

# Weight-loss PROGRAMME

Nike athlete Sonja gives Debbie some tips on the split squat

A combination of quad sets (four exercises in sequence with a short rest period in between sets) and multiple sprint sessions each week will see you losing a further four to eight pounds over this final phase. Your muscle should have become denser (not bulkier) and more toned. As muscle is far more metabolically active than fat, you'll increase your body's energy demands and fat-burning capabilities.

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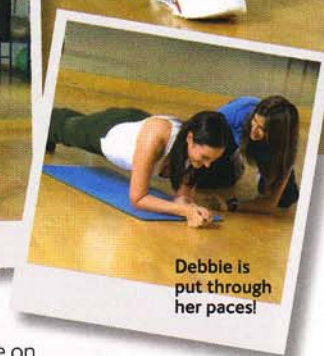
### Debbie Coleman

'The second month has been much more of a physical challenge. Without a doubt, I feel fitter and stronger but also feel more tired on rest days. I know this is a positive sign but it's been quite a difficult adjustment.

'This month I've tried my hand at some other activities to renew my enthusiasm. I've been along to a couple of British Military Fitness classes ([www.britmilfit.com](http://www.britmilfit.com)). If you think you're fit, think again – you have no idea until you've tried BMF! It's reminiscent of school PE classes, just much tougher. But despite the pain, I love it. It's incredibly sociable and supportive too – like having a network of personal trainers on hand to whip you into shape. I've tried Nordic walking too ([www.nordicwalking.co.uk](http://www.nordicwalking.co.uk)). Once I got over the embarrassment of using the poles, I found it quite exhilarating. The technique is said to work the body in a similar way to yoga and is a complete aerobic and strength exercise.

'All-in-all, this month has been a roller coaster of emotions. I started out feeling anxious about seeing physical results, but I've come to realise over the four weeks that the benefits of feeling well and healthy are far outweighing the weight-loss issue.'

CLOTHING: Debbie wears: Nike TC Tank, £38; Nike Yoga Pants, £60; Nike Dri-Fit run/cycle socks, £9 for two pairs. Trainers: Debbie wears: Nike Air Butterfli; Mid trainers, £50. Sonja wears: Nike Core Cotton SS Tee, £16; Nike TC Wide Jersey Pants, £30; Nike Dri-Fit run/cycle socks, £9 for two pairs. Trainers: Sonja's own (0800-056 1640; [www.jibssports.com](http://www.jibssports.com)). Shot on location at LA Fitness; [www.lafitness.co.uk](http://www.lafitness.co.uk)



Debbie is put through her paces!

### THIS MONTH Your strength programme

Your exercises are in two groups. Use a challenging weight. Finishing the entire workout for all sets and reps should be the main goal.

**Quad set A** (split squat, shoulder press, kneeling hip extension, bicep curl). Do 3 x 8 reps with a moderate to heavy load, resting for 30–45 seconds between exercises. For the kneeling hip extension, hold a weight plate to your chest, under crossed arms.

**Quad set B** (squat lifts, spiderman, lateral lunge and reach, push-ups). Do 3 x 20 reps with a light to moderate load. Rest 30–60 seconds between exercises.

### Your cardio programme

You'll be doing an interval-training session each week. Refer to the

Kick-start programme on page 110 for the interval-training details. For an explanation of RPE (rate of perceived exertion), see [www.shapeupchallenge.co.uk](http://www.shapeupchallenge.co.uk).

Try to complete the total number of each interval performed. For example, 10 intervals for the 30/30s, eight intervals for the 60/60s and six for 120/120s, but step up your effort and distance covered.

The RPE level you work at is governed by your level of anaerobic fitness – what once was an eight out of 10 effort may well now be six or seven. So you should be able to cover a few extra metres during each of the three different interval times each month.