

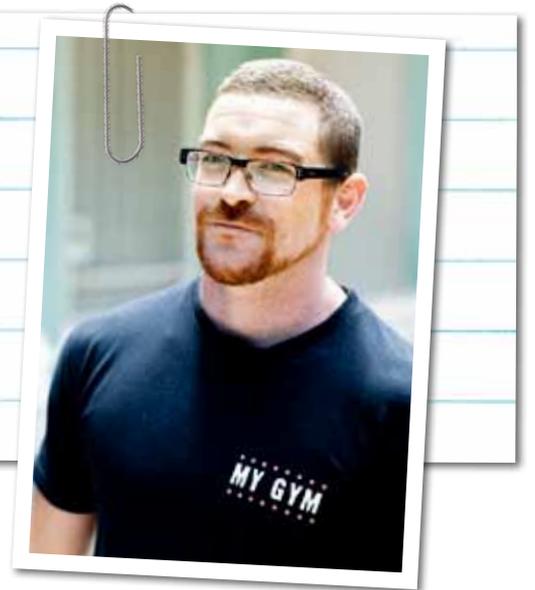
6 WEEKS

Top fitness trainers whipped two *InStyle* readers into shape.

Meet the trainer

Mac Redinbaugh

A personal trainer and owner of Sydney's MyGym (mygym.net.au), Redinbaugh says a workout made up of varied resistance and cardio training is always the most effective way to increase fitness levels and burn fat. But there's only so much a trainer can do—the rest is up to you: "The best training methodology in the world won't make a lick of difference if the person doing the training lacks intensity when they are in the gym or simply don't have discipline outside of it," says Redinbaugh, the man behind Elizabeth Beverley's (right) rocking reinvention



The Diet

Redinbaugh's fat-blasting food plan.

When to eat Every three hours, a total of three main meals and two snacks. Meals should be consumed at the following times: 7am, 10am, 1pm, 4pm and 7pm.

What to eat Breakfast options are: Bran cereal with malt-free soy or low-fat milk and three strawberries; two slices of low-GI toast with avocado; a two-egg omelette with mushroom, onion and capsicum. For lunch: grilled meat or fish with green salad or coleslaw. For dinner: lean protein (such as chicken breast, beef steak, fish or tofu—all prepared without oil), plus salad or steamed vegies like broccoli, asparagus, bok choy and brussels sprouts. You can also have a burger, using lean mince. Snack on a boiled egg, fat-free yoghurt, turkey slices, tuna, or a protein shake with water. Drink water with meals, snacks, and after exercising, flavoured with fresh lemon or lime.

What to avoid While milk-free coffee is fine, sugar and alcohol are a no-go; this diet is light on carbs and dairy, except for one indulgence per week (treat yourself to a takeaway meal).

The Workout

Redinbaugh devised a weekly schedule of 4 x 45-minute group training sessions, one boxing class, and a 5km run. Here are his do-it-yourself ideas...

Interval training This requires no equipment: pick six exercises (sit-ups, push-ups, squats, dips, lunges, and plank). Perform eight rounds of each exercise, with each round lasting 20 seconds. Have a 10-second break in-between each round. Do as many reps as you can in each 20-second interval.

Perfect form: squats Start with feet wider than hips and pointed slightly out. Push your butt back and down, like you're sitting, until thighs are parallel with the floor. Rise up fast, driving hips forwards.

Perfect form: push-ups With palms—a little over shoulder-width apart—and toes on the floor, body straight and abs in tight, lower yourself until elbows are at right angles. Then, quickly push up. "If you can't get up, put knees down for the push, then back on your toes for the lower," says Redinbaugh.

Keep it going

Redinbaugh's tips for long-lasting success.

1 DON'T BE TOO RESTRICTIVE
"Stick to your new eating habits, Monday to Thursday. It's okay to add a bit of carbs back into your meals as long as the bulk remains healthy," says Redinbaugh.

2 HAVE A SNACK ATTACK
"Regular eating helps keep your metabolism ticking over and your blood sugar stable, so you don't get tired."

