

## **Build Your Best Body...NOW!**

-- Kori L. Propst, National Figure Competitor & On the Run Fitness Personal Trainer

Spring is just around the corner, which means summer is quickly approaching. You are ready to shed your winter weight, get healthy, and have the energy to play outside when the days get longer and the sun shines brighter. Sure, you've thought about this many times, and with those thoughts have come plenty of excuses. You are well aware of the risks of being sedentary, and yet 60 minutes of a heart-pounding sweat fest sounds downright tortuous! With the recent American Heart Association recommendation of 5 days per week, at 60 minutes a pop, you just get more discouraged! You want quick, efficient, and result-yielding. Read on for your triumphant training solution:

**Intervals:** No one wants to do long, slow cardio. Well, maybe those die-hard exercise fanatics out there, but once they figure out the power of intervals, they may never go back. Try this routine for your kick-butt cardio workout:

✓ *Stationary Bike Intervals*

*Warm up for 5 minutes at an easy pace; Now do 6 intervals (One interval is 45 seconds at a fast and hard pace that gets your heart rate up; then 45 seconds slower that allows your heart rate to come back down)Cool down for 5 minutes.*

You can do this workout on any piece of exercise equipment (elliptical, stair-master, treadmill). I suggest you choose the one you like the best! The beauty of intervals is the "after-burn" you get following exercise. Your metabolism stays higher because of the spikes in your heart rate, which equates to more calories burned, increased aerobic fitness, and fat loss! Complete this workout at least three times per week.

**Multi-Muscle, Compound Resistance Training:** The more muscles you can incorporate into each exercise of your strength training workouts, the more calories you will burn, and the better overall workout you will receive. Focus on supersets (one exercise for one body part right into another exercise for a different body part) to maximize time and efficiency, and remember to alternate between either upper and lower body exercises or push/pull exercises so neither exercise suffers. Rest only after you have completed both exercises back to back, and then repeat. Try the following routine for a rockin' resistance workout:

✓ *Weight Training Warrior*

*Warm up (12 reps each; easy weight):*

- 1 set body weight squats*
- 1 set push ups*
- 1 set dumbbell chest presses*
- 1 set dumbbell rows*

*Superset 1: Dumbbell or Barbell Squat & Lying Dumbbell Chest Press  
(2-3 sets; 12-15 repetitions for each)*

*Superset 2: Dumbbell or Barbell Lunges & Dumbbell Rows  
(2-3 sets; 12-15 repetitions for each)*

*Complete this workout 2-3 times per week, with at least one day of rest in between.*

Without a gym and just starting out? Use soup cans for weights and work up to full gallon jugs.

Without knowledge of how to do these exercises and feel like you need the help and expertise of a personal trainer? Consider hiring a professional to help you design a program specifically for your goals, including cardiovascular conditioning, strength, flexibility, and nutrition. Personal trainers can design and teach you about the fundamentals of fitness, without ever leaving your home. Now is the time to build and keep your best body. Take advantage of all it has to offer you, and start the countdown to you summer slimdown!

This exercise plan is only a sample. It is based on the research and experience of the author. The author is not a licensed physician, nutritionist, dietitian or exercise physiologist. Please consult with your doctor before beginning an exercise program or making medical decisions, as this sample is not intended to replace the advice of medical professionals. Medical advice can only be relied upon if it is based on a doctor's evaluation of an individual patient's unique health factors.