

WORK OUT ACCORDING TO YOUR body shape

With so many different body shapes and sizes, it is nigh on impossible for any one exercise programme to fit every person's needs. That's why we have put together an exercise routine for the most common 'problem' shapes of women's bodies. Find the regime that you need to follow, and get started today!

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ASK ANY FITNESS PROFESSIONAL, a one-size-fits-all workout routine certainly does not apply to everyone. Although genetics does play a small role in determining your body shape, a healthy diet and an active lifestyle can help you achieve the body you've always wanted. And to gain the maximum benefit from your workout, you need to have one that is designed for your specific body shape. Simply identify your shape, and then follow the personalised training programme for a more refined and result-orientated workout.

To start with, let's identify the three main body types:

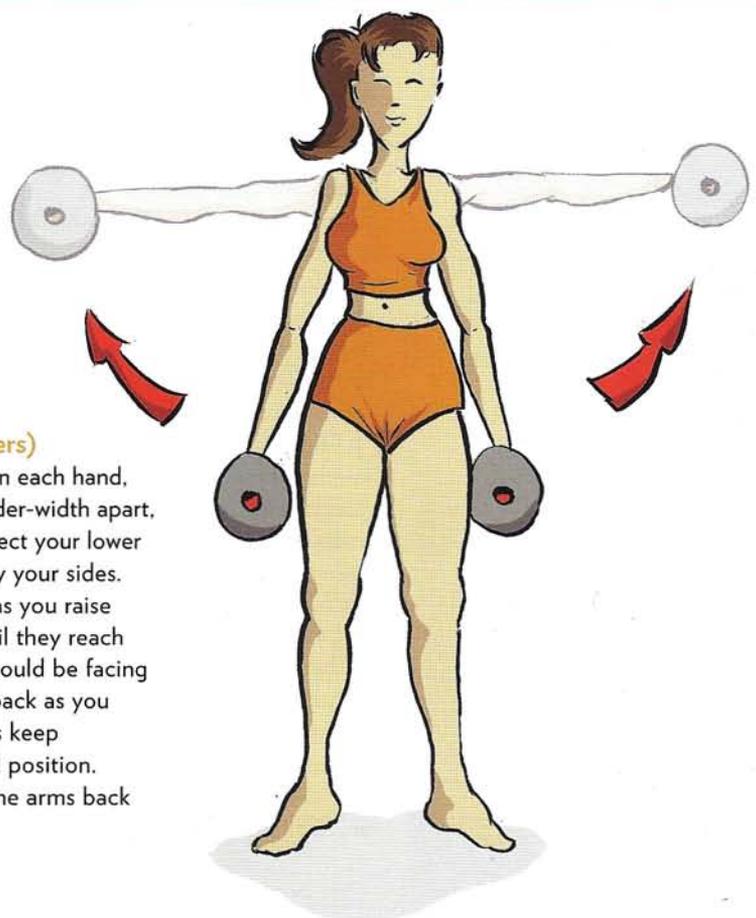
- **The Endomorphs** – they tend to have bigger bones, and a stocky appearance. They also tend to have higher levels of body fat and weight loss is most difficult for them.
- **The Mesomorphs** – They have an athletic build, gain muscle mass easily and have a fast metabolism.
- **The Ectomorphs** – They have a thin linear appearance, and have low levels of both body fat and muscle mass.

People don't usually fall into any one specific category, so your body shape is likely to be a combination of two types. Here are the three most common female body shapes and the exercises you need to do for each:

THE PEAR

Those with a pear shape, also known as the 'A' frame, tend to gain weight in the lower region of the body, mainly the hips, thighs and buttocks, while their waist and chest are small. Brisk walking, biking, and the elliptical machine are great cardio options to help shed unwanted body fat and should be performed regularly.

A more symmetrical look can be achieved by broadening the back and shoulders through weight training. To increase muscle size in the upper body, perform three to five sets using heavier weights for at least six to eight repetitions. It is best to use lighter weights and perform more repetitions for the lower body exercise (between 10 to 15 repetitions).

