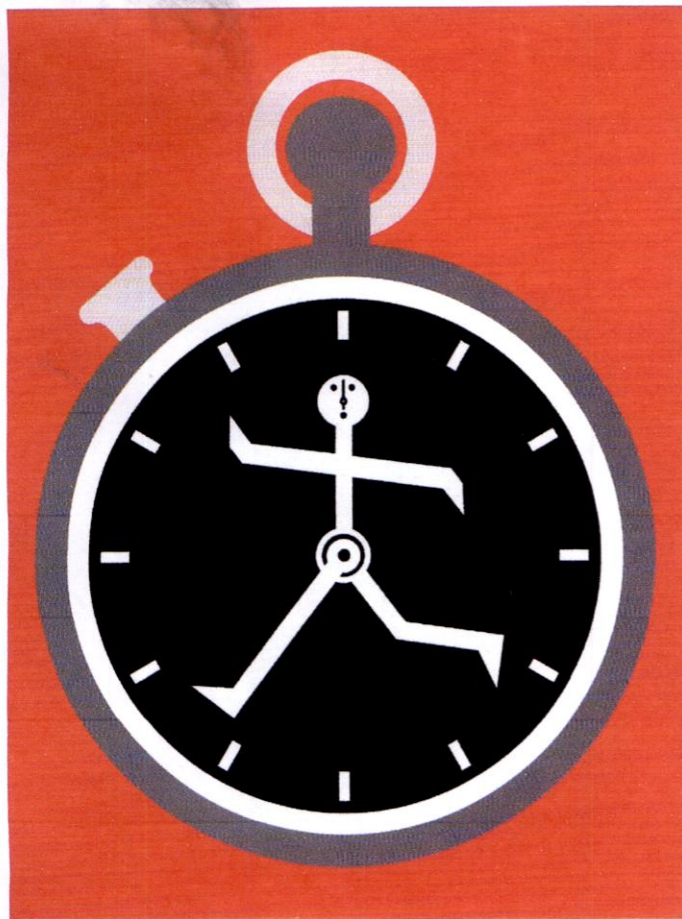


Genius Solutions



Shape Up Fast

Summer's here and you're rocking not so much a beach body as a baker's body. Oh well - there's always next year, right? Try telling that to taskmaster Chief Brabon, co-founder of Original Bootcamp. "When you have a limited amount of time to achieve serious results, you have to make the most of every minute you spend in the gym," says Brabon. Here's your blueprint for sculpting a granite-hard physique.



Expert advice from **Chief Brabon, Dip(MT), CFMT, CTAC, CAC**

1

UP THE INTENSITY

"Recent research backs what I've known from experience for years: greater intensity in shorter bursts revs up your metabolism for hours post-workout, while reducing the risk of muscle loss. Old thinking was that during cardio your heart rate should be 60-70 per cent of your max. New thinking calls on you to up that to 90 per cent."

2

DON'T WASTE A MINUTE

"Most guys who front up to my boot camps want a beach body, which means upping lean muscle while reducing body fat. Yes, it's doable. To make your training more effective, fold high-intensity strength and cardio into workouts of no more than an hour. One way to go hybrid: utilise the downtime between strength sets by doing cardio."

3

CUT WITH KETOSIS

"I retain a lean physique year-round. I know that a great way to achieve rapid fat loss is via ketosis, which means forcing the body to use stored fat for energy as opposed to carbs. Ketosis prevents the oxidation of proteins, which means you won't be reducing muscle gains while stripping fat. Carbs shouldn't exceed 50 grams a day."

4

RECOVER AND GROW

"From experience I know that if you don't allow your muscles to recover, you will lose mass. When you train with resistance you are stimulating muscular growth, but it's during the time away from training that your body improves. Get 8-10 hours' sleep a night and leave a worked body part alone for at least 2-3 days."

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TWO-SECOND LIFESAVERS

SEDUCE HER SENSUALLY

Instead of rushing to home plate, try taking things slowly. Kiss her, touch her and give her the time to feel turned on and responsive to you. Eighty per cent of women achieve orgasm through clitoral stimulation, but ask her what it is she likes. Don't forget a soft voice, a seductive touch and strong eye contact.



NIKKI GOLDSTEIN
Sexologist and relationship expert

SAFEGUARD YOUR KNEES

Strengthen the muscles surrounding the knee, as they help support this vulnerable joint and reduce your risk of injury. Stretch your calves and hamstrings before and after exercise, and maintain a healthy weight. Most importantly, listen to your body to prevent overtraining.



DR NICK VERTZYAS
Orthopaedic surgeon

KEEP SOLIDS AND FLUIDS APART

I'm big on drinking water between meals but not during them. By avoiding fluids at breakfast, lunch and dinner you're letting your gastric juices do their stuff undiluted, aiding digestion. It's a small thing that makes a difference to how you look and feel.



GREG JOUJON-ROCHE
Trainer and nutrition coach