

the apple!

It's all happening around the middle!

This age bracket loves to dump body fat on your mid-section! What-ever shape you are!

And we all know that carrying too much of an extra layer in this area - is bad news for your organs.

With this body type you need to lift heavier weights. With a combo of lighter weights thrown in. BUT....you need to lift them while moving your body....in heart-rate raising, interval style, training bursts. Yeah you need to sweat!

Interval style training (training with short heart pumping bursts) is brilliant for getting the body fat off your belly and butt. Particularly in this age bracket.

So moving your body with dynamic movements, while doing heavier weights/lighter weights combo - is YOUR friend! Not everyday of course. Mix this style of training in with bodyweight work and yoga style workouts.

That addition of heavier weight and lighter pulsing weight work will give you shape in your muscles. AND moving your body dynamically at the same time, will get that sneaky layer of fat off your body.

The heavier weights will give you definition in your arms and legs. And just by having toned muscles it'll zoom up your metabolism to burn up that stubborn belly fat.

If you *only* stick to cardio to get rid of that belly weight....you'll no doubt lose the weight. BUT if you don't have the metabolism boosting muscle on your body... the weight can slip back on fairly easily.

Also with no joint protecting muscle tone - you're setting yourself up for all sorts of niggling injuries and postural issues.

How To Tackle It.....

Interval train 2-3 x per week. No more than 3 though. You don't want to burn up and deplete your beautiful energy!

- **Do 3 heavier weights based exercises.** Then go straight into 12-15 repetitions of a low impact style exercise....designed to get your heart-rate up. i.e. Squat/alternating knee up or Reverse lunge front-kick or similar.
- **Then repeat this.** Do 3 heavier weights based exercises. Then go straight into 12-15 repetitions of a low impact style exercise. And keep repeating this sequence for 10 minutes.
- **Grab a quick drink.** And repeat the above again. For a 20 minute workout.
- **Have a day or two's break from this training style.** Then on your next interval training day choose a lighter weight. Do 3 light weight pulsing style exercises. Then go straight into 12-15 repetitions of a low impact style exercise. And keep repeating this sequence for 10 minutes.
- **Grab a quick drink.** And repeat the above again. For a 20 minute workout.

On your non-interval training days....focus on progressively lifting heavier weights when doing your upper body work. To your capabilities of course. The heavier weights will give you the shape, definition and tone in your upper body. This will counter balance your lower body. Say adios to the pear!

PLUS in this age bracket.....put an equal amount of time into your flexibility and balance. AND....making the 'core' of your body strong. There's no point looking amazing but having a weak core and feeling stiff all the time! It'll only lead to more and more niggling injuries.

There's a similarity in the training styles for all body shapes. But with a few nuances.

The CoreStrength50plus workouts are designed primarily for the Apple and Pear shape. If that's you....you're in the right place!

WITH a bit of tweaking and fine-tuning you can get the most out of your training session....for YOUR body.

I have loads of core-strengthening & flexibility exercise demos on my IG account. Click here for inspiration....[corestrength50plus](#)

But if you need a more guided '*muscle-toning, body-strengthening, body-lengthening and fat-burning*' holistic program.....click on the link here.....
[CoreStrength50plus Programs](#)

Either way....watch out for my next email. I give out a weekly training demo, a training tip OR motivational habits to stop the procrastination. You might just find that nugget of inspiration to take you to the next level on your training journey!