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BLITZ YOUR BODY SHAPE

Whether you're an apple with fat round your middle or a pear carrying it on the hips, here's how to tone up

Those with apple-shaped bodies have a high proportion of fat stored around the waist. Those with the classic pear shape have more fat around their hips. Of the two body shapes, the apple poses the greatest risk to health, and can be indicative of insulin resistance causing more visceral fat storage around the internal organs, which leads to diabetes and heart disease.

Apple shapes should ideally follow a low-GI diet and perform resistance training as well as cardiovascular training to counter the effects of insulin resistance, and so help reduce body fat. The pear shape with fat around the hips, although not cosmetically ideal, poses a much lower health risk, and a low-fat diet with plenty of cardiovascular and circuit training should aid body fat reduction without bulking up the lower torso too much.

The exercises here should be performed along with regular sustained cardiovascular training of 20-60 minutes, three times weekly.

1

Apple 1

Dumbbell squats

- Hold a pair of dumbbells (approx 2-8kg) at your hips and squat with your feet shoulder-width apart, heels on floor and knees aligned over the middle of your foot, with back straight.
- Perform 1-5 sets of between 20-30 reps.



Apple 2

Lunge and turn

- Stand with your arms out straight at shoulder level. Drop to a lunge with your back upright, foot forwards, heel on floor and knee over the middle of your foot.
- Stay in this position with level hips and turn 35° at the waist, first over the lunging leg, then the opposite way.
- Return to standing and repeat with opposite leg. Holding arms out as you turn helps to facilitate the movement from the waist.
- Perform 5-20 reps on each leg for 1-5 sets.

2



Pear

Skipping

- This exercise tones the lower half without encouraging bulk, while also improving fitness. With your feet a couple of inches apart, start off by trying to skip for 10 turns of the rope at a time, trying to take small jumps.
- Gradually build up to 60 as your fitness and technique improves, then start counting in minutes rather than skips. Eventually try to perform 1-10 sets of 1-2 minute rounds.

3

