

Gym bunnies, before you waste another mile on the treadmill, read this

If you are going to sweat it out at the gym, at least follow the interval training secrets of celebrity personal trainer Adam Cochrane to get the best out of your workout, says Ava Vidal

By Ava Vidal
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Hitting the gym you sexy thing? A still from Eric Prydz' 'Call On Me' | ©2017 Photo: YouTube

We are over the halfway mark in January 2018. Many of us would have started this year the same way that we started all of the others, by making New Year's Resolutions. Promising ourselves that this year was going to be different: we were going to work harder, eat less, make better relationship decisions blah, blah, blah.

In fact, one of the most popular resolutions made is to get fit and lose weight. Gyms in January are filled with what professional fitness trainers call 'turkeys'. Those that have spent hundreds signing a yearly contract for a gym they will probably never see the inside of again after February. Brits collectively waste millions on gym memberships every year according to money experts at Which.

I know this to be true from personal experience. The three times that I went to my gym in Islington last week you had to queue up for a treadmill. And this is a large, very well equipped gym with a every kind of facility available including dance studios, Powerplate rooms and a swimming pool. This simply isn't how it is the rest of the year. Or so I am told, as I haven't actually been inside of it before this month.

When training people to look good is your job then you have to look good yourself. [Here](#) is how some of the best personal trainers keep in shape.

Well bully for them! But, really, how many of us have 9 ½ HOURS a week to spend in the gym working out. How do normal women like you and I stay motivated? Women that have children, a job, a social life etc. We also are aware that there is a growing [obesity problem in the UK](#).

We want to stay fit and healthy but how do we do it? Some suggest not going to the gym at all. Apparently this [method](#) can save you pounds whilst you lose pounds.

And in these times of austerity this is welcome news for some. But others still feel as though they need some advice and guidance and you're not going to get that sitting at home alone. Yes you can look up a lot of stuff on the internet, but that does not help you stay motivated, especially when there are images of super fit celebrity women coming at you from every angle.

I wanted clear, honest and easy to follow advice so I spoke to fitness trainer to the stars Adam Cochrane. Adam has trained with celebrities such as Kevin McKidd (Grey's Anatomy), Abi Titmuss and he was behind the amazing transformation of Hannah Waterman. I wanted to find out how he got them looking so good. I wanted to get this out of the way as I know it is what every woman asks. Then we can get some advice for everyday, normal women who even if they aren't perfect can't be airbrushed in every day life. Is that look achievable for most women or not?

Adam replied: "The reason why celebrities can look slim and toned as they train at the right intensity and eat the right foods. Unfortunately most people are unaware that training intensity is key to weight loss. Interval training is by far the best way to lose weight. This is a period of, typically 30-60 seconds, of maximal work followed by rest of the same duration. I typically work my celebrity clients to 20 intervals over a one hour session. Celebrities are very easy to work with. They know that they have a role or a big shoot coming up so they follow my instructions to the letter. It is not in their interest to skip a session or cheat on their diet."

I know that this is true. I was invited on the Beeb's 'Let's Dance' a couple of years ago in January to record in late February. I was told that I had to wear hot pants. Hot pants. Live on BBC ONE on a Saturday night. The mince pie and double cream eating competitions that I had been having with my son no longer seemed so funny. I won by the way. I had to drop two and a half stone and I managed it within the required time. There is nothing like knowing that it will be on YouTube forever to stop you sneaking the odd chocolate bar or glass of wine. But I won't be wearing hot pants again in public or private, so what now?

To gym or not to gym?

"Gyms do not work for the majority of people trying to lose weight," says Adam.

YES! But as I was about to cut up my membership card, he continued.

"Most people are doing the wrong thing at the gym. You need to do interval training. Cross trainers are impact free and therefore much safer than running or boot camps to do your interval training."

"Boot camps are very popular at the moment but if you have any slight injuries at all such as your knees or hips hurt when running then I would stay clear of Bootcamps as running and exercises such as squats and lunges can make your tiny injury turn into a much bigger one. These exercises are designed for young fit men of 19 or 20. I have lost count at the amount of people who come to me for Personal Training who have got injured at a Bootcamp.

"The great news is that interval training on a cross trainer burns just as many calories as a boot camp or running without the risk of injury. Aim to build up to 20 - 1 minute sprints by six weeks. You should be very, very out of breath by the end of each one minute hard interval. The magic of interval training continues long after the session as the body continues to burn calories for over 12 hours. This effect just does not happen with regular easy continuous cardio."

And there you have it ladies. I appear to have found that very rare thing: a man that tells the truth. Thanks Adam.