

Bikini-Body Secrets

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There isn't just one secret to a better bikini body. Here, in-the-know local pros share six diet and fitness fixes to get you primed for pool-party season.



• Build a better butt

The key to a better booty is all in the “pulse.” Pulses are done at the point where the contraction is the greatest in whatever exercise you’re doing. They keep constant tension on the muscle and give you that deep burn—and a better booty. So instead of just squats, do 20 full-range reps, plus 15 short-range pulses (four to six sets), and you will see the difference. —Wendy Keimer, personal trainer at Mountainside Fitness, www.mountainasidefitness.com

• Find photo inspiration

When I did fitness competitions, I posted a photo of a swimsuit model on my fridge for motivation to eat healthy foods. Everyone needs something better to strive for, and because most of us are visual, a picture works great. It’s a constant reminder of all the little things you need to do to get to the end result. —Rebecca Yzaguirre, Pilates instructor at DC Ranch Village Health Club, www.villageclubs.com

• Abs are made in the kitchen, not in the gym

Six-pack abs are the hardest to achieve because they rely mostly on body fat. To see a six-pack, you need to have about 10 to 12 percent body fat for men and 16 to 18 percent for women. A quick solution is to start to eat healthy and trade in those abs exercises for the treadmill to burn some calories to drop that body fat. —Lucas James, celebrity trainer, www.lucasjamespersonaltraining.com

• Turn up your treadmill workout

Short, high-speed bursts on an incline shed the most fat to turn those flabby buttocks into a tight, toned machine. The high intensity is much better for developing the glutes. Just take a gander at Olympic sprinters—they all have great behinds. —Scott White, owner of Personal Power Training, www.personalpowertraining.net

• Rev up your metabolism

Add strength training to your workout routine. Strength training provides a higher metabolic stimulus than cardio alone. Studies have shown that strength training increases your metabolic rate for up to 36 hours after your workout. Try incorporating weights into your workout routine at least three times per week. Don’t be afraid of a little muscle. —Garrett Shinoskie, director of athletic performance at Zone Athletic Performance, www.zoneathleticperformance.com

• Don’t fall victim to crash diets

Deprivation diets don’t work; they set you up for failure. Never starve yourself of things you love. If you love candy, don’t restrict yourself—limit yourself. Instead, think of food as fuel. Power up with whole grains, fruits, vegetables and lean proteins, and you’ll have energy to spare. —Katie Kroshus, director of group fitness at Mountainside Fitness, www.mountainasidefitness.com