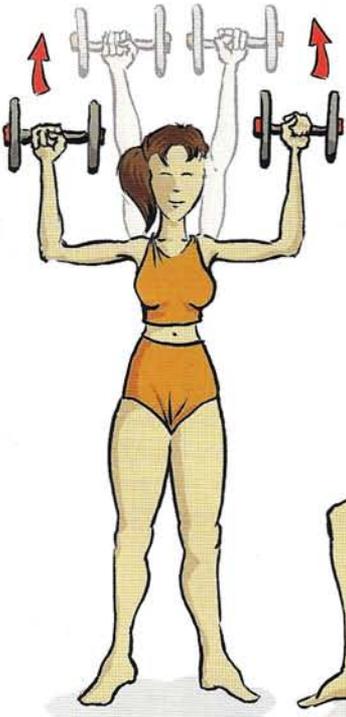


1. Lateral raise (shoulders)

While holding dumbbells in each hand, stand with your feet shoulder-width apart, knees slightly bent to protect your lower back, and arms hanging by your sides. Keep the elbows straight as you raise your arms to the sides until they reach shoulder height. Palms should be facing down. Avoid arching the back as you raise your arms and always keep head and back in a neutral position. Pause, then slowly lower the arms back to the initial position.

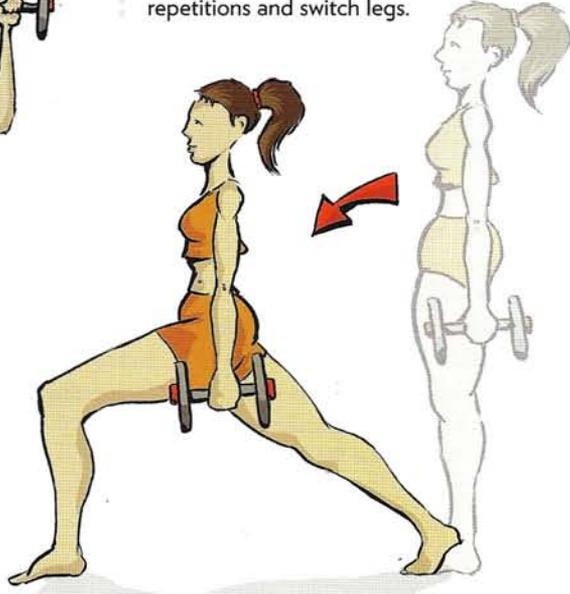
2. Overhead shoulder press (shoulders & triceps)

Hold dumbbells and position hands slightly above shoulder height with the elbows bent at 90 degrees. Engage the abdominals, bend the knees slightly, and stand with the feet about shoulder-width apart. Press the hands over the head until the elbows are fully extended but not locked. Palms should be facing forward and thumbs touching at the top of the press. Pause, then slowly return to initial position.



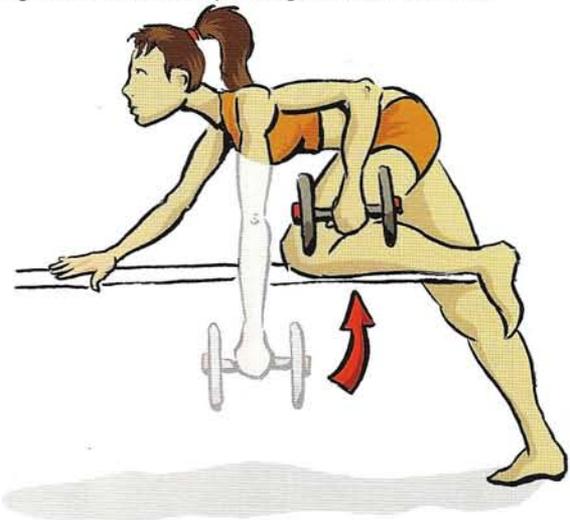
3. Stationary lunge (thighs & buttocks)

Stand with your feet shoulder-width apart and take a long step forward landing on the heel of the front foot into a fencer's lunge position. Bend the front knee slightly and lift the back heel off the floor. Make sure the front knee stays above the heel and does not go past the toes. Keep eyes straight ahead, shoulders back, and hold dumbbells by your sides. Bend the back knee and lower the body by placing most of the weight on the front thigh until the back leg is just about parallel to the floor. Push straight up from the front heel and return to starting position. Perform the recommended number of repetitions and switch legs.



