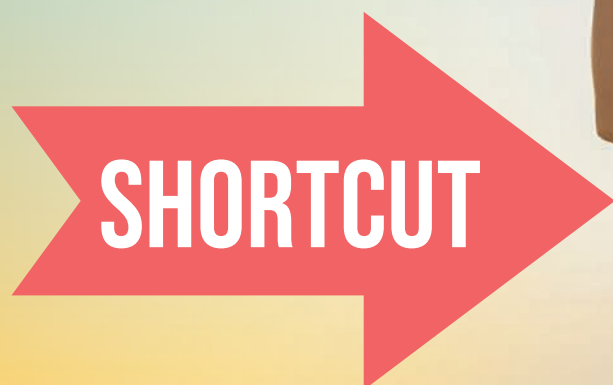




ULTIMATE *Summer* BODY



COACHED

DO YOU WANT TO BANISH THE WINTER WEIGHT – GAIN BEFORE YOU *start peeling off those layers?*

Ultimately there is no sustainable long-term shortcut. So if you want to transform your body and keep it that way, you are going to have to commit to a fitness and nutrition programme designed by an expert and work at it week in, week out, for 12 months of the year.

BUT, if you simply want to lose a few pounds and inches in time for summer, well here are our ultimate summer body shortcuts that will help get your body and mind in shape.

These great hacks prove that just a few small changes can transform the way you look and feel about yourself.

Before you start, remember to take a front and side photo, so you can see where you started and what a difference a few weeks of effort makes. Nothing is more motivational when it comes to keeping the weight off than a 'before and after' transformation photo.



PART 01 THE BODY

All you need is to commit to ten minutes of exercise a day and you will start to see the changes – it is that easy!

High Intensity Interval Training, or HIIT as it is commonly known, is taking the world by storm and for good reason. HIIT allows you to burn the maximum amount of calories in the minimum amount of time. So now there is NO EXCUSE not to exercise.

There are a number of great HIIT routines out there, just google HIIT and you will find one to suit your needs!

HOWEVER, HERE ARE A FEW OF OUR FAVOURITES THAT WILL GET YOU OFF TO A GOOD START:



01

THE POWER OF 10

Amazing arms

DO THE CIRCUIT TWICE

- Jump rope, feet together – 1 minute
 - Push ups – 20 reps
- Curls with resistance band – 20 reps
 - Mountain climbers – 1 minute
 - Front plank – 30 seconds
- Jump rope, feet apart – 1 minute
 - Rest for a minute

Absolute ABS

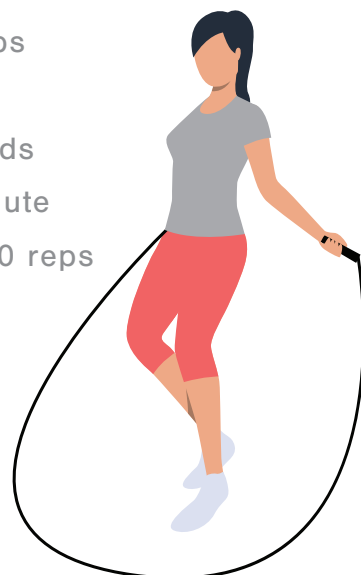
DO THE CIRCUIT TWICE

- Crunches – 25 reps
- Bicycle crunches – 1 minute
 - Sit-ups – 15 reps
- Oblique crunches – 20 reps each side
 - Half burpees – 1 minute
 - Rest for a minute

Belly-fat buster

DO THE CIRCUIT TWICE

- Jump rope – 1 minute
- Air squats – 20 reps
- Plank jacks – 1 minute
 - Burpees – 20 reps
 - V-up – 20 reps
 - Plank – 30 seconds
- Jump rope – 1 minute
- Bicycle crunches – 30 reps



02

GET MOVING

Humans were not
meant to be
sedentary
- FULL STOP.



The way we live today means we spend way too much time sitting down - driving to work, at our desks, in front of the TV - you name it.

IT IS TIME TO READDRESS THIS!

While not everyone can change their workstations to a standing one, if you can we advise you do. Working while standing benefits posture, circulation and some say concentration. For those of us who are not allowed to redesign our offices, here are some simple hacks that will increase the amount of time you spend on your feet.