3 PHONE A FRIEND
Get a mate to train with you 3-4 times a week so they can support you—and so you have fun. "During the warmer months, you can include swimming."

4 KEEP IT INTERESTING
"Try something new! With your newfound strength, fitness and confidence from looking great, you should be ready to try new things like yoga, a dance or tennis class."

TO SLIM

Armed with their secrets, you can do it too.

Elizabeth Beverley

Sales Training Executive

Age: 24

Height: 163cm

Before

History: "My fitness routine is irregular. I go through phases—I work out consistently for a month, then stop for a couple of months. When I exercise, I jog or walk on the treadmill or take a spin class; I never push myself to go too hard. My diet isn't too bad during the week—main meals are healthy, like a chicken salad, but I give in to the afternoon slump, and turn to Red Bull and lollies for a sugar hit every other day. I don't eat at regular intervals on weekends, and tend to have a large dinner; I also have a few drinks."

Goals: "I'd like to go down a dress size and fit back into my old clothes, which I could wear a year ago. Other than changes to my appearance, I want to push myself harder when at the gym, so I get more out of my workouts."

After

Biggest challenge: "Living without carbs after breakfast wasn't difficult—organising what to cook for lunch and dinner without it taking too long to prepare or getting repetitive, was the struggle. Dinner with friends took planning, too: instead of having tapas, it was Vietnamese or Japanese; sashimi is my new best friend!"

Best part: "People's reactions motivated me—they said my skin glowed! Wanting to tone my tummy helped keep me on track: before, I hated the idea of swimsuit shopping; now, I have three new bikinis!"



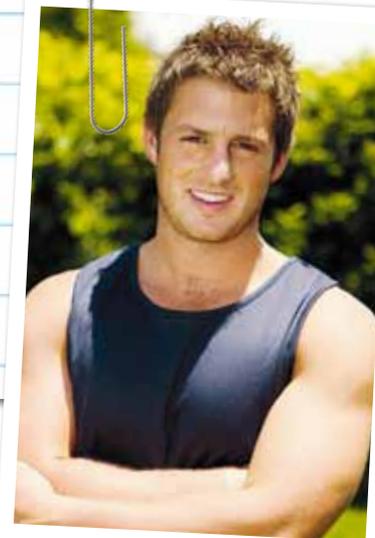
	<i>Before</i>	<i>After</i>	<i>Loss</i>
Arm	29.5cm	29cm	0.5cm
Bust	100cm	94.5cm	5.5cm
Waist	87cm	80cm	7cm
Hips	102.5cm	94.5cm	8cm
Thigh	51.5cm	48cm	3.5cm
Calf	39cm	37cm	2cm
Weight	74kg	67.9kg	6.1kg

Elizabeth wears
Adidas top
and tights

Meet the trainer

Blake Worrall-Thompson

“This program caters to the busy, stressed person,” says Worrall-Thompson, owner and director of personal training group Ministry of Wellbeing (ministryofwellbeing.com), and expert on LifeStyle YOU’s *Eat Yourself Sexy*. “The food isn’t too restrictive, and the exercise regimen isn’t too overwhelming; it’s all manageable. Maintaining habits and discipline are key to a healthier lifestyle. When you have weak moments and don’t want to train, remember: you’ll feel better after working out.”



The Diet

Worrall-Thompson’s varied and nutrient-rich guide to a slimmer silhouette.

When to eat As with Redinbaugh’s food plan, Worrall-Thompson recommends you consume three main meals and two snacks a day.

What to eat Breakfast can be a veggie juice (carrot, lemon, beetroot, celery); a cup of rolled oats with goat’s milk; scrambled eggs; or a beef patty with hummus and avocado. Lunch options include: wholemeal pita bread stuffed with chicken, hummus, and green salad; a small portion of BBQ chicken with Greek salad; grass-fed beef with salad; and mixed salad with ingredients like broccoli, beetroot, sunflower seeds and an egg. Dinner is focused on grilled lean proteins—fish, beef, chicken—with veggies like red cabbage, zucchini, peas, squash and carrots (best steamed). Snack on carrot, capsicum or celery sticks with nut butter; avocado and cottage cheese on rice thins; and, up to six nuts, like raw almonds. Drink 2.25 litres of water every day, with an extra litre for every hour of exercise. Over six weeks, a limit of three alcohol “occasions” are allowed, with no more than two drinks per session.

