



Fitness expert, former Olympian and Studio Pilates International co-founder Jade Winter shares his three biggest secrets to achieving amazing physical results. Follow these simple tips to reach peak condition this summer and to carve out a beach-ready body

► Pilates | By Jade Winter

Beach body

{ There are three main areas you will need to focus on this summer to get your body in the right shape to hit the beach with a bang! The first is frequent resistance training, the second is effective cardio, and the third is eating the right foods. Without focussing on all three areas, you'll take longer to achieve your goal, get frustrated, and possibly eventually give up.

First up, frequency is the key to resistance training. Some kind of resistance workout every day will carve a beach-ready body made from stone. Gone are the days of splitting programmes and arguing about whether free weights are better than pinned. I am here to say it doesn't matter. The most important thing is to do something you enjoy and do it often.

If you don't like the gym, don't go. If you do, get there a lot. Prefer to work out at home? Invest some money in a home gym. The most important thing is to find a type of resistance training that you like, vary it to keep the muscles in your body guessing and aim to do a bit every day.

This might sound like a big ask, but if it's done correctly your body will grow leaner, harder and more sculpted than ever before. We are in a new era of exercise, with new technologies, techniques, research and equipment being developed constantly. However, the fundamentals remain the same: use it or lose it.

Of course, it remains important to incorporate rest days, but play it by ear. If you've scheduled a rest day and don't train, but you feel fantastic, you've essentially 'lost' a day that could

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have helped you to your goal faster. Conversely, if you have exercise scheduled and you feel exhausted, but you work out anyway, you won't put in the effort. You will waste your time, lose motivation and run the risk of over-training. Discipline is vital in achieving the best physical results, but it's important to listen to your body and give it what it wants and needs.

The second component is effective cardio and the big secret here is to stay away from boring, slow, low-intensity activity. Interval training is definitely the way to go. It helps to build muscle, at the same time stripping away the fat.

Instead of going for a long, slow jog, try doing 10 x 100m sprints flat out. If swimming is your thing, instead of doing boring laps, try pumping out some sprints in the pool. Get up on the blocks and do 10 x 50m full-on lengths. Always ensure you are well warmed up before any sprint session, to prevent injury.

The third aspect to building a beach-ready body is healthy eating, and the biggest secret to eating right is to keep it simple and reduce the carbs. There has been some controversy about low-carb diets, but the fact of the matter

is that the Western diet is now so high in carbohydrates that just bringing it back to normal levels seems like it's going too low.

Carbohydrates are not bad in themselves. They are just high in energy, and if you don't burn that energy off before you go to bed, then you will deposit any excess as fat and your body will save it for when there is a food or energy shortage. These days, that's not particularly common, hence the ever-expanding waistline. Carbohydrates must still make up a portion of your diet, but the right balance needs to be achieved.

Another vital healthy eating tip to help you to reach great results is to cut down on the booze. Alcohol is very high in kilojoules – or energy – and affects the way your body metabolises or breaks down and absorbs the food you eat with that glass of wine. Your body will also want to use the energy contained in the alcohol before it uses the energy in the food you eat, ensuring your meal will go straight to your gut. You usually eat more bad food when you're drinking as well, not to mention when you're hungover! Further, alcohol is toxic to the body and toxins get stored in the fat cells.

So, there are your three secrets to stripping away fat, building muscle and revealing a beach-ready body. Here are five further training tips:

1. **Resistance training every day.** Yes: seven days a week, no scheduled rest days, full-body workout, every day. No split programmes working your upper body one day and your lower body the next, or doing opposing muscle group splits. Even if it's just a quick 20-minute workout, the frequency of the resistance creates lean, hard muscles like you've never had before.
2. **Interval training at least four days a week.** And for at least an hour, sometimes longer. The harder and more intense your interval training,

the better, as this builds even more muscle and burns greater quantities of energy, leaving you looking lean and mean.

