



Summer FIT BODY PROGRAM

By Yattz, Personal Trainer

In the blink of an eye, summer is here again. The warm season spells sun, sea and lots of sand! Wouldn't it be great to flaunt a slimmer, stronger body and feel more confident than ever as you take to the beaches in your new swimwear?

Here's a simple Summer Fit Body program for those looking to attain their best beach bodies this season. Coupled with a clean diet, determination and hard work, you will perceive a noticeable difference in your body after six weeks of the program.

Weeks 1 to 4

The beginning is always the hardest. Stay focused on your vision of the fitter, healthier you at the end of the journey.

The ideal body is all about proportion – many fitness junkies focus on their upper bodies and in the process pay lesser attention to their lower bodies. A mix of both upper and lower body workouts two to three times a week is recommended, especially if you're hoping to get closer to the perfect body by the end of summer! This not only prevents your workouts from getting repetitive and boring, but also helps to strengthen your abdominal and lower back muscles.

| Upper Body Workouts | Lower Body Workouts |
|---------------------|---------------------|
| Chest Presses | Hamstring Curls |
| Tricep Extensions | Back |
| Shoulder Presses | Bicep Curls |
| Squats | |

Repetitions should range from 8 to 15, with recovery time from 40 to 65 seconds in between sets.

Besides upper and lower body workouts, core exercises are equally important:

- 2-minute planks (sets of 10)
- Lying lower back raises (10 seconds pause, 10 reps)
- 1-minute side planks (sets of 10)
- 90-degree leg raises while lying flat on ground (20 reps)

In the first four weeks, focus on building as much muscle as you can. Resting time should be kept to less than a minute and a half – this ensures the body burns fat while building muscles, especially when sets are performed back-to-back (supersets). Supersets are a major component in this program and if performed properly, will push your metabolism into the anaerobic zone, resulting in fat loss.

Weeks 5 & 6

Congratulations, you have now reached your penultimate and final weeks! By now, you would have gained a sizable amount of muscle mass. It's time to increase your cardio and intensity of your circuit training, and most crucially, keep to a clean diet. While many think that exercising is the only way to achieve visible abs, cutting back on one's body fat is even more important. Abs will only become visible when fat is cut from the waist, and lowering your total body fat will help you achieve your goal.

Cut back on carbohydrates with high glycemic indices (e.g. white bread, crackers, bagels, etc.) and opt for "good" carbs like fruit, vegetables, beans and nuts. At the same time, aim to drink an average of 7 or 8 glasses of water daily. Water not only flushes out toxins but also boosts your immune system and promotes weight loss.

By the end of week 6, you should be feeling readier than ever to hit the sand and enjoy the fruits of your labor.