

SMASH YOUR GOALS!

Want to have your healthiest year yet? We asked superstar PT **Jillian Michaels** to share her motivation and mindset secrets for success – and an exclusive fat-burning workout – so you can reach new fitness heights in 2022

WORDS: Joanna Ebsworth

Health and wellness expert Jillian Michaels is the creator of THE FITNESS APP BY JILLIAN MICHAELS. Visit jillianmichaels.com for more information and keep up with her at [@jillianmichaels](https://www.instagram.com/jillianmichaels)

As we wave goodbye to the damp squib that was 2021, many of us are feeling more than ready to embrace change, set new challenges and make 2022 the year we finally hit our fitness goals. And if there's one woman on the planet who knows all the secrets to undergoing a successful body transformation, it's health and wellness expert Jillian Michaels.

The world-renowned personal trainer, businesswoman, author and television personality has been helping people become the best versions of themselves and lead healthier, happier lives for more than two decades. Her fitness DVDs alone have sold over 100 million copies worldwide, while her workout platform, *The Fitness App* By Jillian Michaels, is the top-rated diet and exercise app for women, having won a host of 'best-of' awards from both Google and Apple.

So, who better to ask for some advice on how we can get fitter this year than the global fitness superstar herself? Read on for Jillian's tips on how to successfully set goals and stay motivated over the next 12 months as you embark on your own exciting fitness journey.

Is the new year the best time for setting health and fitness goals?

'Every single second provides a fresh opportunity to make better choices for yourself. However, new year is definitely a catalyst for change in that it helps to provide a psychological "clean slate" or new beginning. Personally, I would take advantage of any and every opportunity that provides some inspiration and momentum, with the caveat that new year is a great time to set goals, but anytime is a great time. So, when it isn't new year, don't wait to make healthy changes. Act on them when you are inspired.'

What's the most effective way to set goals?

'The key to effectively building up moments

of inspiration is informed action: taking action when you feel inspired to do so, but making sure that the action is researched, informed and thought-out, to minimise failure and optimise chances for success. This helps to keep people motivated all year round. Getting informed requires a very strategic approach. Breaking the big goal down into smaller goals is key.'

How do we break down our goals for success?

'I recommend a goal pyramid. You literally place the long-term goal at the top of the pyramid and break it down into smaller goals over time. For example, if you wanted to lose 20lbs in three months, you would then break that down

into monthly goals of 7lbs a month, which breaks down into 1.7lbs or so a week. This means you need to have a calorie deficit of roughly 800 a day. Then, the daily goals break into immediate goals like: "I need to meal prep for the week" or "I need to look up how many calories are in this meal" and "I need to exercise 30 minutes today to hit that calorie deficit", etc.'

What's your top advice for people who have struggled to get fit before?

'Arguably, the most – or one of the most – important components to achieving success with anything in life is consistency, especially with health- and fitness-related goals. Being consistent requires a few critical things. The first is a "why" or a purpose. Work with a purpose becomes a passion. Work without purpose simply feels punishing, and no one is likely to sign up for that. So, if you have the "why", you can tolerate the "how", which is the work and sacrifice required to achieve your goal. Take some time to really think about why you want to set this goal and the ways in which your life will improve.

'Second, you want to find things you like or at least don't hate. I could tell you all the most effective fitness techniques and guide you on how to do them in ways that are safe for

your fitness level, but if you would rather stick needles in your eyes than do strength training, metabolic circuits and HIIT intervals, it doesn't matter how effective they are if you won't show up for them. Pick a few things you enjoy – such as dance, yoga, swimming, hiking, boxing and Spinning – and do them. Remember that consistency is the most important component, so whatever you think you will show up for, you need to incorporate often.'

How can we be our fittest in 2022?

'Everyone is different, obviously. We want different things and we are passionate about different things. Some people want to get fit to slide into a brand of skinny jeans and some want to get fit to become a centenarian. Some want to feel more comfortable having sex with the lights on and some want to be strong, healthy role models for young kids. Some want to reclaim their health because they lost a loved one to an obesity-related disease. The list goes on and on. There is no right or wrong answer, but what is critical is that you are passionate about it – passionate enough to do what is required to achieve it.

I can give many examples of the ways in which living healthier will



have overwhelming positive effects on your life, but what's important is that you care about it.'

