

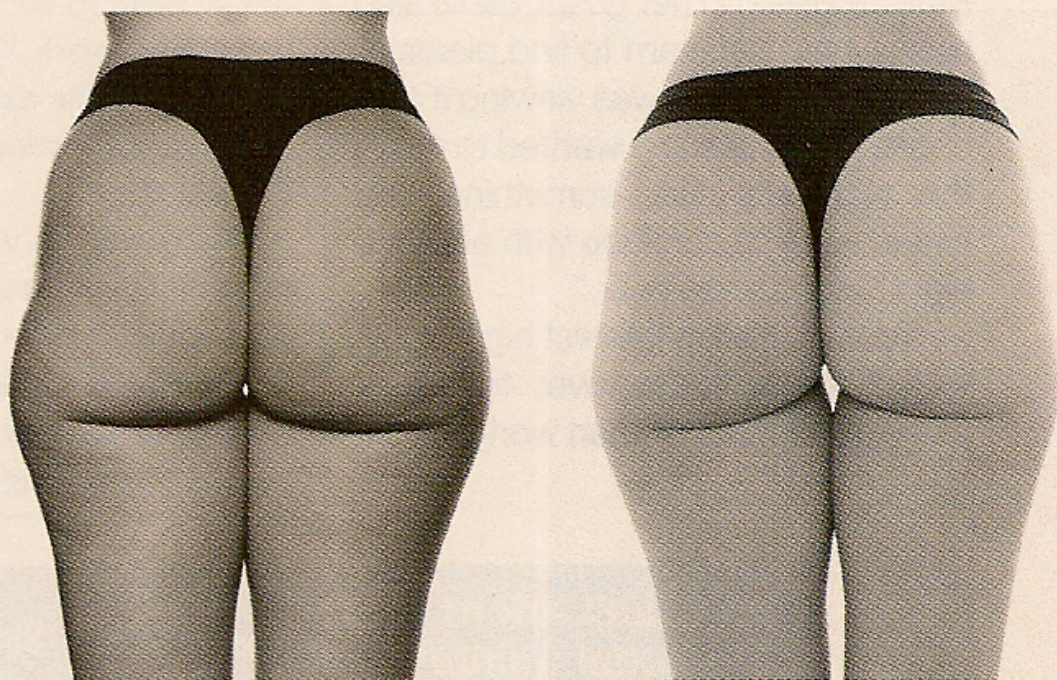
CASE STUDY 3

Trainee: Kate, 27

Trainer: Janie Larmour, Personal Training Works (ph: 0414 919 725; www.ptworks.com.au).

Trained at: Bayswater Fitness, King's Cross (ph: 02 9356 2555).

Program: Three one-hour sessions per week for eight weeks.



	Pre	Post
Weight	64	63
Chest	85.5	86.5
Waist	72.5	67
Glutes	103	100
Thigh	60	57

Kate spent much of her teenage years on a medication that caused her weight to fluctuate drastically. "My weight went up and down, but there was always extra padding on my butt and thighs," she says. "Ever since then, I've been really self-conscious of that area."

For much of her 20s, Kate has played netball, jogged regularly and seen various personal trainers, all with the aim of keeping active and preventing more weight piling up around her buttocks. Then came her current job. "I began working really long hours and I was sitting at my desk for hours on end," she says. "I didn't have time to exercise and, after eight months, it really showed. By the time I was introduced to Janie, I was desperate to get into shape."

The very first thing that Janie asked Kate to do was visualise how she wanted her butt to look, then write it down. "I'm a huge believer in the power of the mind," says Janie. "I asked Kate to read her goals every day and to really believe that she deserved to look that way. This is a tool that's often used in business. In the context of exercising, if you imagine how you'll feel with your new shape, how you'll walk, how you'll look, you're halfway there – your body will just follow that path."

Kate wrote down that she wanted a size 10 butt to match her otherwise size 10 body, along with better all-over muscle tone. As well as keeping Kate focused on her goals, Janie also had to help her learn to find pleasure in exercising. "She was viewing it as a chore," says Janie. "I wanted to make the workouts fun, something she would want to continue with after the eight weeks were over."

