

Decode your inspirational sayings

You read mantras every day – in your pal’s Facebook status, in movie stars’ tweets, and even in the pages of WH&F – but making them applicable to your fit lifestyle is another task altogether. We dissolve the sugar coating for you here.

FIT MOTO:	BLUNT TRANSLATION:	APPLY IT TODAY:
<p>“Physical fitness can neither be achieved by wishful thinking nor outright purchase.” – JOSEPH PILATES</p>	<p>All of the pills and fitness gimmicks in the world won’t get you fit – and even dumbbells need to be lifted to work.</p>	<p>Clean house on Craigslist: get rid of that useless infomercial abs contraption, invest in some free weights, and leave them in plain sight.</p>
<p>“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.” – EDWARD STANLEY</p>	<p>Life is short – but it’ll be even shorter if you don’t start taking care of that body of yours.</p>	<p>Don’t give up your gym time to watch <i>Dancing With The Stars</i> twice a week – at the very least, hit the treadmill while watching the boob tube.</p>
<p>“The secret of getting ahead is getting started.” – MARK TWAIN</p>	<p>Putting off your new fitness program can be a slippery slope.</p>	<p>Make a gym date with a friend who won’t accept your usual barrage of excuses. (That’s right: “Monster PMS” is not an excuse.)</p>
<p>“Fall seven times, stand up eight.” – JAPANESE PROVERB</p>	<p>Giving up is for suckers.</p>	<p>Think you’re going to max out at 10 reps? Do 11. Still want to quit? Push for another rep!</p>

WH&F READER WORKOUT OF THE MONTH: Got a great workout idea? Send it to info@masterminddubai.com today!

AMBER’S ONE-TWO PUNCH!

Put two moves back-to-back and you’ve got this killer circuit from Amber Rogers.



HOW OFTEN: “I have been doing this about once a week, which is unusual as I rarely do the same workout twice,” says Amber.

HOW TO: First, perform a barbell power clean: place a barbell on the floor in front of you, squat down as shown, and grab the bar with an overhand grip, then extend your knees and hips. As you stand, pull the bar upward and flip your wrists so that your palms face away from you and the weight is in front of your shoulders. Reverse to return to the start, then perform a burpee. Repeat 50 to 100 times – yes, you read that right!

BENEFITS: This routine combines two compound movements that target the entire body while training the heart. Not bad for two simple exercises!

AIM LOW: Bring your hips down, just as Jamie Eason does here.



HELPFUL HINT: Amber uses a barbell that is 60 percent of her body weight.

TIP: Keep the motion fluid from start to finish.

Q+A



ASK: BERNADETTE ABRAHAM

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STRENGTHEN YOUR CORE

Dear Bernadette: My lower back hurts when I perform lower abs exercises. Am I doing something wrong? – Leila, via email

DEAR LEILA: It isn’t uncommon to feel lower back pain when performing abdominal exercises and if there is no underlying problem requiring medical attention, often specific exercises that target the entire “core” and simple adjustments to your technique can help alleviate the discomfort.

Think of the core as a corset of muscles and connective tissues that surround and support your spine. If this girdle becomes imbalanced by overtraining a specific set of muscles (i.e. doing too many crunches or reverse crunches), it can destabilize your spine by pulling it out of alignment. So my first advice would be to make sure that your core exercise program emphasizes all of the major muscles that surround the spine equally. For example, the side plank, the opposite arm/leg lift on all fours, and crunch provide a well-rounded routine and offer core stability.

Research has also shown that the load on the spine can be greatly reduced by pulling in your belly button towards your spine. So make sure that you suck in your stomach to activate the deepest core muscle that encircles the spine when performing your exercises.

