

Q+A



BERNADETTE ABRAHAM
FITNESS TRAINER

RESULTS AS GOOD “AS SEEN ON TV?”

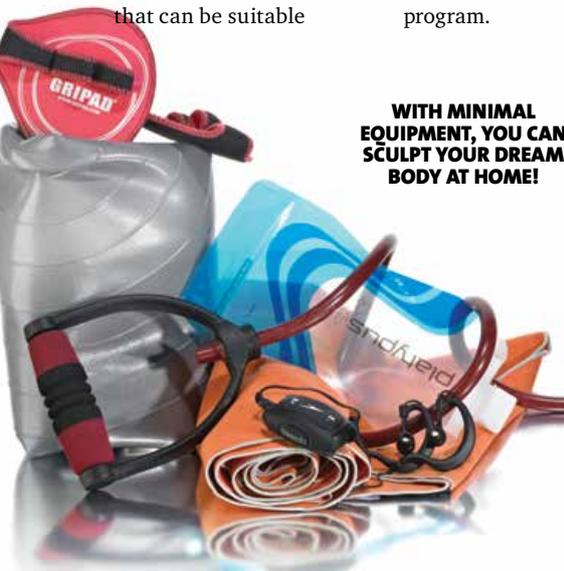
Q: WHAT IS YOUR OPINION ON DVD SERIES LIKE *P90X* AND *INSANITY*? ARE THEY GOOD FOR BEGINNERS, AND DO THEY REALLY WORK? — BELLA, VIA EMAIL

DEAR BELLA:

A: Dear Bella: There are many pros and cons to both of these workouts. For instance, they both use consistent warm-up/cool-down circuits and do some stretching at the end, which is a good protocol for anyone to follow since most people neglect to stretch after working out. *Insanity* may have a slight advantage over *P90X* because there is no need to purchase additional equipment to perform the workouts; however, there is no “one-size fits all” program that can be suitable

for both beginners and conditioned athletes. Both series use High Intensity Interval Training (HIIT) and circuit training, which are very effective training modalities to elicit fat loss and improve endurance; however, the training variables, such as the number of sets and recovery time, need to be adjusted for beginners to prevent injuries. As it is, the exercise selection, sequences, intensities and work-to-recovery ratios are inappropriate for beginners, and it would be best to start with a more gradual and sustainable program.

WITH MINIMAL EQUIPMENT, YOU CAN SCULPT YOUR DREAM BODY AT HOME!



WH&F'S READER WORKOUT OF THE MONTH:

“Climb the ladder!”



Pamela Hernandez's Upper/Lower Ladder workout will have you wringing the sweat out of your shirt!

WHAT YOU'LL NEED: A pair of dumbbells, two small weight plates, a barbell, an exercise mat and a stability ball.

HOW TO DO IT: This ladder workout has two components: one for the upper body and one for the lower body. Follow the chart at right starting with the upper-body portion, and climb up the rep “ladder” until you reach 10 reps. Switch right over to your lower-body exercises, finish them in the same manner, and end by holding a plank for as long as you can (Pamela usually aims for 60 to 90 seconds).

Upper Ladder	Lower Ladder
EXERCISES: Push-up and reverse-grip barbell row	EXERCISES: Heel-elevated dumbbell squat (with small weight plates under your heels) and stability-ball hamstring curls
1 push-up, 1 row	1 squat, 1 curl
2 push-ups, 2 rows	2 squats, 2 curls
3 push-ups, 3 rows	3 squats, 3 curls
4 push-ups, 4 rows	4 squats, 4 curls

Continue in this manner until you reach 10 reps of each exercise. After your Lower Ladder, drop to the floor and hold a plank for as long as you can.



Elevating your heels helps shift the emphasis to your quads.

Set up your stations first so you can move quickly between exercises.

WANT TO KNOW WHAT'S GOOD FOR THE BRAIN? EXERCISE!

With more and more studies being done on the factors that may prematurely age the brain, one definite age-defying one was found to be that all important WH&F lifestyle inclusion-exercise.

Regular exercise was found to promote brain health during aging by increasing brain blood supply, enhancing communication between the nerves, enhancing mood and memory and improving learning power and brain density.

