

Alpha Fit
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WARM UPS

Essex boys take a lesson

WHAT'S THIS? A fitness DVD for both men and women where the girls take the lead? Yes indeed. The 60-Second Promise (£8.99 from Metrodome Distribution, metrodomegroup.com) features high intensity body weight exercises, but while the moderate intensity exercises, covering lower body, upper body and total core, are led by Carl Prince, the high intensity workouts are left for ladies under the instruction of Simone Dailey. But Carl, a 30-year-old Essex lad who has been a personal trainer for 15 years, says the split was made partly because high intensity exercises are something men are only getting into now.

He certainly thinks more



should try them. He admits that men might have been put off the idea of them in the past because of their association with Jane Fonda in her leg warmers, or the latest celebrity – that was certainly the reason why he has turned

down offers to appear in such DVDs before. But the industry is moving away from that now. “I was shattered doing these sessions,” he says. “It really is a type of fitness men don't often do.”

He says the title of the DVD is a bit misleading. “It actually means doing 60 seconds of intensive exercise,” he says. “We are certainly not saying, as was claimed recently, that you only need to exercise for three minutes to make a difference.”

The programme is structured, so that you can focus on two body parts each session. But you should really take at least 30 minutes to do the whole workout. “With these kinds of exercises,” he says, “you need time to stretch out.”