

Training Tidbits

Or how to separate yourself from the crowd!

by Karen McCoy

- Remember, ***weights are King***. To increase metabolism, do 4-5 training sessions with weights, 30-45 minutes at a time, with 15-20 minutes cardio on weight days. You can do a longer cardio on non-weight days.
- When doing cardio on weight days, concentrate on ***HIIT*** cardio (shorter and harder). More bang for your buck. You may only be able to do 10 minutes to start, but this will increase with time.
- **Weights**: Change up your hand and foot placement to hit the muscles from slightly different angles and to keep your workouts fresh.
- **Work large to small muscles**, in that order (ie legs/back before shoulders/arms).
- **Work abs every other day**. Abs – 6 sets of 20 reps a day. You choose the exercises (2 sets of 3 different exercises, 3 sets of 2 exercises, whatever works for you).
- Use **full range of motion**, and remember it's not all about the weight – you can slow it down and hold it for added intensity (on any exercise). I call this SHIT – **S**low it down, and **H**old for **I**ntense **T**raining.
- **Focus and breathe** – get into the Zen-like meditation of it. Weights should never be boring. If it is, it's because you're not in the moment, feeling and visualizing the work. See it as a joy, not a job.
- **Intensity is key**. Success is failure in the gym. Don't be afraid to push. That's how you get shapely, sexy muscle and a higher metabolism.
- **Consistency** is the most important success factor with weight training and exercise, more important than the amount of weight, reps, sets, etc. The body loves consistency, and every day is a build on the day before. If you stop, you have to go over getting sore all over again. Don't stop, and this won't have to happen.
- **Have fun!** Envision your body how you want it to be, do the work, and it'll happen. It's a natural law of the universe. Go for it!

