

# A twist on a classic

Remember those stacking ring toys that you played with as a kid? They're the inspiration for this seriously effective exercise; do it and you'll hit your abs, arms and chest in one fell swoop.



**TIP: Challenge yourself by doing a push-up each time you move one plate.**

## STACKING PLANK PUSH-UP

**How to:** Get into a push-up position on the floor, with a stack of five five- to 10-pound weight plates in front of your left hand. Using your right hand, grab them one by one and stack them in front of your right hand [A]; keep your shoulders level and don't allow your hips to fall. When all the plates are on the

right, perform 10 push-ups [B], then use your left hand to return the plates to their starting position. Rest for 30 seconds, then repeat twice.

# 3

Number of resistance-training group sessions (with music) that obese women were prescribed per week in a study published in *The Journal of Sports Medicine and Physical Fitness*. When compared to the control group, **the weight-training women significantly reduced their total cholesterol while improving their HDL levels**—the “good” type of cholesterol.



## READER WORKOUT OF THE MONTH



This workout, care of Lebbet Riollano is simple in design but tough on your muscles.

**TO DO:** Grab a barbell and station yourself close to a treadmill. Do 12 reps of each exercise in a row. After the squats, hop on the treadmill and run for five minutes. When your time is up, start over again,

beginning with the presses; repeat twice for a total of three circuits.

- 1/ **MILITARY PRESS**
- 2/ **BICEPS CURL**
- 3/ **WALKING LUNGE**
- 4/ **BENT-OVER ROW**
- 5/ **DEEP BARBELL SQUAT**

WANT TO SEE YOUR FACE IN *WH&P*? SEND YOUR PERSONAL WORKOUT TO [INFO@MASTERMINDDUBAI.COM](mailto:INFO@MASTERMINDDUBAI.COM) AND YOURS COULD BE FEATURED IN AN UPCOMING ISSUE!

## Q+A



ASK: BERNADETTE ABRAHAM

Personal Trainer  
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## Will race training nix my strength goals?

**DEAR BERNADETTE:** I am trying to add muscle to my derriere but I am also training for a 5K. Can I train my lower body heavily while doing this? If so, when is the best time to lift?

— MERNA, VIA EMAIL

**DEAR MERNA:** It's a fact that increased strength helps increase endurance, so it makes sense to incorporate weight training into your training program. The key is to balance the timing of weight training, distance training, speed training, and recovery, for injury prevention and optimal performance.

Typically competitive athletes use a technique called background and peaking as a way to prepare for competition. Months before competition (background), they train for longer hours and lower intensity; as the competition nears, the workouts become shorter and more intense (peaking). Lifting heavy weights at the same time as running long distances increases the chances of injury. Therefore, it is best to lift heavier weights during the more intense peak phases and lighter weights with higher repetitions on the distance days.

It's also important to speed train. Running short distances very fast and performing plyometric exercises like squat jumps once or twice per week will not only boost your time, but derriere too!