

Original Yin

QI
GONG
GYM

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ORIGINAL YIN FOUR-FLAGS (元陰派四象陣旗)

Original Yin refers to our yin or female school and include exercises that incorporate both yin (noted as 0) and yang (noted as 1) elements.

Yin exercises create a sense of floating, as though suspended in soft, relaxed space by the arms, hips, and legs.

Yang exercises are more vigorous and grounded firmly to the earth.

Original Yin Qi Gong Gym involves the following machine training:

(1/1) Range of Motion ROM: A 4-minute full cardiovascular exercise engaging every part of your body in push and pull actions with increasing momentum to build strength, flexibility and endurance.



(0/1) Powertec MultiGYM: Using a seesaw design of free-weights generates full-body isolated push and pull actions with counter-weighted support to grow strong bones and muscles.



(1/0) BodyCraft 3D Jones Smith machine: Combined with springs and a yoga sling, stretches and suspends your body to increase range of motion while building strong core abdominal muscles.



(0/0) GyroGYM: For relaxed weight-less ease, alternating speed and direction that pushes and pulls while core strengthening. Gravity-free sensation returns a feeling of physical and mental rejuvenation.



Through strengthening and rejuvenating our bodies we can return to the Four Flags of a good life: well-being (1/1), fortune (0/1), courage/creativity (1/0) and beauty (0/0).

HOW TO USE THE ORIGINAL YIN QI GONG GYM

Basic training: 30-minute circuit training (Peak hours: 4.30pm to 7.30pm)

- Beginners start their training with the **ROM** machine for a 4-minute core training and cardiovascular/endurance workout.
- Moving to the **MultiGYM**, you will train different sets of muscle groups on each of the 3 stations. Recommended are 3 (or up to 5) x 12 rep sets on each to access quads, abs and upper-body muscle-groups through brief but intense isolation exercise focus.
- Following up the muscle focus with relaxed opposition stretching on the **Bodycraft 3D Jones Smith** machine for a concentrated 5-10 minutes of suspended core and limb-strengthening movements.
- Complete your training with 5-minutes on the **GyroGYM** to return to a relaxed and refreshed feeling of ease to conclude our effective and efficient training program.

Advanced trainees can choose one or several machines to relax the over-used and strengthen the under-used body parts*.

HOURS OF OPERATION

Tuesday to Friday, 9:00 am to noon and 3:00 pm to 7:30 pm

RATES

\$200 per month (4 x per week/30-minute basic circuit training)

\$50 per hour, non-peak hour training session (3-5 people per group)

*For athlete rehabilitation or advanced trainees, non-peak hours personal training is available \$50/each person for a one hour group session of 3-5 persons. Please contact Albert Chang directly to book these sessions.

NOTE: An early-bird (Tuesday to Friday, 8:00 am to 9:00 am) 30 minute circuit training program may be available with increased demand. If interested ask.

LOCATION

434 West 8th Avenue, Vancouver, BC, Canada, V5Y 1N9

Close to the Cambie Bus (15) or Broadway Bus (9 or 99B line) and the Sky Train's Canada Line (City Hall and Broadway)

For more information call 604-879-0881 or come by to try it for yourself.