



Reducing Body Fat

Muscle and Fat Mass

Nirvana Spa and Pulse 8 Seminar Series – Week 3



The secret to reducing body fat is combining the right eating, training and rest. One of these alone will not allow you to achieve your desired shape. This Seminar will show you one the easiest and most effective ways to get the body you want, and keep it!



What body weight is best for me?

The first rule, throw out the scales. There is no ideal weight for any one person, we are all different in bone structure and genetics.

The best way to measure how your body is improving is find some tight fitting clothes. Keep them separate from your normal outfits and only try them on every 4 to 6 weeks



Can resistance training help me to lose fat?

Definitely! Resistance training achieves this in two ways:

The correct type of resistance training can burn more calories than going jogging on a treadmill or cross trainer for the same amount of time.

Resistance training can develop your muscles, either by providing you with more tone or size (depending on type of resistance training). Once this happens your body will be burning more calories all the time.



In fact, trying to lose body fat without including resistance training in your programme will drastically **reduce** your results



What type of CV training is best for fat burning?

It's not just running training. Any type of CV training when performed properly can burn fat.

- Focus on the length of time and intensity at which you train
- Use a variety of CV equipment
- For best results, do at least 3 CV sessions per week
- Alternate between one session of 40 minutes at high intensity and one session of 1-2 hours of low intensity



How do I stay motivated?

It is vital that you set a realistic goal that is important to you. Write down why it is important and how it will make you feel and benefit you when you achieve it. Read it each morning!



How to put it all together

Here is an example of options you could use to fit around your lifestyle

Monday:	40 min CV high intensity
Tuesday:	Resistance training
Wednesday:	1-2 hour CV low intensity
Thursday:	40 min CV high intensity
Friday:	Resistance training
Saturday:	Rest day
Sunday:	Rest day



Do you have a busy schedule during the week? Try this.

3 sessions per week, with an optional fourth.

Monday: Weights session 2 and 20 min CV

Wednesday: Weights session 1 and 20 min CV

Friday: Weights session 2 and 20 min CV

Saturday: 60-90 min light aerobic session (optional)



Session 1

Muscle Group	Exercise	Set 1 20-25 reps	Set 2 at least 12 reps	Set 3 at least 12 reps
Legs	Squats or Leg Press			
Chest	Bench Press			
Back	Lat Pulldown			
Shoulders	Shoulder Press			

30 seconds to 1 minute rest between sets and exercises

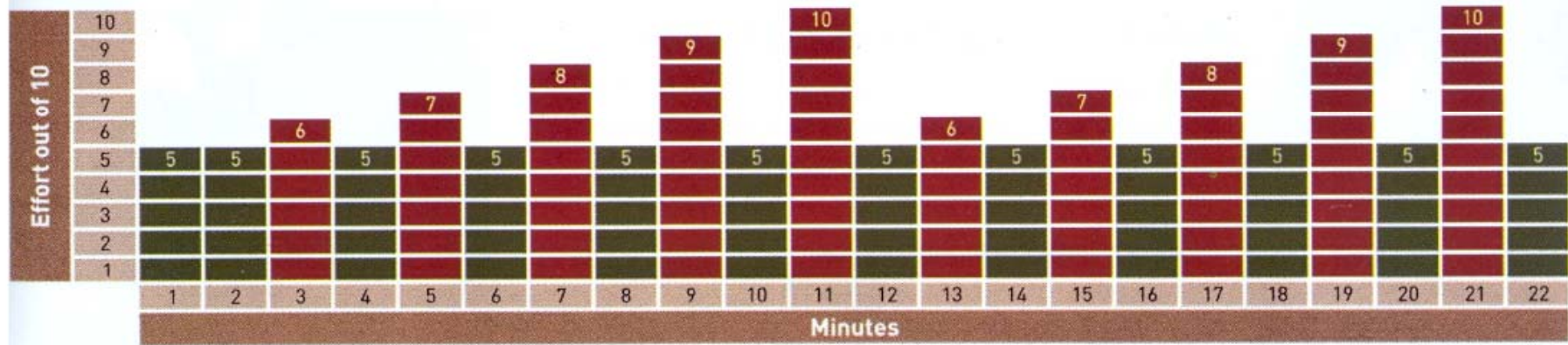
Session 2

Muscle Group	Exercise	Set 1 20-25 reps	Set 2 at least 12 reps	Set 3 at least 12 reps
Legs	Lunges			
Chest	Assisted Dips			
Back	Seated Row			
Shoulders	Upright Row			

30 seconds to 1 minute rest between sets and exercises



Option 1



Option 2





How does it work?

Each workout consists of a muscular endurance session, alternating between two. Straight after that, move into one of two 20 minute CV sessions (option 1 is slightly easier). You can do these on any CV machine or outside on your bike or running



How do the CV sessions work?

They work on estimating your perceived effort. Number 10 means the hardest you can possibly do for one minute and number 5 being somewhere between no effort and maximum effort. Follow the numbers, adjusting your effort each minute

Can you hold a normal conversation whilst doing your exercise? If the answer is yes you are not working hard enough. On the other end of the scale if you cannot talk at all whilst exercising you are probably exercising too hard. Ideally you should be some where in the middle where you can say a few words whilst exercising but not a full conversation.



Is high intensity or low intensity best for burning fat?

First we must understand how the body uses fat and carbohydrates as energy.

All carbohydrate is broken down into glucose and is the preferred fuel of the mind and body. Think of glucose as a 4* and fat as a 2* fuel.

When training at high intensity your body will use a higher proportion of glucose than fat. After about 20 minutes of training at a low intensity, your body will start to use a higher proportion of fat than glucose.

However, the total quantity of glucose and fat used will be much lower.



How much weight should I use?

- Select a weight that will ensure you quality fail at between 20 and 25 reps
- Keep the weight the same for the next 2 sets going for quality failure each time with only **30 seconds rest between sets**
- Go with 2 seconds up and 3 seconds down pace



Training Plan - Review

Monday

- 20 minute CV, weights session and core stability

Wednesday

- 20 minute CV, weights session (different exercises) and core stability

Friday

- 20 minute CV, mix of weights from mon and wed and core stability

Sat or Sun (optional)

- 60 – 90 minute light CV session



Questions?