

LIFT with CHLOE



Want to transform your body in 2020? Weight training is the workout you need, says personal trainer Chloe Madeley

Words: Joanna Ebsworth PHOTOGRAPHY: Sam Riley

If you're looking to get in your best shape ever, it's high time you gave weight-lifting a proper go. So says TV presenter turned PT Chloe Madeley, whose new book, *Transform your Body with Weights* (Bantam Press; £16.99) is dedicated to the abundant benefits of lifting heavy metal. Chloe picked up her first set of weights seven years ago and she still believes weight-lifting is the best thing she ever put her body to.

'Pulling off moves makes me feel mentally, physically and emotionally strong, accomplished and proud,' she says. 'My big hope is that this book will get more women into lifting weights, because it really is the greatest thing you can do for your overall wellbeing.' Want to add weights to your exercise routine but don't know where to start? Or perhaps you already lift weights but want to achieve different results? We've asked Chloe to reveal her top tips on how to get going, and share some of her favourite workout moves to try at home. It's time to feel the power!



Q WHAT MADE YOU PASSIONATE ABOUT LIFTING WEIGHTS?

'I've always been quite anxious, and weightlifting did what everything else I'd tried previously had failed to do. It made me be in the moment, because when you're lifting weights you have to be in sync and at one with your body. I fell in love with weights instantly, and within two weeks, I'd quit my TV presenter job to spend 18 months qualifying to become a PT so I could help others feel as good as I did. My husband, James [rugby player James Haskell, who Chloe married in 2018], says I've found my true calling.'

Q WHY DID YOU WRITE THIS BOOK?

'I'd always wanted to write about weight training, but my publishers thought there was more demand from people to learn about fat loss. My first two books, *The 4-Week Body Blitz* and *The Fat-Loss Blitz* were best-sellers, but third time around, I thought it was time to do what I really wanted. Plus, my audience has come a long way in the past few years, with requests to learn more about weightlifting dramatically increasing. *Transform your Body with Weights* was my passion project, and I'm super proud of it.'

Q HOW DOES IT WORK?

'There are three, four-week workout plans for Beginner, Intermediate and Advanced, so all levels are covered. Each plan encourages you to train your upper body, lower body and back/core twice a week each, making six workouts a week, but you don't have to train that hard. Four times a week is enough to get great results as long as you train your body evenly.'

Q DO THE PLANS HAVE THE SAME END GOAL?

'Not at all. You can lift weights and still have different physique goals. I include fat-loss, muscle-building and strength-training diet and cardio instructions in the book to match your specific goal. Your results also depend on how heavy your weights are, and the number of sets and reps you do. Everything is backed by the latest science, but I've tried to keep it as simple as possible and it's all tested out on my own PT clients. It definitely works.'

Try Chloe's workout

After warming up, complete each exercise in the order shown. The number of reps and sets you should complete depends on your goal (see right).

WHAT'S YOUR GOAL?

TO BUILD ENDURANCE:
Perform 3 sets of 15 reps of each move with a one-minute rest (or less) between sets, using lighter weights.

TO BUILD MUSCLE:
Perform 3 to 4 sets of 6 to 12 reps using heavier weights with a one-minute rest between sets, until muscles exhaust.



KETTLEBELL SWINGS

- To pick up the kettlebell safely, stand over it, feet slightly wider than hip-width apart. Squat down and grip the kettlebell with both hands. Pull your shoulders back, engage your core and push through your glutes and hips to stand up (A).
- To start the move, squat down (B), then thrust through your

- glutes and hips, launching the kettlebell into the air in front of you (C).
- Aim to swing up to chest height, then allow the kettlebell to swing back down between your legs, keeping full control of your upper body while this happens.
- Repeat this movement fluidly and aggressively for the number of sets and reps.

GOBLET SQUATS

- Hold a kettlebell or dumbbell in front of your chest, against your body. Stand up straight with your feet hip-width apart (A).
- Keeping your back straight, lower down into a deep squat by bending your hips, then knees (B).
- Pushing your weight down against your heels, stand up straight again (A). Make sure your knees stay directly above your toes – they shouldn't be collapsing inwards.
- Repeat this movement for the full number of sets and reps.