Does losing weight always come down to hard work and discipline?

'It depends on how you view what is required. It requires knowing about

How do you stay in such amazing shape?

'I am in maintenance mode, which is much easier than trying to achieve a bigger goal. For example, I don't need to burn excess calories in a day because I am not trying to lose weight; I don't need to

'You must move your body. Exercise is the most effective way to boost your metabolism'

calories – how many daily calories you are eating, and being sure that number is less than the number of calories you are burning that day. It requires using common sense with your foods and making some sacrifices. We all know not to drink soda or get fries on the side and opt for salad instead, but the key is following through with those choices. And then, you must move your body, because this is how the body burns stored fat: by demanding more energy via increased activity, and fat is stored energy. Plus, exercise is the most effective way to boost your metabolism. So that's what is required, and anyone who tells you otherwise is simply lying and selling you a false bill of goods because magic bullet solutions are easy to sell, even though they inevitably don't work.'

train as often or as hard; and I don't need to focus on restricting my food intake. I am not training for a specific event like a marathon or triathlon, so I don't need to spend hours training or carb loading. My regimen is very simple. I put in four 30-minute sessions a week of the most effective fitness techniques – strength training, HIIT and mobility work – I eat as many calories as I burn in a day (around 1,700-1,800), and I use common sense with my food choices by eating real whole foods. I'm also a supplement junkie, and I think this gives me an edge. I take collagen with MSM glucosamine, chondroitin, organic greens, adaptogens, krill and pre/probiotics.'



You're famous for transforming bodies. What's the secret to your success?

'It's the aforementioned: having a "why" and then doing the work to achieve that "why", such as eating intelligently and moving your body. Period. I promise you it's that simple. Notice I didn't say "easy", because it does require work and sacrifice, but it is that simple. If you look on my socials, you will see all the success stories people post in The Fitness App forums and in the Jillian Michaels Community Facebook group. Each and every one of them says the same thing: "I finally decided to take action

and follow through. I ate less and ate a bit smarter, and I exercised consistently. Boom – goal weight hit".'

What are your tips for sticking to a new workout regime?

'Everything hinges on that "why". Why do you want this in the first place? How will your life improve? Think about this deeply. In detail. Write it down. Visualise it. Tell everyone about it. Commit to it with every cell in your body. Then start to break down the "how" because once you have the why, you can tolerate the how.'

THE WORKOUT

This AMRAP (as many reps as possible) workout will help you burn fat fast and build lean muscle from top to toe to promote weight loss, all-over toning and improved fitness. To do it, perform each of the eight moves in the order shown, doing as many reps as possible for 30 seconds before moving on to the next exercise without resting. After completing one round, rest for one minute, then repeat the round two more times. If you have a good existing fitness level, you should perform the plank and bicycle crunches for 60 seconds each time.

PUSH-UPS

Works your upper body, including your chest, shoulders, arms and core

- Lie face down, toes tucked under and hands on the floor at chest level, slightly wider than shoulder-width.
- Brace your abs and push up until your arms are fully extended, so your body forms a straight line from your heels to your neck (A).
- Inhale, then lower your body by tucking in your elbows and pulling them close to the body so that your upper arms form a 45° angle with your torso (B).
- Pause, then exhale and push yourself back to the start position. Focus on keeping your core engaged to prevent your hips from dropping.



MOUNTAIN CLIMBERS

Train your entire core while improving your cardio fitness, agility and endurance

- Assume a straight-armed plank position so your body forms a straight line from your shoulders to your ankles.
- Lift your right foot off the floor, and slowly raise your knee as close to your chest as you can (A).
- Return to the starting position and repeat with your left leg (B) to complete one rep, then continue alternating at pace.
- Focus on keeping your hips low and your core engaged at all times. Until you master the technique, without losing good form, keep this move slower and more controlled.



SUPERMAN ▶

Strengthens your back, core, glutes and hamstrings to the max

- Lie face down with your arms straight, extended forwards, and head and neck in a neutral position (A).
- Keeping your mid-section stable, inhale and, as you exhale, lift your arms and legs off the floor, feeling the contraction in your lower back and glutes (B).
- Hold for a count of two, inhale, and slowly lower your limbs back down. Focus on maintaining slow and controlled movements. Keep your gaze down and don't bob your head.



