

ULTIMATE BODY SHAPE GUIDE TO TONING



supershape
trim and tone centre

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CHAPTER 1

EAT FIRST



1. EAT FIRST

With a big shift to what is healthy and good-for-you recently, there are a lot of options to explore to get a healthier body. Of course when it comes to achieving your ideal body shape, most people look for a well-toned physique.

Here's how to do it.

- **Eat First**

Managing your diet is crucial in helping you get toned and fit. The most important thing to do before working out to tone your muscles is to eat right. For this reason, it's important to pick the right kinds of food, healthy foods that give you more energy.

What to Eat

Foods rich in lean protein are highly recommended along with whole grains, fruits and vegetables. On the other hand, refrain from eating foods that are greasy and are high in the bad fats and quick acting sugars. Sugars are easily absorbed by the body, making it difficult for you to achieve your fat loss and fitness goal. It's recommended that you must also eat foods high in low GI non processed carbohydrates if you are doing weight and strengthening exercises.



CHAPTER 2

EXERCISE



2. EXERCISE

The exercises are arranged depending on the outcome you desire. If you want more muscle tone, then you need to commit to working out at least 3 to 4 times a week. But you must be cautious not to exercise the same body part for two days in a row.

For example, you can work out your upper body on Monday's and Thursday's, and lower body parts on Tuesday's and Friday's. The reason for this is that you need to give your body at least one day to rest from training the same muscles.

Incorporate aerobic exercises

Aerobic exercises such as walking, jogging, and cycling are needed to lose weight, and are also needed for toning muscles. When you're trying to build muscle, it's possible that you can get a beautifully toned body but your body fat hasn't been reduced. So in order to be leaner and achieve a well-toned body, incorporate aerobic exercises into your program.

You can also lose weight and tone your body at the same time, weight loss means losing fat. But the concept of losing weight quickly, say 3kg a week is not advised. When you lose weight this quickly you are losing fluid rather than fat; nobody can lose or gain fat fast.



In order to really lose weight you should lose fat as well as excess fluid. But you don't want to lose muscle. Losing muscle means losing your strength and good looks, and of course you don't want to do that if you want to tone your body.

Timing matters

As I mentioned, when it comes to toning, its more about spreading the exercise sessions out over the week, concentrating on different body parts. For example, the upper body, on the first day then work on another area, say the lower area, on the following day. Then go back and work on the upper area again on the third day and so on and so forth. Your body then has time to recuperate and repair the muscle tissue and give you more capabilities for your next workout on those body parts.

To sum up: Upper body exercises on Mondays and Thursday. Lower body exercises on Tuesdays and Fridays, and remember don't work the same body part for two days in a row. In this way you can maximize your workouts.



CHAPTER 3

**EAT AGAIN
WITHIN 45
MINUTES**



3. EAT AGAIN WITHIN 45 MINUTES

Eating within 45 minutes of working out is along the same principle as losing weight. You've broken down the muscle tissues during your work out, which needs time to be repaired. Sometimes when you do toning work you break muscle tissues at a more intense level compared to fitness training, so it is absolutely crucial to eat and re-nourish your body as soon as possible.

The principle of eating within 45 minutes is very important immediately after working out. You have used the energy, you have done the work and now your body needs to replace and restore the energy that was lost so that the muscle tissues can be improved. So if you don't re-eat and give your body the nourishment that it needs as soon as you finish your work out, then your body will tend to use its own muscle tissue for nourishment and energy to recover; this is completely counterproductive.

So in order to prevent the body from eating its own muscle, feed it within 45 minutes after working out. You can also consider supplementation. There are lots of effective supplements that help.



CHAPTER 4

**REST AND
RECOVER**



4. REST AND RECOVER

This re-iterates the main point that you don't train the same muscle group two days in a row. So schedule your different exercises on alternate days. This way, it gives your body enough time for the muscle to recover before you start working on that area again.

Another thing to remember is that muscle toning happens first. Before you notice external changes to your bodyshape, the underlying muscles need to be toned.

Just remember though, muscle toning activity is not like a magic potion – you don't get your desired result overnight. Toning activity needs dedication and commitment but if your workout schedules are followed carefully, you too can achieve a perfectly toned body.



**IF YOU WANT MORE INFORMATION ABOUT HOW TO
TONE YOUR MUSCLES EFFECTIVELY, THEN REGISTER
FOR 7 DAY FREE TRIAL OF PERSONAL
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