01

OFFICE LAPS

Commit to one lap of the office every hour. Offer to make coffee, take the long way to the loo or office printer. Whatever the reason, find something that will get you off your bottom and stretching those legs.



TAKE THE STAIRS

We all know we should, but how many of us actually do? From today – say NO to the lift.

02

GET MOVING

Humans were not meant to be sedentary – FULL STOP.



03



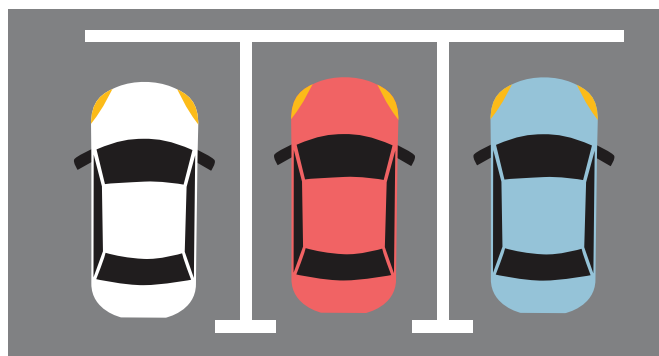
NEVER EAT AT YOUR DESK

Eating away from your desk has been shown to increase productivity, so make the most of your lunchtime and take a stroll while you eat. Breathe that fresh air, clear your mind and enjoy another view while you chew!

04

PARK AROUND THE CORNER

– If you have to drive to work, don't use the closest parking space. Allow yourself a 10-minute brisk walk to the office – you will feel better and you will soon see the difference. If you need to park at work, get there ten minutes early and find a circuit to walk around before going into work.



03

GO HARD CORE



When it comes to getting summer ready,

GOOD POSTURE IS KEY!

It will make you look slimmer and who wants to see themselves slouching in summer selfies?

Core exercises are therefore a must of any summer routine. Thankfully these are quick and easy to do – making them simple to slot into your daily routine.

Here are our core favourites for beginners. All you need to do is combine three to begin with doing each for a minute, before taking a minute's rest and then repeating the routine twice more:



PLANK

– The core exercise everyone knows and no one loves - at first, anyway. When done correctly, planks involve minimal movement and maximal effort. You will need to support your body on forearms

and toes while holding yourself in a straight line from your shoulders to ankles. A beginner's hack is to rest on your knees, for the pros extend your arms and be supported only by your hands.

03

GO HARD CORE



BOAT

Sit on the floor with your knees bent, leaning back slightly with a straight back. Hold your arms out in front of you and raise your feet off the ground with legs together. Once you have mastered this, extend your legs so they are straight and get into a V shape.

03

DEAD BUG

Lie on your back with arms out straight towards the ceiling and legs raised with knees bent to 90 degrees. Lower left arm and right leg at the same time until they are just above the floor.

Then do the same with the opposite limbs.

03

GO HARD CORE



04



BALL PUSH-AWAYS

Get into a plank, with your feet spread and forearms resting on a gym ball. Push away the ball with forearms and then pull it back maintaining plank position.

04

DUMBBELL PLANK DRAG

Get into a press-up position and place a dumbbell on the ground just to the right of you. Reach under your body with your left arm and grab the dumbbell bring it to your left side.

Do again with your right arm.

03

GO HARD CORE



06

PANTHER SHOULDER TAP

Start on all fours, engage core keeping back flat and bottom down. Lift knees 2-5cm off the ground, while gazing at the floor. Tap right hand on left shoulder and then vice versa, keeping hips as still as possible.

07

BUTTERFLY SIT-UP

Lie on your back with the soles of your feet together and knees bent to the sides. Reach arms overhead, for the starting position. Using your core, roll your body up until you are sitting upright, reaching forward to touch your toes.

Slowly lower back down to the starting position, this is one rep.

04

FOCUS ON YOUR FEET



The way we live today means we spend way too much time sitting down - driving to work, at our desks, in front of the TV - you name it.

IT IS TIME TO READDRESS THIS!

