

SECRETS of the PTs

Don't have the cash for a top trainer? Well, we've got some of the hottest fitness gurus to spill the signature advice they charge a small fortune for, so you can shape up like a celeb for free!

Q WHAT'S THE BIGGEST MYTH ABOUT EXERCISE?

'That you can out-train a bad diet. Doing more exercise won't always deliver better results. To get the very best out of your training, you need to have both your training and food on point. Keep these consistent, and goal focused, and you can't fail.'



Q WHAT'S THE BIGGEST TRAINING MISTAKE THAT CLIENTS MAKE?

'Not understanding what they need to do to look the way they want to look. Most people have preconceptions of being a certain weight, so they set a goal of losing or gaining a certain amount. The truth is, achieving a goal and achieving a weight are not the same thing. The easiest way to look like you've gained 10lb of muscle is losing 10lb of fat. Body composition is the key here. Focus on body fat and lean mass – not weight.'

The Hollywood hero

David Kingsbury

(davidkingsbury.co.uk) is the trainer Tinseltown relies on to transform A-list actors from zero to superhero. Clients include Michael Fassbender

Q WHAT'S THE BEST WAY TO TONE UP?

'A good nutrition plan. Toning up generally refers to having more muscle definition and, therefore, less fat. Dropping fat is a numbers game, which requires you to be in a calorie deficit. So focus on your food first and foremost.'

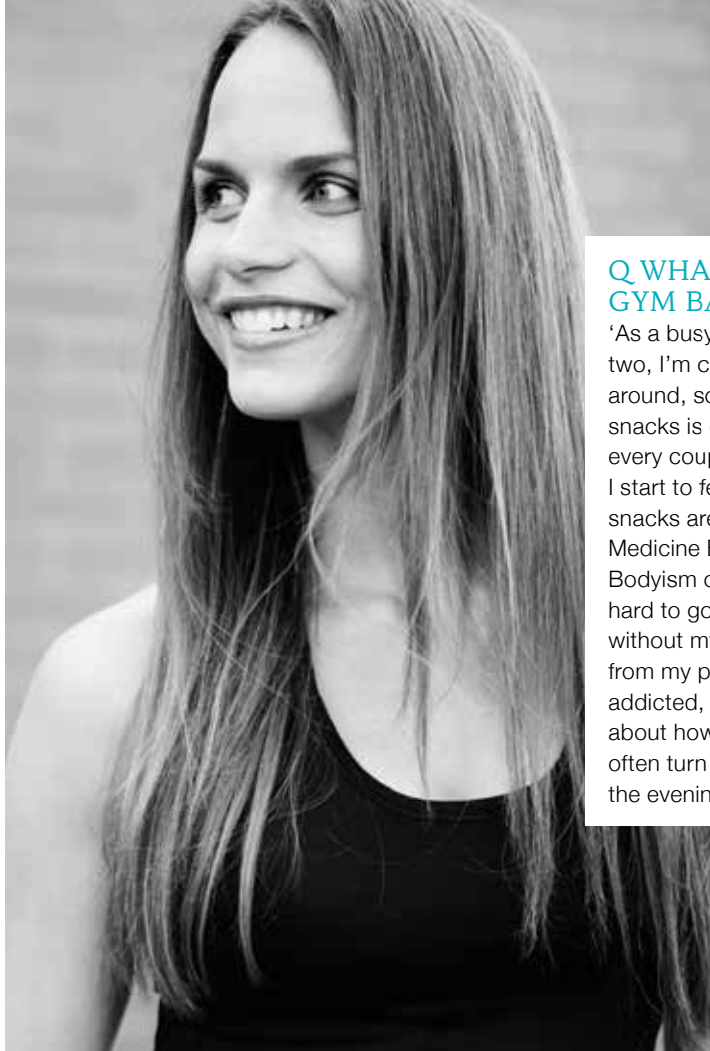


Q WHAT SHOULD WE NEVER EXERCISE WITHOUT?

