



“If you do the same exercise routine all the time, your body will work less hard”

4 MYTH: IF A REGIME WORKS, STICK TO IT

TRUTH: FOR MAXIMUM FITNESS AND WEIGHT LOSS, VARY YOUR EXERCISE ROUTINE

‘Your body is always searching for the most efficient way to do a task. If you do the same exercise routine all the time, your body will work less and less hard until it doesn’t feel like a workout any more. Mix it up for long-term results,’ says Weiss.

‘Progression is about stressing the body,’ adds Addison. ‘Varying your routine will yield greater results.’

WHAT YOU SHOULD DO:

Once a routine gets easy, change it. But, warns Addison, ‘if altering your regime means that you’ll make excuses not to do it at all, then don’t change!’

5 MYTH: CARDIO IS THE BEST WAY TO LOSE WEIGHT

TRUTH: YOU WILL LOOK LEANER MIXING CARDIO WITH STRENGTH, WEIGHT AND RESISTANCE TRAINING

While you will lose weight on a regime of just cardio, the best results are achieved if you aim for 40 per cent cardio and 60 per cent resistance training – either mixing the two into one workout or, if it’s easier to think of in this way, two days a week of cardio (running, cycling, swimming) and three days of strength or resistance training (pilates or weights work). Sticking solely to cardio exercises encourages your body to become more efficient at storing fat. ‘It’s imperative to mix it up,’ says Wong.

While resistance (weight-bearing) training might not get the quick

weight-loss results of cardio (muscles are three times as heavy as fat), it will achieve great ‘fat loss’ results. Remember that ‘fat takes up 19 per cent more space than muscle, so you’ll get a more toned look if you combine the two,’ says Addison.

WHAT YOU SHOULD DO:

‘Try cardio circuits with both cardiovascular training (skipping is a great option if you’re short on space) and strength training such as squats, lunges and lifting hand weights,’ says Wong. ‘You need to add additional load to your body so you burn more calories and tone muscles more efficiently.’

6 MYTH: AN HOUR OF RUNNING IS MUCH BETTER THAN 20 MINUTES FOR FITNESS AND FAT BURNING

TRUTH: IT’S NOT HOW LONG YOU RUN FOR, BUT HOW YOU USE YOUR TIME

A quick burst of sprinting or rowing is more productive than jogging for a long period or hours spent in the gym. High intensity interval training, in which you alternate periods of all-out exercise (for example, two to three minutes sprinting) with low-intensity recovery periods (such as jogging), increases fitness and burns more calories over a short period of time than steady cardio.

‘Interval training will have an impact on your metabolism as it improves the capacity of your muscles to use up fats to produce energy,’ says Addison.

WHAT YOU SHOULD DO:

Try doing five three-minute bursts of exercise at around 90 per cent max heart rate, with a two-minute rest period in between, two or three times a week. Make sure you warm up beforehand and have a cool-down afterwards. ■

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