



Trouble Spots

We all have them, whether it be flapping wings on the arms, sagging skin hanging from the mid section or saddle bags, trouble spots go hand in hand with being a woman. Very few are lucky enough to not encounter one of the above at some point, but quite a few are unlucky enough to be hit with the extra baggage all in one go. I am inundated with letters from clients desperate to find the answer to their inherited bane of existence. Unfortunately the quest for a streamlined physique comes at a cost. Effort! Merely trying to will it away or thrashing the area with a 1000 extra reps won't do the trick. Fat disappears from the entire body at an even rate. If you store more fat in one particular area, then the loss may not seem as obvious, but over time the results will be more apparent. If you can see fat loss in other areas, believe me, it is coming off all over.

Here are a few tips and alternative options for the three most talked about trouble spots to help you on your way that you can easily perform in the privacy of your own home.

The Three Top Problem Areas

1. Flabby Arms

Super-setting biceps and triceps is an excellent way to tone the arms and maintain a slender, feminine shape.

E.g. One set of Biceps followed immediately with one set of triceps and then rest and repeat.

- Biceps dumbbell curl followed by triceps kickbacks or,
- Triceps rope extension followed by cable bar bicep curl

Repeat each superset 3-4 times with 12-15 reps per exercise per set. Genie complete Slimtone programs can also tighten and tone the arm muscles and reduce fat levels.

Cardio Tip: Rowing, Boxing, Cross Trainer, Tennis

2. Bulging Belly

The majority of women want a tighter mid section or desire a six pack. I have said it time and time again; performing 1000's of sit ups will not create this look alone. Nutrition is a huge factor. Try working your abs in a giant set e.g. performing several different exercises with no rest in between.

- Swiss Ball Crunches 10-15 reps
- Reverse Crunch 10-15 reps
- Hanging Leg Raise 20 reps
- Crunch & Twist 10-15 reps each side

After completing all exercises, rest for 1 minute and then repeat 1-2 more times through. Genie Complete treatments can also target the entire abdominal region.

Cardio Tip: Boxing, Swimming, Canoeing



3. Saddle Bags / Wobbly Bum

As we get older, the butt definitely starts to sag. Gravity alone doesn't seem to hold it up any more. Most women think that god old cardio will keep the area in check, but that's not the answer. Have you noticed that a lot of slim women still have loose skin and cellulite? That's generally because they have neglected the resistance training to tighten and tone the underlying muscle. Always remember to target the entire area, not just the front and back.

- **Wide Stance Squat:** Take a wider stance than normal with toes pointing out to target the inner thigh area. Place small weight plates under your heels if flexibility in the Achilles is poor. Dumbbells in each hand or a barbell across the trapezius add to the difficulty level. Always ensure you lower to a 90 degree angle to the floor.
- **Side Lunge:** Instead of stepping forward, step forward but out to the side to target the outer thigh and hip area.
- **Power Jacks:** Start with feet together, bend at knee and jump up landing with feet in a wide stance squat position with thighs at 90 degree angle to floor, then jump back to the start position
- **Abductor/Adductor Machine or Cable:** Try sitting in the machine with back straight, away from the back rest as this isolates the muscles more. Alternatively use an ankle strap attached to a cable to work both areas.
- **Try Super-setting a few exercises e.g. Straight legged deadlifts with leg curl or lunge, power jacks with lunges or leg press.**
- **Aim for a 15-20 rep range**

Genie Complete Slimtone programs can also target the lower body region helping to tighten and tone the muscles, reduce body fat levels as well as improve the appearance of cellulite.

Cardio Tip: Skipping, Kickboxing, Rock Climbing, Mountain Biking, Hill Walking, Sprint Drills, Stair/Step Climbing

Training Frequency

Besides cleaning up your diet, you need to ensure you are burning up the calories with regular exercise, with at least 3-4 sessions per week of 45-60 minutes duration. Do not solely rely on cardio. Although cardio burns away at the fat, it will not provide the tight toned look you long for. Resistance training is essential. If you train four times a week, try to make two sessions predominantly cardio and the other two, resistance. Invest in a heart rate monitor (HRM) and aim to keep your heart rate (HR) approx 70-80% of maximum heart rate (MHR) to effectively burn fat. Do not rely on the machines HRM as they rarely offer correct readings. To find your MHR, follow this simple formula:

$220 - \text{your age} = \text{MHR}$

$\text{MHR} \times 0.70 \text{ to } \text{MHR} \times 0.80 = \text{THR (target heart rate)}$



Nutrition

Ever wonder how a super-fit person can look so over weight? Well that's usually due to the fact that they burn up so many calories from their chosen sport they think they can get away with consuming any form of nutrition, good or bad. If they were following a correct nutrition plan they should in theory be super ripped, and would also probably compete at a far higher level. The majority of athletes are very slack when it comes to correct nutrition. Nutrition probably makes up for about 80% of your total effort, the rest comes from the gym. A nutrition plan that includes complex carbohydrates, complete proteins with plenty of fruit and veg is essential, not forgetting the good fats, consuming 4-6 small meals throughout the day. This will kick start your metabolism and fat burning potential. For those who say they do not have the time to eat or prepare 4-6 meals a day are simply lazy. Putting aside 5 minutes each night to prepare for the following day is all it takes. Take a look at our selection of nutritional plans to get you on the right track.

If you don't have access to the gym the Genie Complete Slimtone programs can simulate the results you can achieve from aerobic & resistance training.