



APPLIED FITNESS

10 top toning tips!

Do you want to be toned and have a great bum?
Silly question... who doesn't?!

These are all my opinion and what I believe
work. If you need personalised training
programs please get in touch and we can reach
your goals together.

1. What is toning? – this term gets thrown around the gym a lot, ‘I want to look toned’. What this means is that you have a lower body fat percentage than average but have a decent muscular structure to give you the look of a Womanly figure, where you have a flat stomach and no ‘bingo wings’ but with the round bum that you used have back in college.
2. Keep eating your kebab after a Saturday night out? You’re reading this now thinking ‘what the hell?! This guy hasn't got a clue?’ So, here’s the reasoning... if you can stick to your large calorie deficit diet 6 days out of 7, allowing yourself to have a kebab or a Chinese takeaway, or burger then if it means you will be able to stick to your calorie deficit better for another 6 days then perfect, meaning you get results that look amazing but also LAST! Gone are the days of plain chicken breast with broccoli, now you can have bbq chicken breasts with a mix of non-starchy veg with a side of Cadbury’s delicious ‘pot of joy’ – however the massive caveat to

this is on that day you eat your 'cheat meal' you HAVE to reduce your calories, for example have a black coffee for breakfast and just a chicken breast with leafy greens for a very light on calories lunch, however you do it...do it otherwise all your work you have done over the other 6.5 days will be completely undone.

3. Be consistent with your diet! If you can wake up every morning and eat breakfast then great, grab those eggs and make an omelette with some green peppers, spinach and a bit of bacon! However, if you wake up and the thought of food makes you feel sick or you genuinely don't have time to eat...well then don't... simple. However, your first meal is very important as there have been studies that show if your first meal consists of protein and fats then you are more likely going to burn fats throughout the day... winner! You're trying to lose fat and tone so this is perfect! Make sure whatever time of day you eat your first meal it HAS to be a good one. Then the

rest of your days diet can consist of a range of veg, fruit, meat and poultry and very importantly fat!

4. Eat vegetables – this is one that doctors will love me for but it’s very, very self-explanatory, you know why to eat veg. Eat as much non-starchy veg as you can and have green leafy veg at every meal. I’ll leave this one there.
5. Eat fruit – again I’m expecting GPs to have a massive smile on their faces for this but I’m about to burst their bubble – eat certain types of fruit. Eat the nutritionally dense fruit and the lower fructose fruits but not in an unlimited supply like Slimming world and Weight watchers want you to. Unlike slimming world eat them in any way you want and if you hate the texture of fruit then smoothieify (new word just go with it) them, it’s more about getting the wide array of vitamins than it is about anything else.
6. Eat Red meat – (but ‘The Sun’ said it causes cancer) if you listen to the

newspapers nutritional advice then please please please please please don't, it's going to end up actually giving you cancer (this is a wild and unsubstantiated claim, but with a degree of truth) but they'll advise you only eat potatoes and dust and then you can't actually eat dust because you'll develop severe asthma and that will then kill you. Here is the simple version - you need iron and if you're a woman you need more, especially around the period cycle so by cutting out red meat how do you get iron? Yes, through veg or a supplement but do you really want to eat a mountain of veg or pop 5 pills every morning when you could just eat a bit of red meat every day? Red meat has creatine, protein, vitamin B's and zinc (which most men have a deficiency in) and lipoid acid which is a powerful antioxidant.

7. Lift heavy – lifting heavy makes you strong, so when someone says to you 'oh you're a woman you won't be able to lift this I'll go get one of the guys' you can laugh, pick it up with one hand

and move it wherever you need to. Do heavy functional movements, sled pulls and pushes, deadlifts etc, go heavy but stay within your limits.

8. Lift smartly – you want to lift heavy but stay within what you can lift with perfect technique - seriously what the hell is the point trying to lift as heavy as you can for 1 rep and injuring yourself? You aren't an Olympian who only does 1 rep, you are someone who has to pick up shopping and walk with it, someone who has to carry a child around for hours, someone who has move boxes from one house to another for 2 maybe 3 days. Lifting heavy for 1-4 reps has its place of course, it's completely goal dependent, but if you just want to look good then tailor your training to that with a by-product that can make your day-to-day life easier.
9. Thrust! Get on the bench/Plyobox/step box with a barbell across your hip, put your feet at about a 90-degree angle and squeeze you bum up as quickly as you can and then slowly bring it down to the

count of 3. Repeat these 20 times. This will give you that peachy bum that is good enough for Instagram and that you always wanted. Anything that makes your hips move backward, use your glutes to push you forward, this works your hamstrings and glutes, to give the back of your legs size and give you big and round glutes.

10. Upper body – this is an essential part of female training, it's a deception tool, as woman will never be the size of men (women just can't produce the testosterone to get big). By putting on a bit of muscle on your shoulders and back it can make your waist look thinner thus giving you that hour glass figure! A major advantage to this is also being able to bench and curl more than your partner!

I really hope that this has helped you!
If you're interested in training with AF them please send us an email with your best contact number and we'll give you a call.

Good luck and enjoy Training!