'A training plan. For continued physical development, you have to do your workouts using a progressive overload system, sticking with a plan until it no longer brings benefits, and only then making slight variations to the weight you're lifting, the difficulty of your movements, or the number of reps and sets you perform.'

Too much variety in exercise selection and programming is a sure fire way to sabotage your training and results. Equally, it doesn't work just to turn up at a gym and say, "what shall I do today?". Using a physical plan on which you can make notes and track your efforts ensures you know what movements you should be doing and what weights you should be lifting for every rep and set of every session. I'd rather forget my shorts and work out in my boxers than forget my plan!'





Q WHAT ARE YOUR GYM BAG ESSENTIALS?

'As a busy working mother of two, I'm constantly running around, so carrying healthy snacks is essential. I need to eat every couple of hours, otherwise I start to feel dizzy. My favourite snacks are nuts or our Bodyism Medicine Balls (available in Bodyism cafés). I also find it hard to go more than 10 minutes without my iPhone. I work a lot from my phone and am slightly addicted, but I try to be mindful about how much I'm using it, and often turn it off for a few hours in the evening when with my family.'

Q WHAT'S YOUR ADVICE FOR WEIGHT LOSS?

'Don't stress or get obsessed about what you eat. Have a positive mindset and forget rules and calorie-counting.'



Q WHAT PHILOSOPHY DO YOU SHARE WITH CLIENTS FOR OPTIMUM WELLBEING?

'I always recommend that my clients live a "clean and lean" lifestyle, aiming to get rid of all the toxins in their lives as much as possible by eating foods which are fresh and in their natural state. I find one of the best ways to motivate my clients is to lead by example. I think it's great encouragement for them to see me as someone who's in good shape because I practise everything I preach.'

The model PT

Bodyism's director of operations, **Nathalie Schyllert** (bodyism.com), is who London's models turn to when they need to be photo ready

Q WHAT'S YOUR TOP ADVICE FOR TRAINING SUCCESS?

'Mix it up and do a variety of exercises. At Bodyism, we recommend doing a variety of styles such as Bodyism Personal Training, yoga, Pilates, boxing and ballet to avoid bulking up, which can happen when you only train in one discipline. Combining energetic movement with holistic practices will help enhance your sense of wellness.'

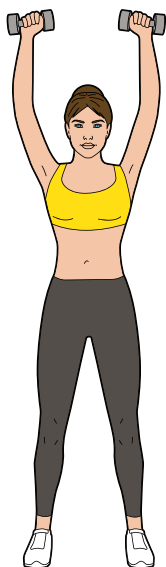
Q WHAT SHOULD WE AVOID WHEN BEGINNING A NEW EXERCISE PLAN?

'Don't train too hard, too often. This can lead to injuries and pain instead of quick results. It's important to remember that movement should be a medicine to your body, and that exercise should nourish it rather than push it too hard.'

Q WHAT EXERCISE EQUIPMENT COULD YOU NOT TRAIN WITHOUT?

'Gliding discs, because you can work your whole body with just a handful of exercises and they're easy to pop in your bag and take on holiday. Plus Bodyism exercise bands for 'tube walking' [side-stepping with a band around your legs] – this movement not only lifts your butt and shapes your legs, but also helps to prevent knee injuries and can be done anywhere any time.'





Q WHAT ONE EXERCISE GUARANTEES RESULTS?

'Thrusters: a multi-joint exercise combining a front squat with an overhead press using a heavy weight. These days, it seems far more fashionable to spin around on the floor doing a convoluted version of a plank or ab exercise while clapping, but for me – and biomechanical evidence backs me up on this – thrusters are a monster calorie burner, targeting a huge variety of muscles all at once.'



Q WHAT KIT CAN YOU NOT TRAIN WITHOUT?

'Definitely headphones! It can be difficult to have a strong yet calm body, so I like to lose myself in some workouts by feeling intensity through music. Allow yourself to be angry for an hour!'

Q WHAT'S THE BIGGEST EXERCISE MYTH?

