

# BOOST

## your calorie burn

Stuck in an exercise rut and waistline going nowhere? Maximise your fat loss with these clever workout tips

### GYM

#### 1 Work your lower body

'Your glutes (bum) and legs are big muscles that use a lot of energy,' says Chris Richardson, co-founder of Zero Gravity Pilates ([zerogravitypilates.co.uk](http://zerogravitypilates.co.uk)). 'Targeting these areas will help burn fat that's currently hiding in your abdominals. TRY: Squats, lunges and glute bridges.'



### EAT BREAKFAST BEFORE A WORKOUT

'Having digested food in your system means your muscles are stocked with glycogen, which is needed for them to work at their best,' says Chris. 'It will help you burn more calories during and post exercise.'

#### 2 Stretch before your workout

Doing dynamic stretches - think twisting lunges, high kicks and jumping squats - will help keep your muscles firing during your workout. 'This will help you smash out more reps, maintain better form and go for longer,' explains Chris.

#### 3 Sit down (well, almost!)

'Adding isometric contractions - when a muscle is contracted in a set position without movement - to your abs exercises will help burn extra calories,' explains Chris. Try a wall sit - 'sit' with your back against a wall, legs at right angles.

### CYCLING

Megan McDonald, Liv Cycling Ambassador, recommends high-cadence drills - increasing your pedal revolutions - to crank up your cycle. 'Spinning the pedals more than usual reduces stress on your leg muscles, allowing you to go for longer, while raising your heart rate.' She even recommends spinning those pedals when going downhill. 'This will keep you burning calories throughout the duration of your ride.'



Megan McDonald

### Cal-burning kit

'Use a Swiss ball to add a core stability element to your regular exercise moves, such as split squats (turn to page 46 for a how-to guide) and push-ups,' says fitness expert and presenter Jessie Pavelka ([pavelka.co.uk](http://pavelka.co.uk)). The unstable surface will increase muscle activity as you brace your core to stay still.

### BOXING

You can already burn over 700 cals by jumping in the ring, but pro athlete and stunt woman Gemita Samarra says there are still ways you can boost your sparring.

1 Practise defensive moves (to avoid being hit), as well as throwing punches, even if you're not fighting someone. These ducking side-to-side movements will firm up your core and burn fat.

2 Wear a weighted vest to increase resistance. Avoid weighted gloves, though, as they can cause injury if you don't use the proper technique.

3 Wrap a resistance band around your feet during footwork drills to increase strength in your legs and core.

### HIIT

1 Have a shot (of coffee!) Thirty minutes before your

HIIT session, down an espresso or two! 'Caffeine on its own won't help you burn many extra calories, but it has a proven anti-sedation and anti-relaxation effect, which can help push you harder,' explains personal trainer Richard Scrivener ([train.fitness](http://train.fitness)).

2 Create tension Richard recommends creating a

'tension point' during moves. For example, during a press-up, spread your shoulder blades apart, contract your abs and squeeze your quads and glutes. 'This will create maximum tension of all muscles, helping burn calories.'

3 Rest up

This might seem counter-intuitive to burning cals, but recovering properly in between intervals is key. Forcing your body to adapt between low-intensity exercising and high-intensity exercising will really boost fat loss.

### YOGA

Yoga expert Katarina Rayburn (@katarinarayburnyoga) recommends a dynamic yoga practice, such as vinyasa, yogasana or rocket yoga. 'These styles will get your heart rate up and make you sweat, burning more cals,' says Katarina. Her top move? 'If you have the strength and experience, try an arm balance move, such as the Crow pose. It involves strength and control so will give your practice that added bit of fire.'

### Key yoga kit

If you're planning on a sweaty yoga sesh, Katarina suggests investing in a good non-slip mat. She recommends Manduka's eKO Lite 3mm Mat, £49, [manduka.com/eu](http://manduka.com/eu)