BURPEES ▼

This full-body move will raise your heart rate to boost fat burning

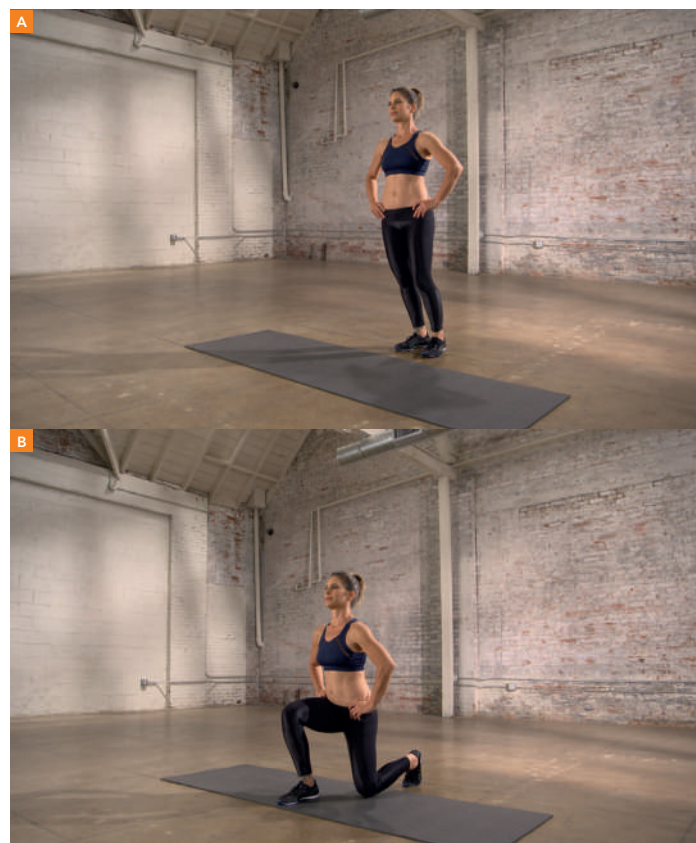
- Stand with your feet shoulder-width apart. Lower into a squat position and place your hands on the floor shoulder-width apart (A).
- Then, with your weight on your hands, kick your feet back so you're on your hands and toes (B).
- From this position, jump your feet back to your hands (C), then reach your arms over your head and, finally, jump quickly into the air (D). That's one rep.



ALTERNATING FORWARD LUNGES ▼

Work your hamstrings, quadriceps and glutes

- Stand with your feet hip-width apart and hands on hips (A).
- With your chest and chin high, inhale and take a long step forward with your right leg, until both knees are bent at 90° (B). Ensure your front knee doesn't go over your toes.
- Exhale, push off your right leg and return to start position. Repeat on the other leg to complete one rep.





SQUAT JUMPS ◀

This explosive move works your lower body and core and gets your heart racing

- Stand with your feet shoulder-width apart and your toes pointing forwards, with your arms loose by your sides.
- Inhale, bend your knees and lower your hips into a squat until your thighs are parallel to the floor (A).
- Keeping your head up and core engaged, jump up explosively and swing your arms into the air (B). Land with soft knees, then repeat.



STRAIGHT-ARM PLANK ◀

This isolation exercise trains your deep core muscles for a flat stomach

- Start by lying on your front with your legs straight out behind you and your hands placed on the floor beneath your shoulders.
- Tuck your toes under, engage your abs and lift your hips off the floor as you fully straighten your arms to come into a high-plank position.
- Keep your shoulders directly over your hands and look at the floor. Focus on keeping your abs and glutes squeezed hard throughout so that your body forms a straight line from your shoulders to ankles.

BICYCLE CRUNCHES ▶

This twisting crunch works your core, upper and lower abs and obliques

- Lie on your back with your feet off the floor, knees up above your hips.
- Place your fingertips to your ears, keeping your elbows wide, and lift your head off the floor.
- Exhale, peel your right shoulder across to your left side as you extend your right leg, bringing your right elbow to your left knee (A)
- Inhale, return to centre and exhale to move in the opposite direction (B) to complete one rep, then continue alternating sides.
- Focus on keeping your upper back off the floor, to maintain tension in your abs. 🌀