To keep Kate's interest high, Janie varied the activities over the eight week period, rather than working to a

particular structure. Like most trainers, Janie believes you can't really spot-reduce body parts, so there was no need to concentrate on bottom-specific work. Generally, the first half of each hour was allocated to a cardio activity, either the rowing machine, the elliptical trainer or running. The next 30

minutes were taken up with more intense toning work – either kickboxing, Ki yoga, or weight work. "We worked holistically to improve Kate's fitness and build her body's structure," Janie says.

Kate enjoyed Ki yoga the most of all her exercises. She says it is "nothing at all like the yoga I'm used to. It's really vigorous."

According to Janie, it's also the exception to the spot-reduction rule – "although how quickly you see results really depends on the individual." Ki yoga works on the body's meridians. "Meridians are the energy fields that run through the body," Janie explains. "They have specific functions and govern different body parts. To treat Kate's problem areas, we worked on

the gallbladder meridian, which runs down the sides of the legs, and the large intestine meridian, which runs down the backs of the legs."

Kate also really enjoyed the one-on-one kickboxing sessions. "Kickboxing burns more kilojoules than running," says Janie, "because while there's less exertion, you're working both your upper and lower body." It was also a good way for Kate to vent any aggression or stress.

Interestingly, Janie steered clear of lower body weights, doing no more than the occasional leg press. Instead, she focused on abs and upper body work. It was a real contrast to Kate's previous experience with trainers, which saw her do hundreds of squats and lunges. "In Kate's case, squats, lunges and step ups, including the stairmaster, would lift her bottom too high," explains Janie.

For Kate, the hardest aspect was finding the time to exercise, and also sticking to a healthy eating plan. Janie encouraged her to eat fewer carbs (and none after 4pm), as well as more protein, such as fish, chicken and meat. "It took a while to get into new eating habits. The hardest part was cutting down on wine. I think if I'd been able to do that, I would have had even better results."

Nevertheless, Kate is thrilled with her new butt – "it's smoother, the saddlebags are going and, overall, it's much leaner," she says. "Best of all, I reached my goal – I've just bought a size 10 PVC skirt!"

LESSONS LEARNED

- While the best way to fight cellulite is with exercise and a regime of good eating, lots of water, and plenty of scrubbing, this still doesn't guarantee total dimple wipe-out. Don't lose heart – keep up the good work and be thankful that we don't live in Rio de Janeiro.
- A good diet is essential – all of our testers improved their eating habits, but admitted they could have gone further if they'd been more disciplined.
- While you can concentrate on lower body work, you can't spot-reduce your butt. Most girls also lost weight off their waists (yay!), their thighs (yay!), their arms (yay!), and their chests (well, you can't win them all).
- You need to combine weights and cardio work. The cardio work burns the excess fat, giving you a base for toning and shaping muscles.
- Your progress will plateau out unless you keep pushing yourself with different activities or varied intensities. It's the difference between maintaining results and getting great results.

Expert Exercise

Can't afford a personal trainer? We asked the trainers who participated in this story for some of their favourite moves. Add a few of the following exercises to your regime and you too can blitz your butt.



Sharon Evans

■ **Standing Lunges:** These primarily tighten your glutes. Step forwards with your right leg and lower yourself until both knees are at right angles, then step back into your starting position and repeat on the other side. Be careful if you have bad knees. Try three sets of 12.

■ **Squats:** These work on your glutes but also tone hamstrings. Stand with your feet slightly wider than shoulder-width apart, pointed out at about 30-degree angles, and lower yourself, pushing your butt slightly out so that your knees never go beyond being in line with your toes. Do three sets of 12.

■ **Step Ups:** This move works glutes, hamstrings and quadriceps. Step up on a bench or step with your right leg, then with left. Next, step down with your right leg, following with your left. Repeat, but in alternating legs. Try three sets of 12.



Janie Larmour

■ **Ki yoga:** This is my favourite form of yoga. It allows you to really concentrate on toning specific parts of the body. It's not widely offered at

the moment (call the Ki International Yoga Society on 02 9369 1544 for class venues) but Oka Do yoga is a close substitute. Try to do at least one class a week.

■ **Kickboxing:** This is fantastic for cardio and for upper and lower body toning – especially for the legs. Try to do 1-2 classes per week.