workouts.

The real beauty of the Isokinetic machines is that you can choose to work with the machines rather than against them, and the same holds true for the Core Pilot machine to a certain extent. But if you want a real, concentrated workout, then this is the machine for you –



From top Caroline Hill (left) during a personal training session; the main gym; the Isokinetic fitness suite

one of the reasons why it needs to be part of a personal training programme. Plus, for the first time in my life, I got to put on a pair of boxing gloves, and with a willing opponent holding the pads at the other end, there's nothing like it for getting rid of some frustration!

I regard myself as pretty fit for my age but, oh boy, did I know I'd been through a fitness programme come the end. Truth to tell, I did go at it like the proverbial, as is my wont, but after a session on the massage chair, I walked away with a spring in my step that I hadn't had for months. I will be going back, although I have my own gym equipment at home. It's only just up the road and a sight more fun than exercising in a shed! □

One Vision One Fitness, Foxlands, York Road, Babbacombe, Torquay, TQ1 3RZ. ☎01803 317770

COMPETITION

Through *Devon Life*, One Vision One Fitness is offering one lucky reader the chance to win a year's full membership along with two personal training sessions.

Just answer the following question:

Which of the following is the average heart rate of a healthy adult male while at rest: a) 33; b) 73; c) 82 beats per minute?

Send in your answer on a postcard, together with your name, address and phone number to: Devon Life/One Vision One Fitness competition, Archant House, Babbage Road, Totnes, Devon TQ9 5JA. Alternatively enter online at www.devonlife.co.uk/competitions. The winner will be the first name drawn at random after the closing date, 26 March 2008.