



# TONE UP

GET THE BODY YOU DESIRE

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## Get the Body You Desire

Whether you want to tone-up in time for a holiday or create a figure that makes your clothes fit better, this e-book covers everything you need to know about losing weight, building muscle and getting the body you've always wanted!

- Learn which foods nourish your body and shed fat
- Create your own weight training plan for a sculpted physique
- Get great results from short and intense cardio workouts
- Tone up your problem areas with weekly workouts
- Fix your food habits with a few simple changes
- Build your strength and improve your health



Stronger, faster, leaner, more muscular, more toned – we all have an idea of our dream body, but how many of us know how to achieve that dream body? You're probably aware that it takes a combination of diet and exercise, but the specifics can be tricky.

Whereas fad diets and fashionable celebrity workouts can go some way to helping you tone up, they don't really have any longevity and the results tend to be rather short-lived!

What you need to achieve your ideal physique is a fitness and nutrition plan that produces real, measurable results that last.

This e-book has been put together by our personal training experts, drawing on their wealth of experience within the health and fitness industry, combined with the latest studies and research. Having coached many people to their best body ever, you'll get the full benefit of their professional knowledge so you can start toning up now!

# DONT DIET!

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# PLAN FOR SUCCESS

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Start your nutrition plan by creating a food diary of what you eat during one normal week. Don't adjust your eating habits – just eat and drink as you usually would – and make sure to note down approximate amounts/weights, the calorie amounts and the times you ate too.

At the end of the week, look over your food diary and see if you were under, on or above the recommended daily calorie intake. For men, this is 2,500 calories, whereas for women this is 2,000 calories. Depending on the results, you can then

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start making some changes and putting your nutrition plan together.

Firstly, aim to have around five-six small meals and/or snacks per day to help you on your toning-up journey. A study by the University of Limburg in the Netherlands revealed that those who consume six mini-meals throughout the day had more stable fat oxidation levels, making the body more efficient at burning calories.

Secondly, make up those mini-meals by swapping out the high calorie, low nutrition foods you eat for low calorie, healthier ones. By swapping instead of removing completely, you can significantly reduce your fat and sugar intake, while still eating similar amounts to help you feel full. Swapping also allows you to avoid the all-or-nothing approach to food, which usually results in hunger, followed by binge eating!

## Here are a few swaps to start your plan:

Current Food	Swapped Food	Why?
Bread, white potatoes, pasta	Oats, quinoa, brown rice, sweet potato	Simple carbs are digested at a slower rate, giving a steadier supply of energy and leaving you feeling fuller for longer.
Crisps, biscuits, chocolates	Almonds, cashews, edamame beans, celery, kale chips	Snacking on vegetables and nuts is great for keeping away the mid-morning munchies and lowering your blood sugar levels.
Coca Cola, Sprite, Fanta	Water, protein shake	Water is far better for your body than sugary drinks, and protein shakes have the added benefit of repairing your muscles.
Latte, hot chocolate, cappuccino	Green tea, black coffee	Caffeine is great for speeding up your metabolism, but sugary and milky drinks can quickly add extra calories!
Bacon, sausages, burgers, salami	Lean chicken, turkey, tuna, steak, salmon	Not all proteins are created equal. Avoid the ones with extra fat and cholesterol, and swap them for leaner cuts.
Cheese, yoghurt, cream	Cottage cheese, Greek yoghurt, almond milk	We all love dairy, but swapping our usual choices for lower fat, higher protein ones will fuel our fat burning even further!

Finally, take a look over your plan with your newly swapped foods and try to add a portion of vegetables to every meal, if you don't have it already. Broccoli, peas, lettuce, green beans, spinach – all of these are great for filling you up, hydrating your body and providing digestion-aiding fibre.

Don't worry if you're still unsure of what you should and shouldn't be eating – a qualified personal trainer or nutritionist can help advise you and create a nutrition plan that is completely tailored to you!



# TIGHTEN & TONE

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The best way to tone-up your body in the gym isn't with hours on the treadmill – it's with weights. Don't worry, you won't end up looking like a bodybuilder by lifting weights several times a week (unless that's the look you're going for)! However, weight training will give you toned arms, wonderfully capped shoulders, a tight tummy, firm legs and a sculpted back.



Weight training is also beneficial for toning-up as it helps to raise your basal metabolic rate. This is your internal chemistry that burns calories continuously through the day, even when you're not working out. This means that you'll be working towards your dream body, even while you sleep.

Start by deciding how you want to do your weight training – do you want to train in a gym or at home? Do you want to train alone or with others? Do you like the look of an outdoor bootcamp or do you prefer indoor circuit training? If you can't decide, talk to one of the staff at your local gym or a personal trainer who can tell you the benefits of each option and work out what is best for you.