4. One arm row (back)

Hold a dumbbell in one hand and lean on to a bench by placing the other hand and opposite knee on it. Keep your back flat and head neutral. Let the arm holding the dumbbell hang straight down to the floor and in line with the shoulder. Keep the back leg straight and foot flat on the floor for support. Pull the weight towards your waist by bending the elbow back. Pause, then slowly lower the arm back down to initial position. Make sure to keep the weight close to the body throughout the movement.



THE APPLE

These individuals are also known to have 'O' frames. They have a tendency to gain weight in the upper body region, specifically the abdominals and chest, and generally have lean legs. Regular cardio sessions are essential to achieve weight loss for this body shape. The good news is that belly fat is easier to lose than any other type of body fat. The incline on the treadmill and the step machine are good cardio options because they both help build stronger legs and help with body symmetry.

For a more symmetrical appearance, it is best to focus on lower body exercises to create a balance with the upper body. Perform three to five sets of each exercise using a moderate to heavy weight for at least six to ten repetitions.

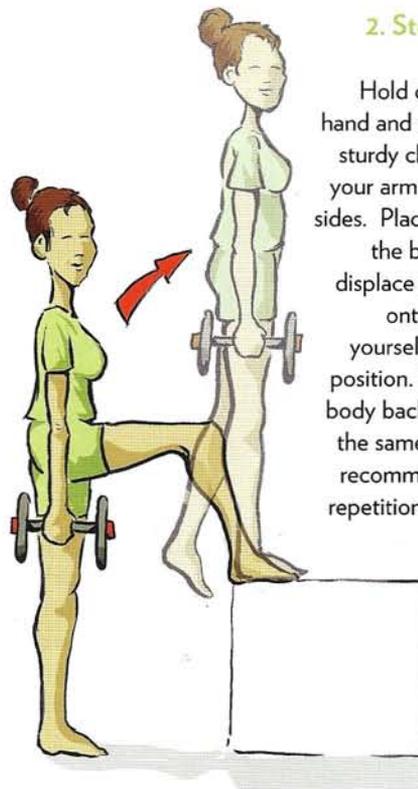
1. Squat (thighs & buttocks)

Hold dumbbells in each hand and stand tall with a neutral spine and feet shoulder-width apart. Slowly lower the body, with the hips moving back as if sitting in a chair. Keep the weight directly over the heels or mid-foot. Lower body until thighs are almost parallel to the floor. Do not bend knees beyond 90 degrees. Pause, then slowly return to initial position.



2. Step up (thighs & buttocks)

Hold dumbbells in each hand and stand in front of a sturdy chair or bench with your arms hanging by your sides. Place one foot flat on the bench or chair and displace your body weight onto that leg to push yourself up to a standing position. Slowly lower your body back to the floor with the same leg. Perform the recommended number of repetitions and switch legs.



3. Stiff leg deadlift (hamstrings & lower back)

Hold dumbbells or a barbell in front of thighs, and place your feet shoulder-width apart with knees slightly bent. While keeping your back straight and head up, bend forward at the hips to lower the weight to the floor or as far down as you can reach. Do not round out the upper back – make sure the back stays slightly arched. Keep the arms straight and close to the body as you raise the body back to initial position. A sturdy bench or box can be used to allow a greater range of motion as you lower the weight.



4. Calf raises (calves)

Hold dumbbells in each hand and stand tall with your feet shoulder-width apart and toes pointing forward. Keep the knees straight and roll onto the balls of your feet to contract the calf muscles. Hold for a few seconds and slowly lower the heels back down to the floor. For a greater range of motion, place the balls of your feet on the edge of a step to allow the heel to drop lower than the ball of the foot.