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01

WALKOUT

– Stand with feet hip-width apart, bend over and touch the floor in front of your feet with both hands. Keeping legs straight and core tight, walk out your hands forwards as far as you can without letting your hips drop. Pause then walk your hands back to your feet.

Do 15 reps of this.

05

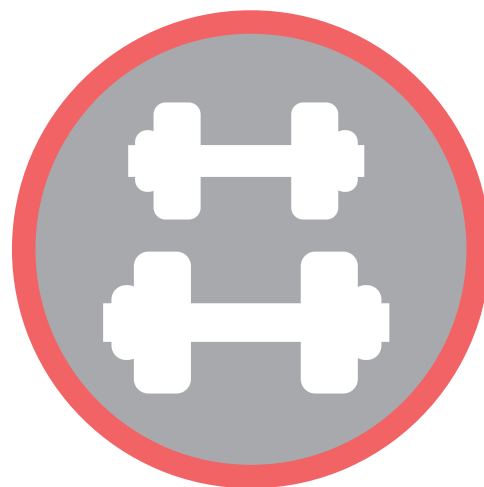
ALL ABOUT THE ARMS

It is time to get armed for summer – doesn't matter if you are a guy or girl, during summer your arms will be on show.

The trick to great arms is not to focus on a single joint exercise – like a bicep curl. This only focuses on one muscle. Complex moves recruit more muscle fibres and will work your whole upper body – shedding arm fat much quicker.

HERE IS A GREAT WORKOUT THAT WILL HELP YOU SHED THOSE WINTER WINGS, AND PRODUCE SUMMER ARMS ANYONE WOULD BE PROUD OF:

01



DUMBBELL ARM RAISES

Stand holding a pair of dumbbells (or a can of beans), one palm should be facing in and against the side of your thigh, the other palm needs to be facing in but against the front of your thigh. Keeping arms straight and shoulders down, raise one weight out to your side and one in front of you – both should be shoulder height. Return to the start and that is one rep. Now alternate so the arm that was out to your side goes forward and the other is out to your side.

Do 15 reps of each, for each arm.

05

ALL ABOUT THE ARMS



02

ROW WITH TRICEP KICK-BACK

Place left knee and hand on a bench, with dumbbell (can of beans) in your right hand. Hips and shoulders should be at a 90 degree angle from legs and arms. Keeping a flat back and tight core, bend right elbow to lift weight to the side of your chest, raise the weight behind you until your arm is completely straight. Reverse the move to return to the start. Do 15 reps before changing sides. one in front of you – both should be shoulder height. Return to the start and that is one rep. Now alternate so the arm that was out to your side goes forward and the other is out to your side.

Do 15 reps of each, for each arm.

03

DUMBBELL Z-PRESS

In a seated position on the ground with legs extended, start with dumbbells at your shoulders, palms facing each other. Brace your core and squeeze your glutes, driving dumbbells into an overhead position. Slowly lower the dumbbells back to shoulder.

Do 15 reps.

PART 02 NUTRITION

One can of sugary soda can contain all your daily sugar intake. Drunk on top of your normal calorie intake this sugar won't be burnt, instead it is most often converted straight to fat. The same goes for sugary juices, mixers, squashes and alcoholic drinks.



01

ZERO LIQUID CALORIES

DRINK	SERVING	CALORIES (AVERAGE)
Soda	12 ounces/354ml	124-189
Diet soda	12 ounces/354ml	0-7 (but sweeteners make you more hungry and anyway fizzy drinks cause bloating)
Bottled ice teas	12 ounces/354ml	129-143
Orange juice	12 ounces/354ml	157-168
Whole milk	12 ounces/354ml	220
Latte (2% milk)	12 ounces/354ml	101
Sports drinks	12 ounces/354ml	94
Energy drinks	12 ounces/354ml	105-112
Regular beer	12 ounces/354ml	155
Red wine	5 ounces/148ml	125
White wine	5 ounces/148ml	122
Hard liquor (80% proof)	1 shot	96

So in preparation for this summer ditch all the liquid calories, swapping cool drinks and juices for water and milky tea and coffee for black or herbal varieties.

Also, we want you to say no to alcohol too! We know it's hard, but you'll be amazed how many weekly calories you are consuming as a result of that night out with friends, or the odd glass of wine at home.