Once you've decided which route you want to go, plan to train each muscle group at least once a week. This will keep your body in proportion without over-developing any one area. It also gives you enough time to rest each muscle group, so it can recover and grow.

The three basic muscle groups to concentrate on are:

- Back – lats, traps, posterior chain
- Legs – hamstrings, quads, calves
- Upper Body – chest, triceps, biceps, shoulders

If you've decided to workout in a gym, there will be machines specifically designed for each of these muscle groups, which makes training much easier. However, it isn't any more difficult to train these muscle groups at home – you can use your bodyweight for most of them, and for those that require weights, either buy a small set or use food cans and water bottles!

Here are some great exercises to get you started with toning up:

Back	Legs	Upper Body
Weighted rows	Squats	Bench press
Deadlifts	Lunges	Chest flyes
Hyperextensions	Leg press	Push-ups
Lat pulldowns	Hamstring curls	Lateral raises
Pull-ups	Kickbacks	Bicep curls
		Dips
		Tricep pushdowns

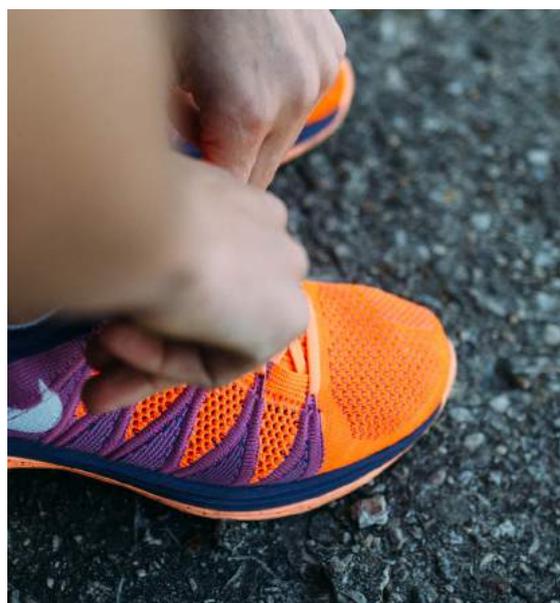
## THE C WORD

Cardio has a bad reputation. It is known for being boring, repetitive, and even causing you to lose your hard earned muscle! However, in your quest to tone up, you will want to do some cardio as it allows you to lower your body fat percentage and show off your new figure in all its glory.

Steady state cardio training, such as walking or jogging for 60 minutes, isn't effective for burning fat. It also isn't the most inspiring of exercises! But what's the alternative?

High intensity interval training (HIIT), is a form of cardio where you give 100% effort through quick, intense bursts of exercise, followed by a short active recovery period. This type of training doesn't give you any time to feel bored, as you're constantly changing what you're doing and working at your max!

For each muscle group, aim to do around three sets of each exercise, made up of 15-20 reps each. If you're finding the exercises too easy, try adding more weight. By using a high number of reps and low number of sets, you increase your time under tension which will tone and grow your muscle, but prevent exercising to absolute exhaustion which will make it difficult to do your next exercise!



### Some good examples of HIIT include:

20 seconds sprinting, 40 seconds jogging.

**Repeat for 20 minutes.**

30 seconds heavy-bag punches,  
60 seconds shadow boxing.

**Repeat for 20 minutes.**

Run up one flight of stairs, walk back down.

**Repeat for 15 minutes.**

Perform 20 burpees, then stand for 10 seconds.

**Repeat for 10 minutes.**

These super-fast cardio sessions will keep your heart rate up, burning more fat in less time.

The reason for this is because intense training increases the body's need for oxygen, which is then replenished during recovery. This is known as Excess Post-exercise Oxygen Consumption (EPOC), and means that you keep burning fat until those oxygen levels are fully recuperated – which can be up to several hours after you finish your workout!

# FLAWLESS FIGURE

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You've created your nutrition plan, you've started weight training and you're incorporating HIIT into your weekly schedule. Great job! You should start seeing results in the coming weeks and the key to keeping that going, is consistency. If you maintain your healthy eating habits and continue to exercise, you'll create your ideal body and know exactly how to keep it too!

Of course, these are just the basics of toning up and to ensure you stay motivated, you'll want to change things regularly. This is where the help and expertise of a personal trainer or coach is incredibly useful. They will prevent you from hitting a plateau in your fitness journey and show you how to tone up in new and exciting ways. They can also advise on how to improve your diet further, so you can ensure that your fantastic physique lasts.

Try to do HIIT training two-to-three times a week, in between your weight training sessions. Bootcamps and circuit training are perfect for getting an additional HIIT training session in, plus you get the benefit of training with others who can help encourage and support you through such a tough toning workout!

