

## Fitness for everyone with Ben Personal Trainer - Pt III

I've finally reached Part III of my fitness articles on what difference being trained by a personal trainer can make to fitness, motivation, and, dare I say it, putting the fun back into fitness.

I will admit that I had quite a big gap between my last sessions and these final ones. It's not always easy when you've set yourself a target to have a number of sessions each week and then find that time to fit them in has run out.

Luckily Ben didn't start me off again at the level I had reached after my eighth session, and I had been running and cycling quite a lot in between so my body hadn't forgotten how to push itself.

I had promised Ben sunshine for our session and it was a beautiful morning to exercise in the garden. This time Ben brought completely different equipment to what I'd been accustomed to in the previous sessions. I did however make a mistake of asking why he had a large length of rope in his boot

as he hadn't planned on using it this time. He did decide after my curiosity that he may as well show me how it can be used for exercise.



I watched as mini hurdles, the kettle bell (I had come all too familiar with from previous sessions), the aforementioned rope (positioned around the base of my rotary dryer), and a football were positioned on my lawn. Interesting...

The circuit Ben designed was to promote strength and conditioning and after the first circuit I found it all relatively straightforward and was smiling. So I began the second circuit and by the third lap in a row jumping with my feet together over the hurdles I could feel the strain setting in.

Of course the mystery of how the rope was used was also demonstrated. I had to shake the rope up and down with my arms whilst performing 20 squats. It was a very strange exercise to do but I could certainly feel it working my entire body.



Whilst I've always been well motivated in actually going out and doing my exercises, I have never pushed myself as hard as I do when being coached and Ben is such a great coach who gets the best out of me so I feel a real sense of achievement after these sessions.

I must admit that after this session I did feel like jelly but glad that I achieved four circuits within the hour. I had jumping squats, sit-ups while catching and throwing the ball, and other exercises to complete, including



the rope, during each circuit and it was very hard work indeed.

As we were warming down and having a general chat

about everything Ben mentioned that he's started couples (or friends) training sessions too. 'Couples that grow strong together, stay together' he said. Me and hubby always thought it was 'Couples that drink together stay together.' We were wrong.

So my mind wandered and I thought how nice it would be to try out the couples session with my new husband, The Barrister Broker. I think he was delighted when I told him what I had planned for us for Wednesday morning...but I could have been mistaken.

We're used to exercising regularly together, running or taking the bicycles out, but this was a different type of exercise entirely for him as he had never in his life had a training session with a personal trainer.

When Ben arrived we had a similar set up to what I had previously and he informed us he had taken into consideration the different fitness levels we were both at as I have had much experience over the years with personal trainers due to my love of fitness.

We are a competitive couple with most activities we undertake, why not? (Although I can be a very bad loser!). But luckily for hubby I knew we couldn't have a competition at this stage in his circuit training experience.

The hurdles might not look high in the pictures and this time we were running with high legs over the top of them. Well, trying to do that as it's so easy to move your legs out to the side. Ben missed none of it

though and soon had us doing the exercises properly. I'm glad the morning was slightly overcast as it would be been much harder with heat.

I had made sure we had eaten breakfast beforehand as this was a terrible error I made before the



last session and felt really dizzy in the middle of it. It's easy to forget the importance of eating the right food before exercise and not doing so can really affect your performance.

After the warm down, Ben and Russell had a good chat about nutrition and when and at what times the best times to eat for fitness are. Russell was extremely impressed with his knowledge and ability to answer all the questions he put forward to him.

You can contact Ben on **07810 514 139** or find his page on facebook at **Ben Personal Trainer** for tips on fitness, nutrition and motivation.