THE RULER

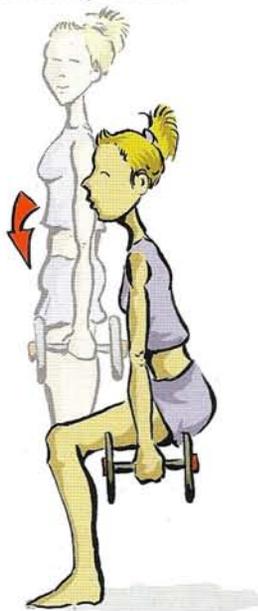
These individuals have equally proportioned shoulders, chest, waist and hips, and have difficulty gaining weight. Although the envy of most people,

lean body mass can be increased by focusing on a serious weight training and nutrition program. Cardiovascular workouts should be kept to a minimum for a healthy heart, and more focus

should be placed on resistance exercises to build muscle mass. Perform three to five sets of each exercise using moderate to heavy weights for at least 8 to 10 repetitions.

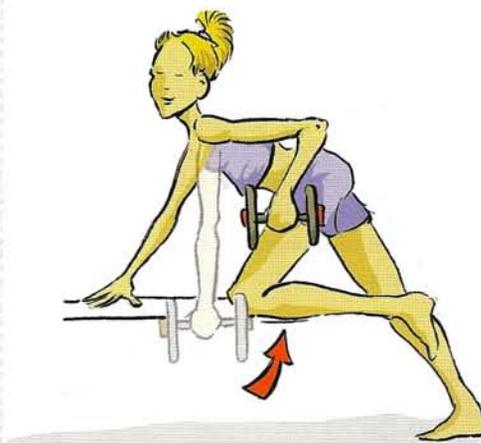
1. Squat (thighs & buttocks)

Hold dumbbells in each hand and stand tall with feet shoulder-width apart. Slowly lower the body, with the hips moving back as if sitting in a chair, with your weight directly over the feet. Lower body until thighs are almost parallel to the floor. Do not bend knees beyond 90 degrees. Pause, then slowly return to initial position.



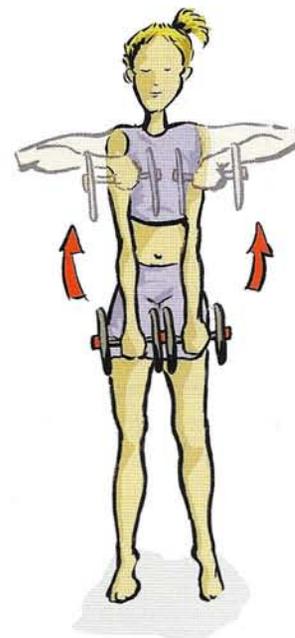
2. One arm row (back)

Hold a dumbbell in one hand and lean onto a bench by placing the other hand and opposite knee onto the bench. Keep your back flat and head neutral. Let the arm holding the dumbbell hang straight down to the floor and in line with the shoulder. Pull the weight towards the waist by bending the elbow back, keeping it close to the body. Pause, then slowly lower the arm back down to initial position.



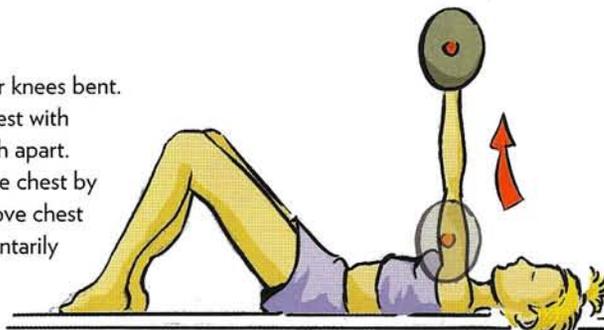
3. Upright row (shoulders & trapezius)

Stand with your feet shoulder-width apart and hold dumbbells in front of the thighs. With the palms facing the body, keep dumbbells close to the body as you bend the elbows out to the sides and lift the arms to the chest. Pause, then lower arms to initial position.



4. Chest press (chest & triceps)

Lie on your back on the floor or on a bench with your knees bent. Hold dumbbells or bar with arms extended above chest with elbows slightly bent. Hands should be shoulder-width apart. Keep the wrists straight as you lower the weight to the chest by bending the elbows. Press the weight straight up above chest without locking the elbows completely. Pause momentarily at the top of the movement before each repetition.



To begin your own personalised fitness program, contact Bernadette Abraham at 050-2832020 or email Bernadette@mailme.ae