

LEADERS OF THE SIX-PACK
Pack Animal Fitness put ZUU class through paces at Glasgow Green

WOODEN YOU KNOW?

Sculptures of giant wooden heads and secretive pine martens have been carved into trees at a Scottish woodland.



They are part of a series of improvements at Forest Wood Wildlife Reserve in Cumbernauld. Other work, funded by an award from WREN's FCC Scottish Action Fund, has focused on upgrading footpaths, landscaping and new information boards.

Forest Wood Wildlife Reserve is part of Cumbernauld Living Landscape.

PURR-FECT WILDCAT PLAN

Scottish Wildcat Action (SWA) have announced a five-year project to save our wildcats.

The project will focus on five key areas, where evidence suggests that at least 19 wildcats are roaming free.

SWA is a national project supported by the Heritage Lottery Fund, which aims to halt the decline of the rare native species by 2020. Led by Scottish Natural Heritage (SNH), it is a partnership of 20 organisations.

For further information about the work of SWA or report a wildcat sighting, visit www.scottishwildcataction.org.

You can follow the trust on social network sites Facebook, Twitter and Instagram.

GEAR OF THE WEEK

MSR PocketRocket Stove Kit

A new "complete cook and eat kit for two" has been launched by outdoor gear brand MSR.

The PocketRocket Stove Kit combines the best-selling stove and cook set.

At its core is the simple, rugged PocketRocket stove, which can boil a litre of water in 3.5 minutes.

Two colour-coded dish sets include MSR's ultralight insulated mugs, DeepDish bowls and folding sporks.

The complete kit weighs 732 g and fits neatly inside a 2l aluminium pot space-efficient packing for two people. It costs around £80.

■ For stockists see www.msrgear.com



Feline the burn at an animal-inspired class



FIONA RUSSELL

Hunt down the body you've always wanted with the new workout that mimics animal movements and burns around 500 calories in just 40 minutes

ZUU

What is it? ZUU is high intensity, low impact training based on primal movements, such as pushing, pulling, crawling, bending, twisting, squatting and lunging.

Each session lasts around 30-40 minutes and benefits mobility, agility, flexibility and cardiovascular endurance.

Tell me more: ZUU was created by Aussie fitness expert Nathan Helberg, who describes himself a "human movement educator".

The workouts were initially used by elite athletes and the armed forces. ZUU was found to be useful for remote location training, without gym gear.

From there, the workout entered the commercial fitness industry, and now it is available to Scots through David Grant.

Pack Animal Fitness is the first independent company to offer ZUU classes in Scotland. They are held outdoors at Glasgow Green with nearby indoor plans for winter.

The fitness class is also making its way into British schools to improve health. **Anything else to know?** The ZUU is a combined strength and endurance class that burns around 500 calories a session. It can help to prevent injury, increase mobility and flexibility, improve cardiovascular fitness



FUN
Dave high-fives class

Have you tried?

and strengthen muscles and joints. As well as an exercise session, ZUU has an inclusive culture and participants are encouraged to motivate each other.

David Grant, head trainer at Pack Animal Fitness, said: "ZUU is bodyweight training at its best – and can be done anywhere by anyone. ZUU is meant to be fun and full-on and gives a great all-body workout.

"Exercises are based around animal movements and the classes get participants moving in ways that daily life neglects.

"ZUU is particularly good for tackling tight hips, back, weak wrists and stiff shoulders."

Who is this for? ZUU is open to all. David said: "The ZUU moves can be regressed or progressed to suit the individual so that there is an entry point for everyone no matter your fitness capabilities. We have a wide variety of ages at our classes

from teens to people in their 70s. It's also great for children."

Fan Steven Brown said: "This has changed my whole outlook on fitness. Zuu is incredible – I look and feel better after less than four weeks and have lost 10lbs with great toning too.

"It's fun and Dave makes it challenging but enjoyable. I'm hooked on his classes and PT"

Where can I try ZUU?

Pack Animal Fitness offer classes and PT six days a week, from early morning to late.

The sessions are at the Glasgow Green drying poles by the Templeton Building and there's an indoor option for winter months.

How much does it cost? £7.50 for a drop-in session or discounted block booking online. One to one PT sessions are also available.

Contact: See packanimalfitness.com and on Facebook at [facebook.com/PackAnimalFitness/](https://www.facebook.com/PackAnimalFitness/)

Join me on my adventures in Scotland's great outdoors by checking out my award-winning website at www.fionaoutdoors.co.uk. You'll find lots of great information about walking, cycling, running and other outdoor activities, as well as kit reviews.

Advice and ideas