

TRIM YOUR TRAINING TIME!

Don't let exercise get squeezed out of your festive season schedule, with personal trainer Dan Roberts' time-saving tricks

With January's resolutions just around the corner, plus the cold weather, parties and late-night shopping, it's easy to let your training take a back seat. 'I just don't have the time,' is the biggest excuse of the season.

Don't let this happen to you! Exercise improves self-esteem, mood and immunity, which will help with all the viruses going around. As these next few weeks are going to be a bit 'calorific' to say the least, you owe it to your body and yourself to fit in some regular training. Here are the best time-saving solutions...

What's the minimum time you need to exercise each session?

Around 25 minutes is the minimum. When you don't have long, it's essential you have a well thought out plan. Know what you want to achieve before your warm-up. Training hard for 25 minutes is usually better than softly for an hour.

What's the best type of exercise for weight loss?

The best fat-burning exercise is a mix of intense interval training along with

heavy (six to eight reps) compound resistance training (working the biggest muscles through big movements, such as dead lifts, squats, bench-press exercises and lateral pull-downs).

What's the minimum number of days you should exercise a week?

The Government recommends exercising five times a week for 30 minutes, to keep your heart, lungs and immune system strong. Remember, exercise can be a power walk to work or a jog home. It doesn't have to be an hour-long session in the gym.

If you overeat at an office party, should you try to burn the calories off the same day?

I always make my clients go for a run at 6am after an indulgent night. Training on an empty stomach burns a greater percentage of fat and if you've been drinking, a tough 30-minute run in the cold is the best hangover (and guilt!) cure.

How can you adapt your exercise routine to save time and get the most out of your session?

Replace all isolated movements in the gym with compound movements. For example, rather than using all the isolated arm and shoulder machines one after the other, just do four sets of bench-press exercises. This will work all the muscles at once in a third of the time.

To exercise your lower body, replace the time you spend on the easy leg machines with big compound movements, such as sumo squats. These are like normal squats, but you point your feet out wide, like a penguin. They will result in your back, bottom and hamstrings getting strong, toned and firm, without bulking your quads. Compound movements like

this save time and maximise fat loss. By working more than one muscle group at a time, they push your body harder in less time than you usually spend working out. ■

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BURN BABY BURN!

TRY THIS INTERMEDIATE BOOT CAMP WORKOUT TO MAXIMISE FAT LOSS. IT WILL TAKE 30 MINUTES IN A GYM OR OUTSIDE



■ **Warm-up**
Walk briskly for three minutes, then stretch any muscles that are tight or sore.

■ **Fat-loss boot camp exercises**
Five-minute jog
Ten sets of sprints (lasting 20 strides)
Five-minute jog
Incline press-ups on bench (two minutes)
Five-minute jog
Dips on a bench (two minutes)
Five-minute jog
Ten sets of sprints (lasting 20 strides)

■ **Cool down**
Jog slowly for three minutes, then stretch your hamstrings, lower back, calves and hip flexors.