BUT and this is the important part! Keep the liquid intake UP – remaining hydrated is key to being in the best shape this summer. Make sure you are consuming enough water, especially if you are outside on hot days. The best indication of this is the colour and smell of your pee – gross we know, but it really does help keeping track of our hydration levels.

02

RESTAURANTS

– Treats not
regular Eats



It's easy to slip into the summer vibe and eat out more often. Evenings are lighter and the allure of going out in the summer sun for a bite to eat after work often becomes too much.

JUST REMEMBER, RESTAURANTS ARE NICE - BUT THEY SHOULD ONLY BE TASTY TREATS AND NOT REGULAR EATS.

The average calorie content of a restaurant main is 1,100 calories – this is only the AVERAGE, many are far higher. Then there are the starters, deserts and drinks. As a result, a casual meal out often contains the equivalent of a whole day's calorie intake.

01

GET HERBY



IN PREPARATION FOR THAT GREAT SUMMER BODY, EVALUATE THE WAY YOU COOK.

If you use a lot of oil, butter and salt in your cooking look to swap this for herbs and citrus. These will give your food a healthier swing and boost its flavour, meaning you will use less seasoning, dips and sauces (all of which have hidden calories).

Get creative with the flavours, starting with the milder flavours like parsley, chives, chervil and mint, before progressing to the basil, tarragon, thyme and oregano and the even stronger flavours of rosemary, bay leaves and sage. Combining herbs with the juice of lemons, limes, oranges and even grapefruit is a great way of adding a low calorie zing to your food.

04

EMBRACE THE FAB 5

A study conducted over 20 years looking at the lifestyles of healthy men and women identified five main dietary contributors to weight-loss



01

VEGGIES

People who ensured they got 2.5 cups/320grams of vegetables a day managed to not only lose more weight but also keep the weight off too. It's not rocket science, veggies help fill us up without adding loads of calories and they also provide essential roughage.

02

WHOLE GRAINS

Swapping 'white' carbs for whole grains is a great way to lose weight and increase your gut health. Food like quinoa, brown rice and barley should be added to any diet.

03

FRUIT

Fruit with a high alkali content like grapefruit help kick start your metabolism, so is a great way to start your day. Bananas can be used as a flour substitute in pancakes, for when you want to treat yourself in a health-conscious fashion!

04

NUTS

Are a great way of getting in healthy oils and increasing your protein intake. They also are the perfect snack, helping keep hunger at bay. Just don't over indulge, which is often too easy!

05

YOGHURT

Unsweetened, natural yoghurt is often packed full of good bacteria that will help with gut health. It is also helps feed your gut flora, making it the perfect not-so-sweet treat.

05

NO TO THE BLOAT



BEANS

We all know the rhyme, beans got their reputation because they cause a build up of gas in the digestive tract as a result of the alpha-galactoside sugars they contain. Try replacing beans with grains or quinoa. This way you will not miss out on the fibre beans provide.



CARBONATED DRINKS

Fizzy drinks, which includes sparkling water, are the most common cause of bloating. After all, carbon dioxide is a gas, which gets trapped in the digestive system.



ONIONS

Are packed full of fructans, a soluble fibre that often causes bloating in sensitive individuals. Cooking onions does reduce their bloating effects, but if you feel bloated after eating an onion-packed meal it's best to cut them out of your diet to see if they are the culprit.



BROCCOLI, CAULIFLOWER & CABBAGE

These are amazing sources of vitamins, iron and potassium so should not be totally removed from your diet, however be aware that they can cause bloating for some people because they are hard for our bodies to digest. If you do notice that you become bloated after eating them, replace these cruciferous veggies for spinach, courgette, sweet potatoes and lettuce.



DAIRY

While dairy is a great source of protein and calcium, 75% of the world's population cannot break down the lactose and sugar found in milk. This can cause major digestive problems including bloating. Almond and coconut milks provide great alternatives for people who do show sensitivity to dairy.

PART 03

FEED YOUR
SOUL

Breathe



01

SLEEP

The importance of a good night's sleep cannot be over emphasised!