3. **Listen to your body and rest when you need it.** Don't schedule rest days – only take them when you need them the most. If you're feeling great and want to work out, then you should. Conversely, if you're feeling absolutely shagged, then by all means rest. As your body goes through the process of adapting to your training, it will require rest days much less frequently.
4. **If you have a blow-out, make up for it the next day.** If you went out last night and enjoyed alcohol and

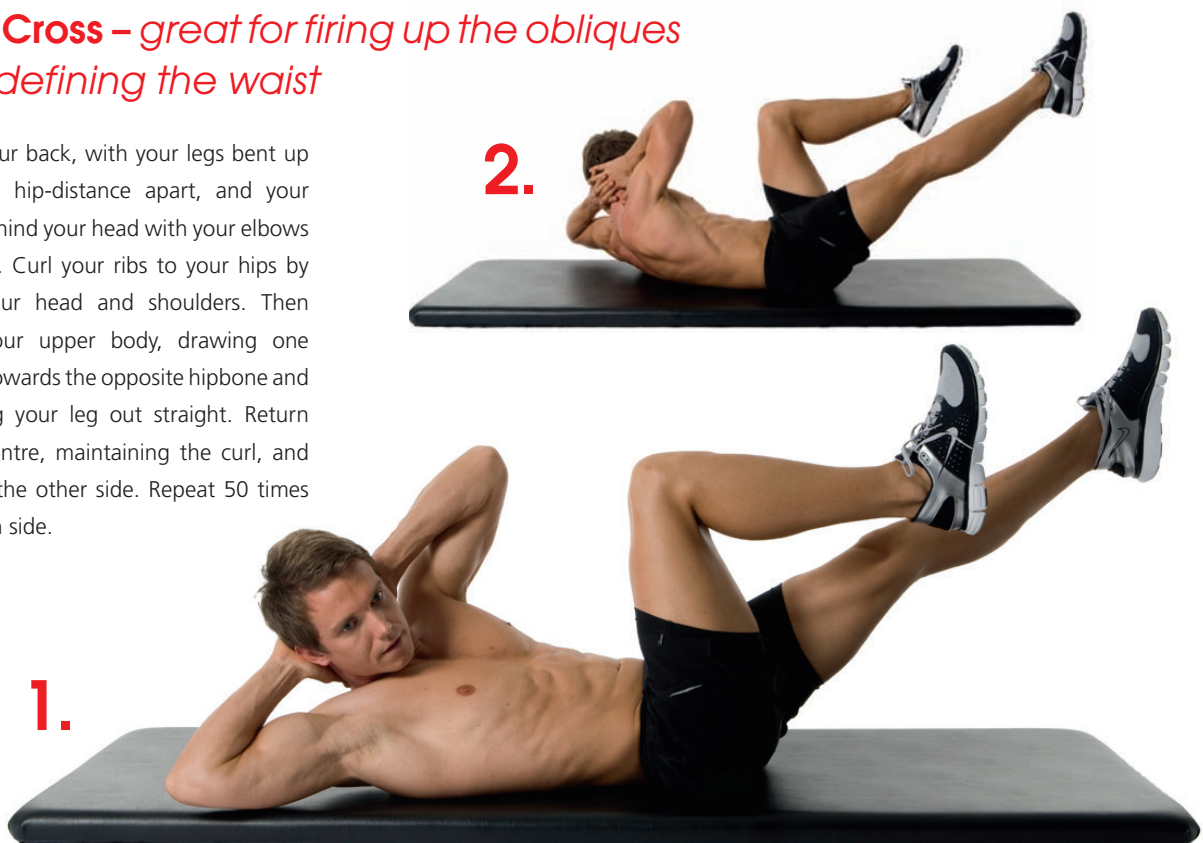
a big meal, that's all going to go straight to your waistline if you don't burn it off. Always exercise after a blow-out to at least try to maintain the status quo – you have worked too hard to take a needless step backwards.

