



Female Lower Body Development

"Hi Kyle,

Since your asking the question how can I help you...I do have a question I have been trying to figure out. I know target toning is false and that total body conditioning/aerobics is the best over all, which leads me to How Does one build their Glutes and Hamstrings.

I have been teaching aerobics for 2years (kickboxing, cardio on the ball and weights) and played around with the Body for Life last January, I did see good results, however, my lower half seems to need a lot of special attention. Would you suggest lots of reps of squats, deadlifts and lunges lifting heavy? HELP!

Thanks,

Heather"

Kyle Responds:

Heather,

Even though you are very active as and an avid fitness enthusiast this problem is quite common among all women.

Your problem likely has multiple aspects and the answer to your question is not as easy as saying that you need to do more repetitions of certain exercises (if it was, then you probably would not have that problem!).

Let's first take a look at body fat and where it is stored in women (it's a little different for men by the way. We tend to have our stubborn fat in the midsection more-so than women).

As you stated above, your hips and gluts are a "problem areas" for you. Many people refer to body fat in this area as "stubborn" body fat. Stubborn for the reason that despite our best efforts with diet and exercise it still does not seem to go away.

Most women tend to store more body fat in these areas of their body and there is a reason why your body stubbornly stores fat in these areas.

You see, there are different types of receptors on the fat cells in those areas that we define as "stubborn."

These receptors are know as Beta receptors. The receptors on other fat cells in our body are know as Alpha receptors.

Yes, there are different types of fat in your body and your body gets rid of some fat faster than it gets rid of other fat.

When you start eating in a more supportive manner and exercising more your body will start to use the stored energy in those fat cells that have Alpha receptors.

You will lose fat and get leaner typically in your face, arms, and upper body but the stubborn fat areas still seem to hold onto the fat.

That is just the way that our bodies work so in order to get rid of that stubborn fat you need to ramp things up and change your approach a little.

As you said, you noticed that you achieved better results when you followed the Body for Life program. The BFL program is a great introductory program because it includes the three things everyone should always have in their program if they want to achieve the best results:

1. Progressive Resistance Training

2. Moderate Cardio
3. Supportive Nutrition

The problem with the BFL program is that it can only take you so far.

It is limited in that it does not provide the necessary variety for you to continue making gains.

The human body gets really bored with the same program for too long and each time you repeat that program the results that you get from it diminish.

In order for you to spark new results you will need to experiment with different types of training programs.

You will likely have to try a different type of training program that uses different set and repetition schemes, a different format (instead of pyramid sets, try supersets, tri-sets, giant sets, circuit training, etc).

When I interviewed Lori Incledon, author of Strength Training for Women, she stated that women should be lifting heavier weights more often in order to achieve the bodies that they wanted (check out the interview I did with here: <http://snipurl.com/j7h4>).

Put the pink, plastic-coated 2-pound dumbbells down and start lifting some real weights.

By challenging your body with regular variety and progressively heavier weights you will see the changes that you are looking for.

The mistake most people make is that they do the same thing all the time and expect a different result.

If you want to see changes in your body you must change what you are doing with your body on a regular basis so that you can give it the stimulus it needs in order to change.

Lori Incledon also stated that shorter, more intense cardio sessions can be a great tool to spark new results and improved progress. Stop doing tons of long slow cardio and start challenging your body with some more

intense cardio (interval training is a great tool!).

Now, on top of everything that I stated above your nutritional intake will likely have to change in order for you to decrease your stubborn fat stores.

Even female fitness models carry a little extra body fat when they are not in competition shape. When they are getting ready for a competition they usually follow a strict competition-diet that helps them get rid of that stubborn fat and reveal a lean physique.

Understand that a competition diet is not fun at all to follow and that it is not necessarily the healthiest thing in the world to follow (there are health risks involved in having too low a body fat percentage).

The good news is that once you have been at a really low body fat percentage your body is more likely to stay leaner after you finish the competition diet and gradually increase your calorie intake.

Getting to a really low body fat percentage is not easy as your body wants to fight you the entire way. Your body does not want you to get leaner because it sees that as a threat to survival (and your body wants to survive above all else!).

So you see that those problem areas that you have are a result of the way that our bodies work and in order to attack those areas you will need to make some changes.

If you are 100% committed to achieving stellar results it can be done just understand that it is not easy, there are no quick fixes, and that it will take some learning and some serious work on your part.

For many people the cost of this goal is not worth it.

The choice is yours. Just remember that there are other worth while goals for you to train for if being super lean is not something you want to do. I learned that lesson a long time ago and it has served me well since then.

I hope that answers your question and please let me know if I can help further!

Train with purpose,

Kyle