

Shop yourself healthy!



UBC Little Black Dress Circuit November 2009 – by Jon Stratford

As we draw closer to the end of the year and the prospect of the Christmas and end of year parties, now is the time to start thinking about what you are going to do to fit into the little black number that's hanging in the back of your wardrobe or rewarding yourself for all the time and effort spent in the gym by buying a new outfit.

The circuit below will not only tone the parts that you will want to show off (legs, arms, bum, shoulders and back), but will also improve posture and fitness, making you look more confident, whilst giving you more stamina on the dance floor. You must use the heaviest resistance possible, whilst conducting the exercise safely, to see not only the muscle toning benefits, but also for the cardiovascular and fat burning benefits. Don't think that using heavier resistance will build bulk as you are doing higher repetitions, which will make your muscles long, lean, toned and help to stave off injury, whilst increasing metabolism (you'll burn more fat after this circuit than if you had gone for a jog) and also increasing bone density (reducing the risk of osteoporosis).

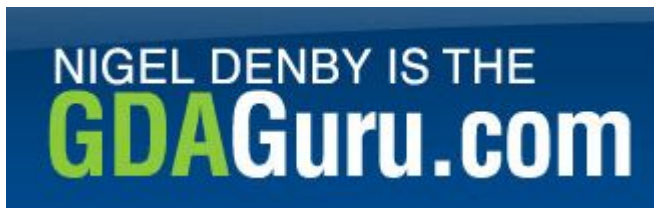
Try the exercises with body weight only and only once happy with the correct technique start to add weight/resistance.

During the warm-up, ensure that you mobilise the muscles and joints, especially through the range that they will move whilst conducting the exercises. Also, make sure that you warm-up the heart and lungs to a point that you are ready to start training. A good indication that your body is ready to start training is that you have started to sweat. Remember, that we don't stretch before exercise only afterwards once we have finished and all the muscle and joints are warm.

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Ensure that whilst conducting any of these exercises that you keep a strong (flat) back by activating your Transverse Abdominis (TVA); ie you pull your belly button towards your spine or activate your pelvic floor. This is to maintain good posture and to protect your spine as well as optimising your strength.

Breath out on the effort stage of the exercise and in on the reset; ie breath out whilst pushing up on a press up and in on the way down. Also, ensure that for optimum results that you resist on the reset of the exercise; ie slowly on the way down on a bench dip.

Water:

1 litre per hour of exercise.

Equipment:

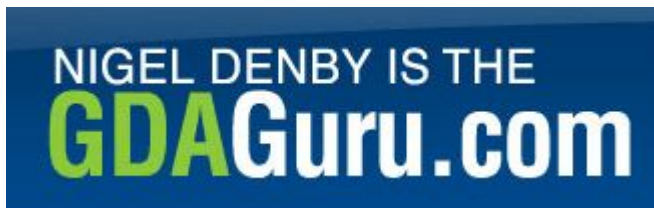
Dumbbells/Kettlebell/Bottles of Water
Bench/Reebok Step/Strong Chair

	Exercise	Progressions/ Regressions	Reps	Remarks	Body Part Worked	Body Part Worked Layman's
1	Reverse Lunge with Rotation	Harder: Increase weight/resistance in hand Easier: Decrease weight	12-15 each leg	From standing and either holding hands or weight in front of chest, raise knee up in front and rotate upper body towards raised knee. Then step back into reverse lunge whilst rotating towards other side. Repeat for required reps and then change legs.	Core, Glutes & Quads	Core, Bottom & Legs
2	Bench Dips	Harder: Feet on Football	12-15	Sit on edge of bench with hands next to hips and feet flat on floor. Keeping hands on bench, lower bottom towards	Triceps, Pectorals, Anterior	Back of Arms, Chest &

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		Easier: Feet closer to body		ground and press back up to the start.	Deltoids	Shoulders
3	Single-Arm Clean & Press	Harder: Increase weight/resistance in hand Easier: Decrease weight	12-15 each arm	From standing (feet slightly wider than shoulder width), squat down, keeping strong back and without the knees coming forward of toes, pick weight/kettlebell from floor with one hand and in one movement straighten legs and bring weight up to top of chest. Next extend arm straight up above head. Reverse, to start position, without putting weight on floor between reps. Swap arms once reps completed	Core, Glutes, Quads, Biceps Brachii, Deltoids & Pectoralis Major (clavicular part)	Arms, Bottom, Legs, Shoulders & Upper Chest
4	Windmill	Harder: Increase weight/resistance in hand Easier: Decrease weight	12-15 each side	Using the technique for the exercise above get the kettlebell/weight overhead and locked out and keep it that way throughout the exercise. If the weight is in your right hand turn your feet out to the left (45°). Push your bottom out in the direction of the weight, whilst lowering the un-weighted hand down to your foot. Reverse to start position. Tip: Keep looking at the weight throughout the exercise.	Rectus Abdominus, Obliques, Quadratus Lumborum	Core & Shoulder Stability

Aim for 3 times through the whole circuit without a break, 3 – 4 times a week, but ensure that if you are finding any of the exercises easy that you make them harder by increasing the weight, or difficulty in the case of the dips, because if YOU train hard, YOU who will see the benefits!

Finish with a good stretch followed by some carbohydrate and protein to eat within an hour of finishing, to replace your glycogen stores (the essential energy stored within the muscles and liver) and to repair muscle fibres.

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