5. **Do the types of exercise you love.** Forget whether the rower is better than the treadmill; whether running is better than swimming for burning calories; whether pinned weights are better than free weights. It really doesn't matter. Just do something you enjoy or you won't see it through. The most important thing is that you are out there and active almost every day.

AND HERE ARE SOME SIMPLE EXERCISES THAT USE YOUR OWN BODYWEIGHT TO CREATE YOUR BEACH-READY BODY AT HOME:

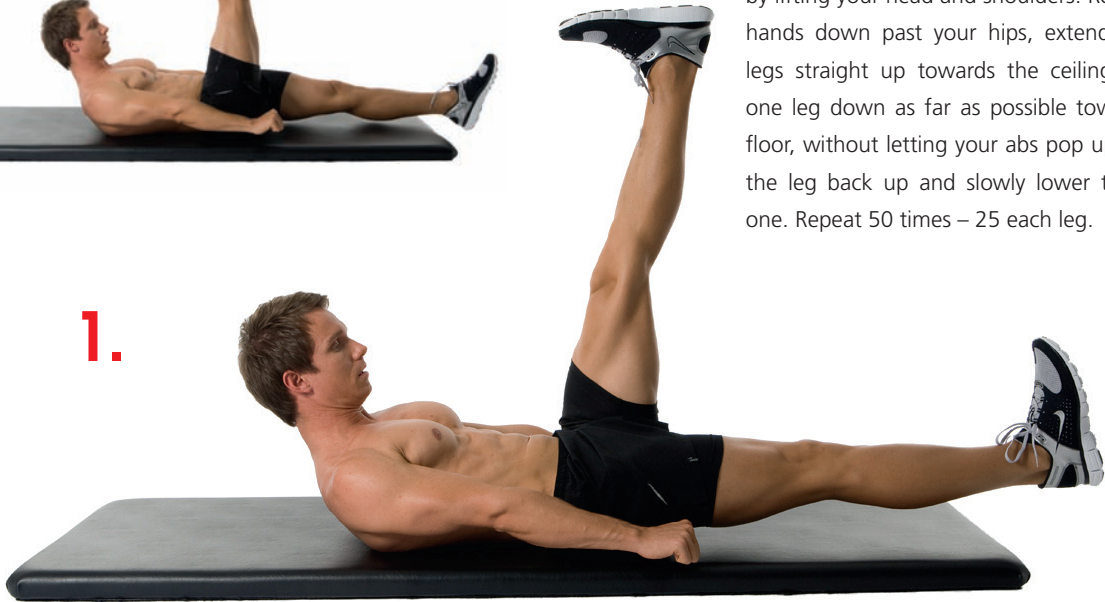
Criss Cross – great for firing up the obliques and defining the waist

Lie on your back, with your legs bent up and held hip-distance apart, and your hands behind your head with your elbows out wide. Curl your ribs to your hips by lifting your head and shoulders. Then rotate your upper body, drawing one ribcage towards the opposite hipbone and extending your leg out straight. Return to the centre, maintaining the curl, and swap to the other side. Repeat 50 times – 25 each side.



Scissors – great for sculpting the six-pack

Lying on your back, curl your ribs to your hips by lifting your head and shoulders. Reach your hands down past your hips, extending your legs straight up towards the ceiling. Scissor one leg down as far as possible towards the floor, without letting your abs pop up. Return the leg back up and slowly lower the other one. Repeat 50 times – 25 each leg.



Triceps push-ups – ideal for building up the arms and shoulders



Take up a push-up position, but with your hands no more than shoulder-width apart. Keep your elbows close to your body as you bend them to take yourself down towards the floor. Press back up. Do 2 sets of 15 reps.

