



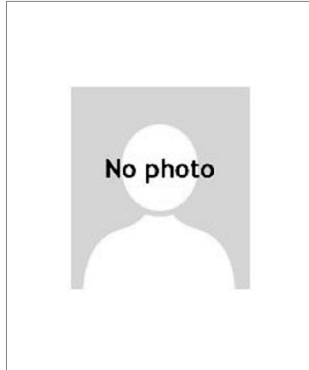
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Is personal training the way to Jennifer Aniston's body? Week 2!

Posted at 4:53 PM on Tuesday, August 24, 2010

I am alive! Quite an achievement in itself after the most stressful week at work, busiest time at home, all combined with three early PT sessions, whi

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Is personal training the way to Jennifer Aniston's body? Let's find out...

Posted at 11:31 AM on Wednesday, August 18, 2010

Just like any girl around, I read the monthly glossies like Elle, Marie Claire, Vogue and the weekly magazines like Grazia and Look too – yes, I hold

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Is personal training the way to Jennifer Aniston's body? Week 2!

Is personal training the way to Jennifer Aniston's body? Week 2!
Posted at 4:53 PM on Tuesday, August 24, 2010

I am alive! Quite an achievement in itself after the most stressful week at work, busiest time at home, all combined with three early PT sessions, which pretty much involved me moaning to my lovely trainer every time he looked in the direction of the kettlebells and then getting into delirious smiling mode – that's what happens when you're waking up at 6am. My body can barely function without coffee, let alone stay awake while exercising, instead I'm in fits of laughter and bright red – I now get it when I see girls training with full make up on, great attempt at covering the red monster about to come out but I am just not that type of girl (yet?). I have also come to understand that the top to toe, or toe to top approach preferred by my trainer, Alex, basically means that two days later, you will be challenged when attempting to just sit down in your office chair and lift your cup of coffee...



I have to say my body is in shock, but a great one... To give you the lowdown on my last three sessions, I've finally made peace with the kettlebells and have agreed to go up in weight in every series - smiles get bigger, so do the muscle aches... I have taken a trip to Eastern Europe with Bulgarian split, Romanian deadlift and Russian twist. I had a 'general moan day' when I begged Alex to give my legs a rest! I suggested Yoga and going home, he understood biceps curls, 30-degree incline dumbbell press, pull ups and dips – clearly not speaking the same language but it was worth it.

The best lesson of all with personal training is that when you are starting to think you're pretty good at all these, you think you've made peace with the kettlebells and sumo bar, and yes you will do another three million squats, well that's when they decide to throw in completely new exercises – yes it's all about the challenge! Side lunges on a bosu ball without falling, sounds easy, looked graceful when performed by my trainer, but more like Bambi on ice when I attempt to do it. I don't think I had even seen a bosu ball before (apologies to my editor for my lack of fitness knowledge) but now I know the type of pain it gave me, it has become my new kettlebell... well at least for another two sessions, and then I'll enjoy it!

I am finding new muscles and I am getting an understanding of how posture is important, and not just when you exercise. And the biggest revelation of this week: I like exercise and I love personal training, it's fun, challenging, and even though I am not quite Jennifer Aniston, I am becoming healthier and starting to feel the tone effect. Joanna Berggren, Director of Nordic Balance, has devised a new plan for next week because exercise is like Quality Streets, it's all about variety...

Next update on Monday!

For more information on Nordic Balance, visit www.sw1gym.co.uk or www.nordicbalance.co.uk - Membership as little as £45 per month, no joining fee and no monthly contract
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