



**Swimsuit season is here below are not only some tips to help you feel more confident in your swimsuit, and 5 great moves to help you get the most out of your workouts.**

1. Eat clean! You can lose 1-3 lbs of fat a week. Eliminate or at least have in moderation: refined carbohydrates (high processed, high sugar foods), alcohol, high saturated fatty foods, etc... Remember there are 3500 calories in a lb of fat. Make better choices and you'll feel and see results.
2. Portion control-For most women 2-4 oz of protein is ideal at each meal. This is about the size of a deck of cards. Men may be able to have 5-6 oz. If you're eating more than that at a meal you're probably taking in more than your body can use. When it comes to complex carbs keep the serving size to 1/3-.5 cup for women and .5-1 cup for most men. This is about the size of a computer mouse.
3. Limit the starchy carbs and fruits at night. When we eat carbs it can spike your insulin levels and inhibit the release of Human Growth Hormone (especially sugars). Stick to 2-3 servings of fruit earlier in the day and keep the starches/complex carbs (potatoes, rice, oats, bread, pasta , etc...) at breakfast and lunch.
4. Drink water. Shoot for an ounce per lb you weigh. Drinking water will help keep you full longer and will help your body functioning at its best.
5. Cardio-get in at least 20 minutes each session and if intense cardio no more than 45 minutes. Shoot for 4-6 days a week.
6. Lift weights. Lifting will help shape what you have and maintain muscle. One lb of muscle can burn up to 4x's the amount of calories as 1 lb of fat! Keep the muscle and let it burn the fat.

Here are 5 movements for woman to incorporate to target those "problem" areas. For both men and women reps and sets will vary based on your current fitness level. Start slow and ease your way into it.

1. Kettlebell or db swings
2. ½ kneeling position with a shoulder press into lung position shoulder press into Russian lunge
3. Supine bridges and skull crusher combo using a stability ball
4. Curtsey lunges
5. In plank position pulse leg

These 5 movements will target the areas most men want to work on

1. Incline db press
2. Db curls to shoulder press
3. In plank position 1 arm rows
4. Close grip push ups w/mountain climber combo
5. Sit ups holding dbs or a barbell over chest and push it up towards ceiling as you sit up

\*Contact Scott Keppel at [scott@scottstrainingsystems.com](mailto:scott@scottstrainingsystems.com) for your free fitness and dietary evaluation and learn how to do the moves properly and how to eat for your body!