What to avoid Processed and sugary foods, and when grilling, do so *sans* oil. Remove takeaway from your diet, as well as unnecessary liquid kilojoules—aside from the morning juice.

The Workout

This trainer’s weekly routine involves two morning runs, two high-intensity circuits, one interval training and one strength training. Here’s your DIY guide:

Running Hit the pavement (or treadmill) for one minute, ideally at 13kph, then one minute at 5.5kph, for a total of 20 minutes; increase this to 15.5kph and 5.5kph over six weeks. Download the Nike+ GPS app (\$1.99) to your iPhone, which uses a built-in accelerometer to measure your pace.

Kettlebell swing Great for your core, legs, and arms. Holding the top of the kettlebell, swing it between your legs. Then, using your hips, drive the kettlebell up to at least eye level. Aim for 50 reps (with rests when you need them). As you get stronger, lower the reps, and add more weight.

Jumping lunges Start in standing position, step one leg forward and bend both knees. Push down, then jump up and swap legs in a scissor-like motion. This will work your hamstrings, quads, glutes and your core.

Keep it going

Worrall-Thompson on how to make it a lifestyle.

1 LESS CAN BE MORE “Don’t over-exert yourself, but do train as much as you can in *your* lifestyle,” he says. For instance, Jasmine could have trained 12 hours a week, but she would have been so tired by the end of the program that she wouldn’t want to continue. Be realistic about your schedule. “Jasmine’s program didn’t disrupt her working week,” making it easier to keep up.

2 KNOW YOUR NUMBERS “A lot of people have no idea how effective their training is,” says Worrall-Thompson. “I measure my clients every month to see how they are going.” Get into the habit yourself (for what to measure, see our table, left).

3 GO HARD OR GO HOME “Intensity is the key to training, not duration.” How do you know you’re hitting the mark? Aim to be puffed, though able to talk intermittently whilst exercising.

4 LET’S GET A PHYSICAL “Some women can have hormonal imbalances or other health issues that may prevent them from losing more fat,” says Worrall-Thompson. See a doctor to make sure all is sound on the inside, “and the outside will blossom!”

Jasmine Stone

Advertising Account Manager

Age: 31

Height: 166cm

Before

History: “I have always liked running, but it’s been an on-off approach, at my own pace and with no-one else to motivate me. When I was younger, I would lose weight quickly but I was also working as a flight attendant and had a lot more free time for fitness. I’ve been working business hours for over a year now, and am also studying, so it’s hard to make the time to build exercise into my routine. My diet? It’s pretty healthy, but I do eat a lot of carbs, particularly bread and pasta.”

Goals: “I want to tone up, feel fit, and improve my running—to be able to run 10km without a break!”

After

Biggest challenge: “The diet! I was eating less and training six times a week, so for the first few weeks I was always hungry. However, in the last three weeks the meals were more than enough, and the diet made me feel healthier. I’m finding I sleep more soundly, have more energy and no longer hit that 3pm wall. I will definitely be sticking to it.”

Best part: “Seeing the changes in my body so quickly—I lost centimetres across my stomach in the first two weeks and they just continued to drop. Blake was a great motivator and made the process enjoyable—despite the 5:15am wake-ups! I’m yet to hit the 10km mark in my running, but I can now do 8km, and I know I’m not far off. My new goal is to participate in a few fun runs next year and eventually run a half marathon. I’m so happy with the changes, and plan to continue training.”



BEFORE



AFTER

	<i>Before</i>	<i>After</i>	<i>Loss</i>
Arm	29cm	27cm	2cm
Bust	95cm	91cm	4cm
Waist	86cm	75cm	11cm
Hips	104cm	96cm	8cm
Thigh	61cm	55cm	6cm
Calf	37cm	36cm	1cm
Weight	69kg	64.2kg	4.8kg

Jasmine wears Reebok top and Body Science tights. Hair and make-up: Elsa Morgan and Diane Dusting