

WORK IT OUT

Fitness has moved on since the days of treadmills, aggressive music and neon gym clothes. This month, we meet three of London's finest fitness experts to find out the latest, smartest ways to get in shape

MATT HODGES, BODY TRANSFORMATION SPECIALIST AT THE MPH METHOD

The key to a new fitness regime is to do it properly. If you are willing to put in the hard work you will often get what you want. It's important to find someone who can guide you through getting a good programme sorted and who can keep an eye on you whilst you do it, whether that's with personal training or with some form of mentoring method.

A good personal trainer will know how to integrate a person into training and eating properly from the start. 99 per cent of us need our mind-sets re-wired to get on the right track. Our two, three and four month programmes are designed to not only get the client into fantastic shape, but to ensure that those who finish the course are left with a greater understanding of training and nutrition and are able to successfully maintain their results for the future.

As a general rule for fat loss I'd aim to do at least four weight sessions a week with a further two to three cardio sessions. For muscle gain I'd do five sessions a week and for strength work I'd aim to do at least two to three sessions per week.




When you start, learn more about what it is you're going to do; if you are embarking on starting Zumba then go to a few classes: You have to choose something that enjoy doing otherwise you'll get de-motivated pretty quickly. Most people jump onto the treadmill at the gym because it's the only thing they know, but running for long distance is a very ineffective way of losing fat.

Females need to start lifting weights, the general attitude that lifting weights will make you bulky is so far wrong that it should be

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– Matt Hodges

illegal. With the right coaching you can go from having a normal body to being strong and powerful – there is nothing more empowering.' 

More information on The MPH Method, a five stage health and fitness transformation course designed by renowned personal trainer Matt Hodges, is available online at themphmethod.com or by calling 020 748 0514

TOP THREE TRAINING ACCESSORIES

A new regime needs a new wardrobe – here's a few pieces that will have you running to the gym

#1 Crop top, £45, Pepper and Mayne (pepperandmayne.co.uk)

#2 Elite running shorts, £47.50, HPE (hpe-shop.com)

#3 Supernova Glide Boost, £100, Adidas (adidas.com)



COLIN WAGGETT CEO AT PSYCLE

‘**W**ith Psycle we want to create an exercise experience that is as enjoyable as it is effective, from each and every angle. We want to give Londoners the same sort of personal and original experience they can get in the best bars and restaurants. At the start of many group exercise classes in normal gyms there can be tension. Firstly you need to get there early to save your space, and then at the start of the class there is a scramble to get your favourite seat. At Psycle that is all taken care of online – guaranteed space, self-selected seat and not only that there is no gym membership or signing fee.

From an exercise point of view Tim Weeks, Psycle’s Programme Director, has developed a total body workout on a bike, using both high intensity interval training combined with low impact exercises. As well as hitting all the key energy systems we have incorporated power, strength, conditioning and resistance work in one routine. That means you get a workout that is time-efficient and effective – if you get yourself to the front door we will take care of the rest. The effectiveness and integrity of the workout is wrapped up in a delivery style that has an amazing energy.

At Psycle we passionately believe that the most powerful thing about exercise is the way it can make you feel better about yourself and about life. The right music and the right instructors sit at the heart of this. Music has the ability to change your state of mind in an instant. We have worked with Miranda Sawyer from BBC 6 music to make sure each and every playlist is different and special. It is not about beats per minute – it is about emotional lyrics, and intelligent and innovative remixes of great tracks. When people draw comparisons to Ibiza I know we are onto something. [M](#)

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