



## THE COACH SAYS

If you put in this effort but you're still not eating well it's all for naught. Not only will it help you lose fat but your new exercise plan is going to put extra demands on your body. "You need to incorporate high levels of natural protein into your diet," says Stalker. "The body will require it from a weights workout and it stabilises sugar levels on a more constant level throughout the day. Protein shakes are useful if you don't have the schedule to eat regularly."

# 3 /

# DO IT IN THE GYM



**BRADLEY SIMMONDS**

Personal trainer Bradley Simmonds talks you through the midday fat melting that even the time-poor can fit into a lunch break. [bradleysimmonds.com]

#### THE SPEEDY SESSION:

Simmonds has used high-intensity interval training [HIIT] to get the likes of John Terry and Jamie Redknapp into shape. "The first thing is that it's manageable – you can get it done in 30 minutes," says Simmonds. "Your metabolism keeps working afterwards, so you're burning calories for 24 hours after your workout, as long as you're putting good food inside your body."

**THE WARM-UP:** Start with five minutes at around 16kmph on the treadmill. Then ramp up the fat burning with five minutes of splits – 30 seconds on, 30 off as fast as you can manage. Follow this with a thorough stretch.

#### THE HIIT CIRCUIT:

Simmonds recommends a brutal circuit training session for fat busting. Do 30 seconds with 10-30 seconds rest in between each one.

- 1] Press-ups:** Moving along a rope ladder on the floor, move your hands and body in line one "step" away each time as you complete one rep.
- 2] Picking up and launching a sandbag/medicine ball over your head onto the floor.**
- 3] TRX standing row:** Lean back until the rope is tight before beginning your reps.
- 4] Battle ropes:** Keep your knees bent, your back straight and in a parallel alignment.
- 5] Dips:** Get as deep as you can to maximise exertion.

- 6] Pull-ups**
- 7] Finish with a plank:** See how long you last. Aim for 30 seconds if you're new to the plank, but each time try to beat your previous best. Remember it is key to keep your core engaged and back straight.

Try to repeat the circuit three times, three to five times a week. Mix it up with a run or swim. But do something five times a week.

# 4 / DO IT ANYWHERE



**MAX LOWERY**

Naturafit's health coach recommends routines that are "flat out", for that toned look in holiday snaps but "can be done anywhere – in the park, in your bedroom, in the gym". [naturafit.co.uk]

#### THE "ANYWHERE"

**CIRCUIT:** You have to push yourself to the limit. Ideally do each exercise three times [30-45 seconds] with a short break in between each set.

- 1] High knees**
- 2] Mountain climbers** [push-up position – running to your chest]: Lean your weight on your arms to enable feet to move freely and as quick as possible.
- 3] Burpees:** A fluid movement will work your whole body – your arms, your legs, your core.

- 4] Jumping Jacks/ star jumps**
- 5] Jumping squats:** When you land you want to land on your heels and stick your bum out.

**THE FOOD:** I'm an advocate of intermittent fasting. People think that to lose weight you have to eat salad. You can eat most vegetables, most fish, most meat – there is so much you can eat and in fact a salad contains probably the least nutritional vegetables. You've got to eat real food. It's not complicated.