'That the more you sweat and the redder you get, the better the results. Doing calmer, more controlled, low impact forms of exercise can produce results equal to doing fast and frenzied ones, while also minimising the risk of injury or placing the body and mind under more stress, which can be counterproductive to weight loss.'

Q HOW DO YOU MAKE LONG-TERM PROGRESS?

'By improving the environment you create for your mind and body. So even if your workouts feature inappropriate exercises, poor form and posture, yet you get eight hours of good sleep a night, stay hydrated, don't eat processed foods, eat plenty of protein and don't overdo fats and carbs, you'll be primed for progress. If you see someone in the gym who looks amazing yet doesn't seem to train as hard as you, it's likely they have a healthy lifestyle, meaning their workouts allow their bodies to flourish with progress. If you're stressed, tired, hungover and eating poor food, your body will have elevated cortisol and hold on to body fat, so the more you push it in the gym, the worse the problem will get. This is why a lot of my work is analysing how clients live, and helping them adjust their lifestyles.'



Q WHAT'S YOUR POST-RECOVERY FOOD OR DRINK?

'My solid post-workout hit is a whey protein shake with glutamine, alongside a banana and some vitamin C to help clear cortisol from the body. This is an aggressive method to feed and recover muscles to eliminate soreness, and keep you able to maintain a consistent workout schedule feeling fresh.'

The celeb PT

Nick Finney (nickfinney.co.uk) is responsible for training some of the most famous physiques in TV and music. Follow him on Twitter and Instagram at @finneyfitness



Q WHAT FOOD PHILOSOPHY DO YOU SHARE WITH CLIENTS?

'Eat more fat from good sources. This helps reduce sugar cravings and use up fat for fuel, which is much more efficient than glycogen [from carbs].'



Q IS THERE ONE APP YOU CAN'T LIVE WITHOUT?

'The Five Minute Journal app (iTunes; £3.99). It is not a fitness app, but a gratitude journal that keeps my head in a positive frame of mind. When I am more positive about life, I take care of myself more. I recommend this to everyone!'

Q WHAT'S THE BIGGEST MYTH ABOUT EXERCISE?

'That longer is better. Shorter (less than 60 minutes) and more intense workouts are always best for optimal hormonal response. When people work out for too long – especially those who spend hours on a cardio machine – they tend to have much higher cortisol (stress hormone) levels and actually can accumulate more abdominal fat, so stressing their body even more. Thankfully, the rise of HIIT workouts is demystifying this myth.'

The body sculptor

When celebs want a long, lean body, they seek out **Niki Rein**, CEO and founding director of Barrecore. Visit barrecore.co.uk for class timetables and online workouts



Q WHAT'S YOUR ULTIMATE EXERCISE?

'Wide second squats – an amazing lower body move that works your inner thighs, glutes, quads, hamstrings and calves. Stand with your feet wider than shoulder-width apart, turning your toes out. Making sure your knees are tracking over your middle toes, lower your tailbone to knee level, then rise back up. To burn more calories, raise your hands in a high V to pump blood against gravity and increase your heart rate. Do as many as you can possibly perform, then end with a 20-second hold at the bottom – your legs should be shaking!' ■

Q WHAT'S THE MOST COMMON TRAINING MISTAKE CLIENTS MAKE?

'Not resting. It's important to note that the body only really changes during the recovery period, so get quality sleep and take a day off each week. This will also promote sustained energy levels, proper digestion, good mood and balanced hormones.'

Q WHAT'S THE BEST WAY TO KEEP MAKING FITNESS GAINS?

'Make sure your workouts change regularly. If you keep your body guessing, it will always adapt and, therefore, keep changing. This is why classes are great as they mix things up regularly. Also, measuring yourself – whether that's circumference measurements or body fat percentage – on a regular basis is a great way to stay focused on your goals. I'm not a big fan of weighing yourself, as this can be demotivating. Find the right scale of measurement that will motivate you and measure every two weeks; no more.'