

Go lean with lighter weights

Try interval training to get look you want

Recent questions about fitness:

Dear Brenda: When I work out, I get very bulky in my thighs. I've been like this since I was a teenager. Is this genetic? What can I do to avoid my thighs getting too big?

Answer: Generally, people with short muscles tend to bulk, especially with heavy weights. If you want to develop lean muscle, focus on more interval-type training for 45-60 minutes, during three to four fitness training sessions per week.

Interval training entails lifting weight sets using lighter weights for a greater number of repetitions, and taking no rest between the weight sets. Instead of resting, spike your heart rate between weight sets by doing plyometric or cardiovas-



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cular exercises for one minute, to increase oxygen flow. Then, immediately proceed with your next weights set.

Dear Brenda: I have started exercising with a personal trainer and haven't seen results yet. When can I expect to see progress?

Answer: This is really a difficult question to answer without a more complete profile of your fitness level, age, diet, and type of training that you are engaging in.

If you are eating five to six healthy, lean, moderately-portioned meals per day, and are doing both cardiovascular and weight training three to four times per week, in general, you should begin to feel results in roughly four weeks. If you are not experiencing progress by this time, I suggest that you discuss your personal program with your trainer, right away.

Brenda Bark is a certified personal trainer who owns Focus On Fitness in Chandler. She can be reached at 480-699-3162 or brenda@myfocusonfitness.com.