



“Building the Foundation for Your Summer Body” by Ted Loo, personal fitness trainer

So, every June you frantically hit the weights and cardio machines in search of that perfect beach body. I’m sorry my friend but it doesn’t work that way. If you want to look your best for the summer you gotta start training for it right now!!

Here are 8 steps to follow to help you get into the best shape of your life and turn heads at the beach in twelve weeks.

1. Goals

Write down exactly “*what*” you want to accomplish. Remember keep them Specific, Measurable, Attainable, Realistic and Timely.

2. Written plan

Now that you know “*what*” you want to do, you have to plan “*how*” you’re going to do it.

3. Resistance training

You need to do some weightlifting even if your goal is to lose weight. You’ll look better and remember muscle helps burn fat.

4. Nutrition plan

A proper nutrition plan has to be in place to fuel you through your day and to achieve the results that you want.

5. Rest

Down time is just as important as the exercises that you perform. Your muscles and nervous system need time to chill and repair themselves.

6. Cardio

Get active, work up a sweat and keep that metabolism boosted up.

7. Visualize

Visualize how and what you want to accomplish. Every night before I go to sleep I close my eyes and run through my next day’s workout routine. It’s about focus!

8. Reward yourself

Set a reward for the end of a training cycle. A weekend away is a great way to start the summer.