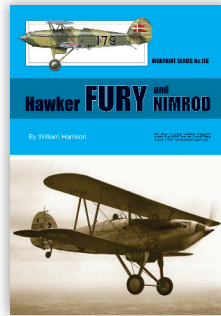


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Training to make you look good naked!

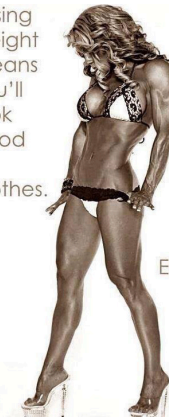
MK personal trainer and nutritional advisor **Joana Todor Back** writes the second part of her column on strength and conditioning for fat loss...



STUDIO 44

JOANA TRAINING

Losing weight means you'll look good in clothes.



Exercising means you'll look good **NAKED.**

different opposite movements like Pull and Push. The pulling motion works our entire upper back muscles. The best exercises are Pull-Ups or Pull-Downs as not many people can pull their body weight up, so by performing the same movement in reverse we build and activate our posterior upper muscles.

For the pushing motion, this can be devised in two categories – Push high range and Push low range.

Push high range is mainly defined by lifting a heavy load above our head, which works mainly our shoulders but also activates our arms, traps and shoulder girdle muscles.

Exercises like shoulder press and hand stands are the main ones to use here.

Push low range is mainly defined by the use of the pectoralis major and minor muscles, both located across the front of your chest; triceps, located at the back of the upper arms; and anterior deltoids, located at the front of your shoulders.

The main exercises used here are press-ups, dumbbell or barbell chest press.

I will conclude this article by leaving you with a workout challenge for this month... perform this full body, multi-jointed **CIRCUIT WORKOUT 4** times a week.

Also, for your own wellbeing do a session of 30-45 mins slow steady cardio, like an incline treadmill walk or a 2 to 5 kilometres easy run, depending on your levels of fitness.

So the question is... 'how do I do that?'

Let's start by activating the biggest muscles first: Gluteus, Quads, Hamstrings, Lats and Pectorals. By working these big muscles first we will produce a lot of lactic acid in our body which will make us burn body fat straight from the beginning of our training session.

Start with the bottom half of your body and also with Multi-Jointed exercises like squats and deadlifts, which are the hardest and the main two full full-body exercises that activate thighs, hips, buttocks, calves – including a lot of the core – all at the same time.

By starting our workout with these two main compound exercises it will build lots of lactic acid, which is paramount for fat loss.

Moving on, still focusing on Multi-Jointed exercises, let's split our upper body in two

In last month's column we discovered the benefits of strength training and learned how to programme our week in order to start our look good/feel good journey.

This month, we will build on this by learning how to train effectively in order to maximise our fat loss – and look good naked in the process!

Strength training helps you to lose weight (and body fat) in a few different ways.

Firstly, it helps us retain muscle mass and secondly, strength training has a much greater level of excess post-exercise oxygen consumption than aerobic exercise.

After finishing a strength training workout, our body needs to do a lot of work to replenish itself in order to bring it back to a normal state.

This is called **NATURAL METASTASIS** and it takes a lot of energy and time for the body to adjust itself.

Some studies have shown that it can boost your metabolism for up to 38 hours after finishing the workout.

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