Chloe's gym-bag essentials

- 'I snack on Grenade Carb Killa Protein Bars (£2.49 for a 60g bar; grenade.com) pre- and post-workout – they're tasty, filling and handy for when I'm on the move.'
- 'I love Under Armour leggings because they're squat proof. You can get on all fours and no one will see anything! (UA Rush Leggings, £65; underarmour.co.uk).'
- 'Puma x Selena Gomez Slip-On Training Shoes (£80; puma.com) have the perfect flat platform for weightlifting and are great for cardio too.'
- 'Batiste's Brilliant Blonde Dry Shampoo (£3.99 for 200ml; boots.com) is a must.'

Q WHY ARE SOME WOMEN STILL AFRAID TO LIFT WEIGHTS?

'There's still this misinformed idea that lifting weights will make you masculine-looking. It makes me so angry! To say we shouldn't lift weights because it doesn't "look good" is Victorian! The best thing you can do for your body is to be cardiovascularly fit, and to have optimal muscle mass for your genetics so your body can work at an optimal level, maintain and sustain itself, and fight off disease more efficiently. Increased muscle mass is just as healthy for women as it is for men, as it is for the old and young. Thankfully, female body image is changing, and it's becoming outdated to say women shouldn't lift weights.'

Q WHAT DO YOUR OWN WORKOUTS INVOLVE?

'It depends on my goal. If I'm trying to gain muscle, I'll lift heavy weights four to five times a week over three-months, building my calorie intake up to 2,000 a day (right for my basal metabolic rate). If I'm in a fat-loss phase, I'll slowly decrease my calories to 1,400, and train six times a week with a mix of weights and cardio. I'd love to have more muscle but it isn't that easy to build muscle as a woman. When I'm in "physique shape" for photo shoots, I look tiny. I get so many women asking me how they can "tone up", but the answer doesn't lie in a fluffy pink supplement – it involves increasing your muscle mass and decreasing your body fat. Lifting weights really is the answer.'





BULGARIAN SPLIT SQUATS ON BENCH

- Place a bench about 50cm behind you.
- Carefully place one of your feet up on the bench behind you, resting top-down. Make sure the toes of your standing foot are pointing forwards (A).
- Standing up straight and bending only at your hip and knee, come down into a low squat (B), before pushing back up through your standing heel to standing (A).
- Repeat this movement for the full number of sets and reps on each leg, holding a kettlebell or dumbbell of the same weight in each hand once you've got the hang of it.



ELBOWS TO HAND PLANK

- Lie on your front on a mat with your feet hip-width apart. Come up onto your forearms and toes to a low plank position. Make sure your elbows are under your shoulders (A).
- Pushing against your toes and forearms, lift one arm at a time to rest on your hands, so you form an elevated (or 'hand') plank (B).
- Keep a straight back. Come back down to rest on your forearms, one arm at a time, and then push back up on to your hands.
- Repeat as many times as you can until you're exhausted.



BENT OVER ROWS ON BENCH

- Place a dumbbell on the floor on the right-hand side of a bench. Keeping your right foot on the ground and your toes pointing forwards, place your left knee on the centre of the bench, then bend over and grip the top of the bench with your left hand.
- Keeping your back straight, slowly pick up the dumbbell with your right hand, keeping your arm tight in to your body as you do so (A).
- Bend your elbow to pull the dumbbell up into your armpit region and hold the dumbbell there for a fraction of a second (B), then slowly extend your arm to bring it back down (A).
- Continue this movement for the full number of sets and reps, then repeat with the other arm.



HYPEREXTENSIONS

- Lie face-down on a mat with your legs together and place your hands either side of your head (A).
- Slowly lift your upper body and legs into a lower-back crunch (B).
- Engage your glutes and core while doing this exercise.
- Hold this position for a few seconds, then repeat this movement for the full number of sets and reps.



Transform Your Body With Weights (Bantam Press; £16.99) is out now. Photography: Sam Riley