

# How to shape up in a fortnight

By Matt Roberts

This is an approach I use with models and celebrities who are preparing for a fast-approaching photoshoot or appearance on the red carpet, and it can have quite dramatic effects. Most people experience a drop in body-fat percentage, a loss of several centimetres from their waistline and half-inch losses from their inner thighs.

You will need to work out six days a week, with one day for recovery. Since it is so demanding, the two-week blitz should not be performed more often than every 12 weeks. The quickest way to get fitter is to continuously work your heart and lungs to the maximum limit.

Because the programme is intense, you do not need to reduce calories too much. Aim to switch to healthier foods and mix lean protein such as chicken and fish with wholesome carbohydrates such as brown rice. Over the two weeks I strongly advise cutting out alcohol, drinking no more than one cup of coffee a day and cutting out all no refined sugars.

In week two I suggest shifting the ratio slightly so that you consume slightly fewer carbohydrates in the evening than during the day. This will help to maintain steady energy levels and aid digestion. Make sure that you stay well hydrated and consume plenty of vegetables.

## Week 1

During week 1, the focus is on interval training to a high intensity for 45 minutes, working a different body part each day. You don't always need a gym — exercising on a bike, in a pool or at a park are just as good. What's important is to inject high-intensity explosions of speed to whatever activity you choose.

On alternate days (days 1, 3 and 5) try a cardio-based session. Run or walk for 40 seconds at 85 per cent maximum heart rate (you will be puffing), rest for 20 seconds and repeat 10 times for a total of 10 minutes. Follow with some weighted

squats, as many press-ups as you can perform, 20 lunges on each leg and tricep dips until you can do no more.

On either day 2 or 4 do some resistance work. In this phase, weights should be fairly heavy (but not so heavy that you strain to lift them — probably about 7lb to 10lb); you should be able to manage 12 to 15 repetitions of an exercise. Include 20 repetitions of squats, 12 repetitions of lateral raises, 20 walking lunges on each leg and 10 repetitions of upright rowing.

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Repeat this mini circuit twice, resting for 20 seconds between each circuit.

On either day 2 or day 4 do some abdominal work. Try 30 repetitions each of abdominal crunches and oblique (sideways) crunches, plus 40 seconds each of the plank and the oblique (sideways) plank.

On the 6th day of training, include a 75-minute cardiovascular workout — either running, walking or on the bike. The aim here is for a consistent steady pace that you can maintain for the duration

Try to incorporate hill work into at least some of your cardio sessions. Running or cycling up hills at speed is akin to weight training for the legs. Find a hill that is not too steep but that you can manage to climb in 40 to 60 seconds.

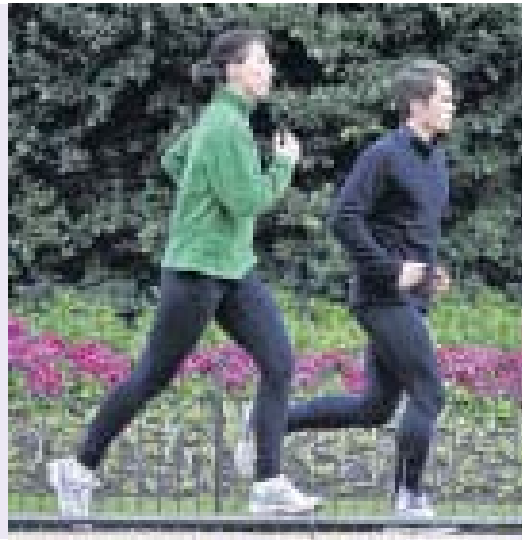
## Week 2

During the second phase, the strength-training approach is much the same as in Week 1, although weights should be lighter so that you can perform more repetitions (18-30) at a lower intensity.

On cardio days (1, 3 and 5) increase the duration of your workouts to 45 minutes and lengthen your speed bursts. Add fast-paced bursts for 2 to 3 minutes with 60 to 80 seconds recovery. On the 6th day of training, include a 75-minute cardiovascular workout—either running, walking or on the bike.

*I Will Make You Fit Fast*, by Matt Roberts (Quadrille, £11.69) is published on May 3

**Interview by Peta Bee**



POLITICAL PICTURES

Right: Matt Roberts puts the Camerons through their paces