Ab tucks – tone the six-pack further and increase your core stability

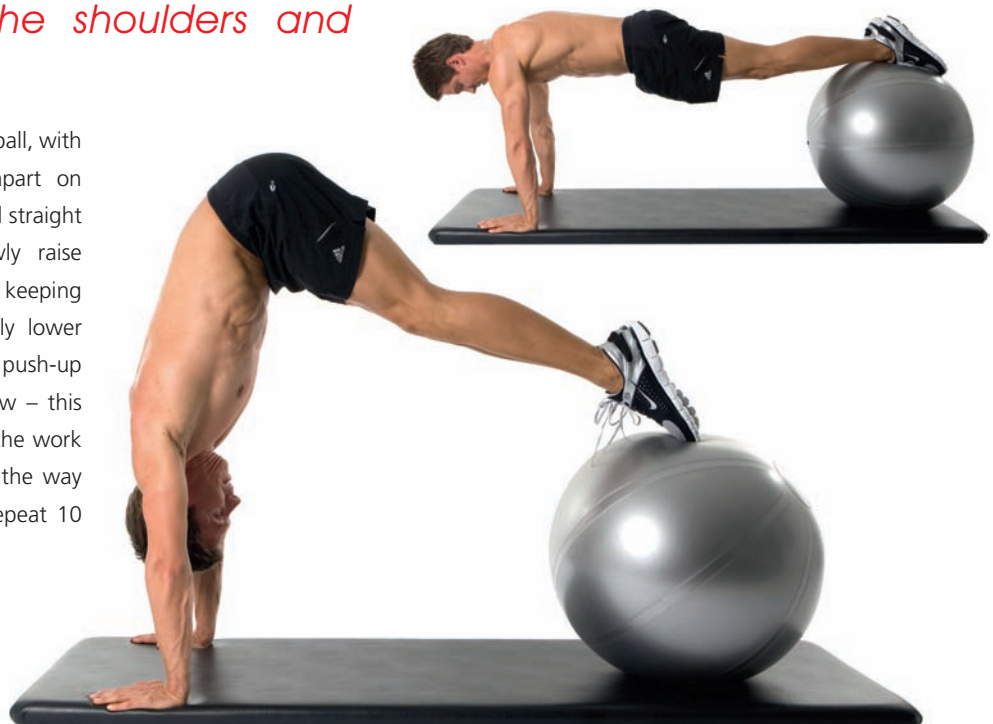


Place your feet on a Swiss ball, with your hands shoulder-width apart on the ground and your body held straight in a push-up position. Bend your knees, drawing them towards your chest while rounding your back and bringing your nose towards your knees. Slowly return to the extended push-up position. Do 2 sets of 15 reps.



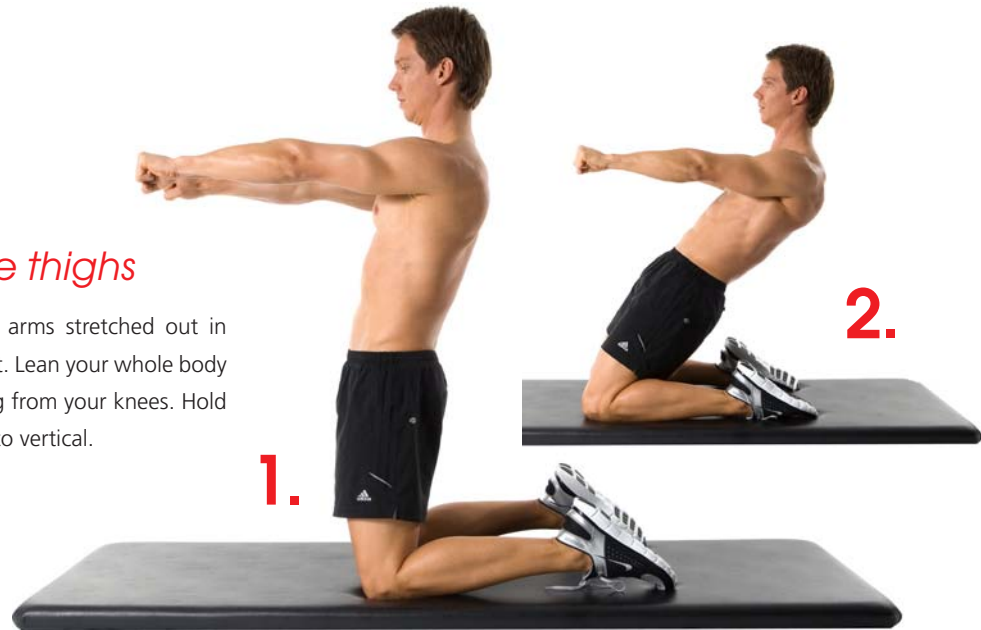
Pikes – build the shoulders and sculpt the abs

