

## Not for a lack of trying, but a lack of knowing

Wednesday, 13 August 2008

I had a conversation with one of the dancers on the ship yesterday that reminded me that now here in my mid thirties my physique is way better than it was in my twenties. Yet, as a twenty-something performer I was dancing way more than I am now and on top of that I use to spend just about the same amount of time in the gym as I do now...

So how come I can spend less time working out now and look better than I did 10 years ago?

Back then I was certainly working hard - or so I thought.

I was working hard and long but not clever... it was not for a lack of trying, but rather a lack of knowing...

See, it is not so much about the amount of time you spend working out but rather the intensity with which you work. Not only that, but we often underestimate ourselves and how far we can push our bodies so we do the same amount of repetitions week after week and we hardly ever increase the difficulty of what we are doing.

You won't know how much you are capable of doing until you have tried to push yourself to your limits. The other thing is... as a woman and a dancer I was terribly scared of "building muscles"... but girls, it is a total misconception that if you work with heavy weights you are going to end up looking like a body builder.

The real truth is that by increasing the weight you work with or the repetitions that you do even just a little, it will tone your muscles just that much more. And don't forget that the more muscle you have, the more fat you will burn, and the more fat you burn the leaner you look.

Lean and toned... does that not sound great? Is that not what we all want? I know that is what I want. Lean and toned is so much better than skinny and flabby - right?

But now... you do not necessarily need weights to tone and shape your muscles... I am absolutely not against weight training as I do some of it myself, but I combine that with some very powerful body weight exercises that give me the cardiovascular benefits as well as the toning and firming of my muscles.

That is exactly what I show you in the Hot Burning Body workout... how you can get a toned, lean and sexy body in the shortest amount of time. And these exercises are put together in a very unique way and with great music. I give you everything you need to keep your workout interesting and challenging.

Don't think you need to work out two hours a day to get that movie star physique you have always wanted...

If you work with more intensity for a shorter amount of time - you will definitely reap the benefits. In the Hot Burning Body workout I guide you through an invigorating series of exercises - once you know those, you will know what I know now and did not know then...

Higher intensity, less time - voila... the body you have always wanted no matter what your age...