

HOW TO GET AND KEEP A SUMMER READY BODY

FITNESS TIPS FROM PERSONAL TRAINERS by Debbie Wolff

Just about the time this article hits the newsstands, summer will be here and the thought of putting on bathing suits can send even the most sensible of us into a tailspin. After hiding behind more clothing than necessary for the winter months, we now are faced with almost unbearable heat and minimal clothing that shows more than we even care to admit.

I asked some nationally certified personal trainers and group fitness instructors from Fusion Fitness and Yoga what some of their favorite and best bathing suit revealing exercises were and here are some of their answers – all trainers have experience in many different aspects of fitness from bootcamp to kettlebells to martial arts, pilates, yoga and more.

KERRY GIACOMO says that lunges are a girl's best friend! If you have only one exercise for your lower body to do... make it a lunge...there are many variations on the lunge. You can do them in place with one leg in front or you can move them from front to rear lunges. You can add weights, kettlebells, balls, bosu balls or make them plyometric. All in all, the lunge works most muscles of the legs so they are the perfect exercise to choose.

KIM GERBER likes a bosu ball squat with 8 to 10 lb weights in hand. WITH ONE FOOT ON THE BOSU AND THE OTHER FOOT PLANTED ON THE FLOOR AND DUMBBELLS IN HAND, WIDE SQUAT, ON THE DOWN POSITION DUMBBELLS ARE AT SHOULDER LEVEL ON THE UP POSITION PRESS DUMBBELLS OVERHEAD 12/15 REPS. This butt blaster will challenge any level participant.

PILATES trainer **Kim Farinello** says her favorites are **side lying leg lifts** – on your side with your legs bent at 90 degrees from hips – lift the top leg and lower 10 times– creating resistance in both directions – working on firming up your outer hips for that bikini bottom shape, and to further bring up the rear, stay in your **side lying position** with knees bent at 90 **degrees** and place your feet together, lift the top leg like a **clam** and do 10 repetitions. Repeat both exercises on the other side.

When asked what my personal favorite exercise would be I would offer that any traditional kettlebell movement involving a swing and a squat

movement. Kettlebells are a total body workout and provide a solid workout routine.

Finally, I would add a **plank** series for abdominals. In plank pose (top end of a push-up) take the right leg to the outside of the right elbow, center to chest, and to the outside of the left elbow. Repeat 8-10 times and do the other side. To modify – you can go on your forearms or stay in all 4's (table top) position.

As my students and clients know, to me, "A day without planks is like a day without sunshine. "Now that summer is upon us let the sun shine in and head out to the beach in great form!! These exercises will help you keep your summer body all year long.

And one more thing...remember that in Florida we have excessive heat even early in the morning, so if you are planning any outdoor activities do them in the early morning or evening before or after the sun is at its peak. At any time you do go out, however, **Dr. Janet Bond-Brill, PhD**, says "be sure to stay hydrated when exercising outdoors in the summer heat. Dehydration is a major cause of fatigue and can also result in serious heat illness and even death. Another summer tip...drink lots of water, it's calorie-free! And don't forget to load up on seasonal fruits and vegetables...they hit the spot on a hot summer's day and help keep you lean and fit."

Have a fit summer all year long!!

Debbie Wolff is the Director of Fusion Fitness and Yoga, located at 10000 W. Sample Road, Coral Springs, which is affiliated with Coastal Wellness and Fitness. She has been a certified fitness professional since 1980 and has NSCA-CPT, AFAA, CPTS, and RYT certifications. She can be reached at 954-345-YOGA (9642) and via email at msfit27@aol.com. Visit her website at www.fusion-fitness-yoga.com.