Place your feet or shins on the ball, with your hands shoulder-width apart on the ground and your body held straight in a push-up position. Slowly raise your hips towards the ceiling, keeping your legs straight, then slowly lower your body back down to the push-up position. Remember to go slow – this is an advanced exercise, with the work coming from your control on the way down, not on the way up. Repeat 10 times.



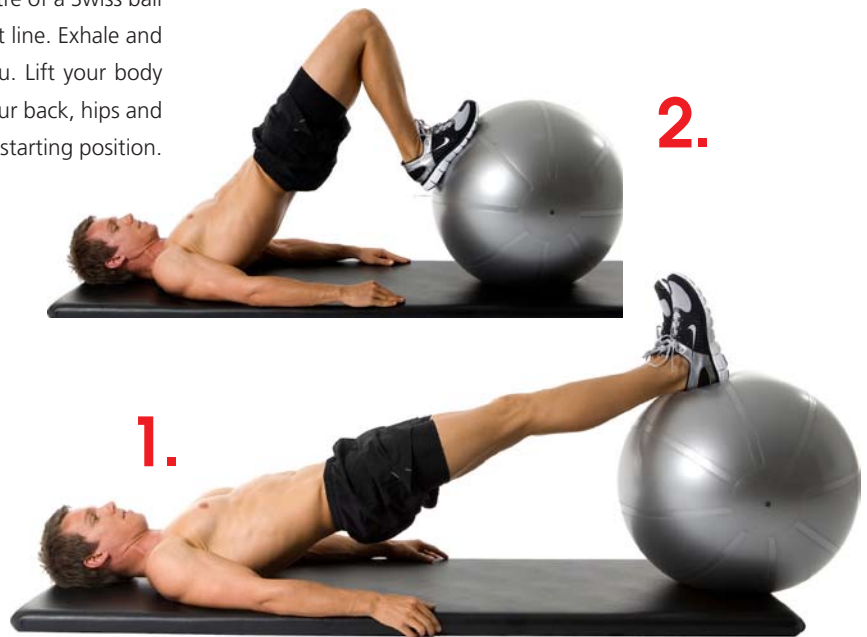
Hinge – tone the thighs

Kneel on the mat with your arms stretched out in front of you at shoulder height. Lean your whole body backwards in one line, hinging from your knees. Hold for a second and then return to vertical.



Hamstring curls on the ball – firm the back of the legs and butt

Lie on your back, with your heels up on the centre of a Swiss ball and your body raised off the mat in one straight line. Exhale and bend your knees, drawing the ball towards you. Lift your body and hips up, keeping a straight line between your back, hips and thighs. Inhale and slowly roll the ball back to its starting position. Do 2 sets of 20 reps.



Brazilian Butt Toner DVD



Get your body looking brilliant on the beach this summer with the *Brazilian Butt Toner* Pilates workout DVD from Studio Pilates International. Available at: www.studiopilates.com or by calling +61 7 3899 4555.



Jade Winter is co-founder of the Studio Pilates International brand. He is also a former member of the Australian Olympic swimming team. Jade used Pilates as a cross-training tool to enhance his swimming performance, ultimately achieving a world No 1 ranking in his event. He now focusses on fulfilling his business vision of empowering and inspiring one million people to do Studio Pilates International workouts on a daily basis.