People are now sleeping less than we did in the past and our quality of sleep has decreased too. This is bad news for those wanting to maintain a healthy lifestyle, as sleep is as important as diet and exercise.

Sleep has been strongly linked with weight gain, in fact studies have shown that sleep duration is one of the strongest risk factors for obesity. This is as a result of numerous factors, including hormones and an individual's motivation to do exercise.

Bad sleepers are also shown to eat more calories, and have bigger appetites, than those who have slept well. Sleep deprivation disrupts the daily fluctuations in appetite hormones as well as affecting glucose metabolism, which increases your risk of type 2 diabetes. In fact, experiments have shown restricting sleep for as little as six nights in a row can cause symptoms of pre-diabetes.

Finally, poor sleep is also linked to depression. Around 90% of people suffering from depression complain about their sleep quality and those with sleeping disorders like insomnia report significantly higher rates of depression.



02

DON'T THINK DIET

Just the word 'diet' sends a shiver down most people's spines and is enough to put you off before you even start.

It is also one of the main reasons people fail at a health drive, they simply cannot stick to a restrictive diet. So rather than thinking diet and everything you CAN'T eat, start focusing on what you are putting in your mouth.

Becoming in tune with your body, knowing when you are full and when it is time to stop eating is in many ways more important than cutting specific foods, or calories, from your diet. So serve small, then go back for more if you are hungry.

What's more, research has shown that highly restrictive diets that cut huge amounts of calories don't work. They will provide a quick fix, but often result in long-term weight gain and even eating disorders.



03

BE PRESENT

How often are you truly in ‘the moment’? Be honest.

Being in the moment means not thinking about the 1,001 things you need to do, or the countless opportunities you have missed. It is a rare luxury, especially with the frantic pace of modern life which makes being in the moment increasingly difficult. However, being present is vital if you are really to appreciate what it means to be alive.

Remember the future’s always out of our grasp and the past is something we cannot change, so why not take a moment to be really present and enjoy everything you do have control over. Learn how to really take on board all the senses that surround you, the smells of the season, the vibrancy of the colours, the feel of the wind through your hair and the sun on your face.

The simplest way to do this is by making time to meditate daily. Meditation is a great way of being in the now and is something the most successful people in almost every field have in common, so why not give it a go!

04



PHONE FREE EVENINGS

We have all seen the meme – the impact our digital obsession with smart phones is having on our lives and our relationships. It is time to break those ties. Yes, Instagram the best moments of your summer – but don't live your life on social media; the real world is far more beautiful and exciting.

Make a pledge to put your phone down after 5pm and keep it turned off till the following morning. You will start seeing the world in a different way and rebuilding relationships with those around you.

05

SPF BABY

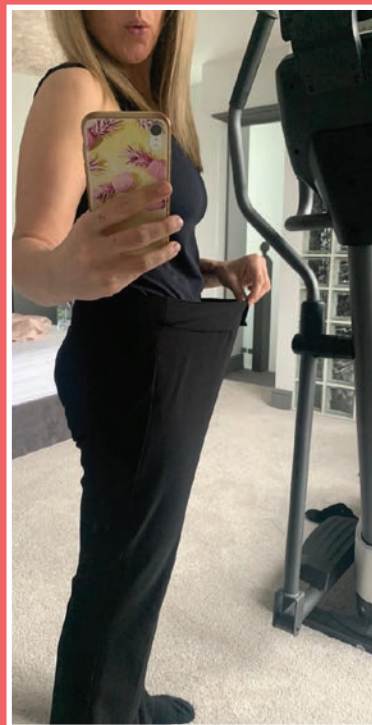
Wear sunscreen... the words of the iconic Buzz Lehrmann song are just as relevant today as when it was released over a decade ago. We all love a tan, but not when it puts our health at risk. Plus, no one wants to look 50 at 30, so invest in a good sunscreen for your face, body and hands. Wear a hat, and make sure you have proper UV blocking sunglasses, which will extend your wrinkle-free years.

Then go out and enjoy the light mornings and long summer evenings that summer has in store.



CHECK OUT THESE TRANSFORMATIONS

From people like you who train at **Coached**





Please get in touch for more great fitness advice:

www.get-coached.uk