

Get The Ultimate Bikini Body

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Having a personal trainer sounds divine—someone to motivate you, to tell you how many more reps you have, to help you with healthy eating... But let's be serious—in today's economy, hardly anyone can afford them. Declan Condron, an exercise physiologist who has been in the business for over ten years, has created **PumpOne FitnessBuilder**, the first portable personal fitness trainer. This device covers training methods and works with any portable MP3 players or Smartphone. Simply download the application and you'll be guided through complete workouts.

Condron also offers five great tips to become, and stay, bikini ready.

- 1) **Try to Do Something Everyday:** No matter how simple it may seem. This does not necessarily mean you have to be at the gym everyday for hours; by making some smart decisions you can add in exercise in short spurts throughout the day, like taking the stairs.
- 2) **Don't Get Caught in the "Spot Reduction" Rut:** Spot reduction does not exist. It refers to the idea that if you do a ton of exercises for a certain body part, it will become beautifully sculpted. This is unfortunately not the case. The best way to lose weight and gain muscle tone is to perform a total body conditioning program and eat a healthy diet.
- 3) **Focus on a Small Goal:** Don't psych yourself out by trying to lose 25 pounds; concentrate on a smaller number like losing 1 to 2 clothing sizes.
- 4) **Avoid those Tasty Summer Thirst Quenchers:** Come summer, people break out the blenders and mixes to whip up margaritas and daiquiris, but all that sugar and alcohol can play a very detrimental role in losing weight and gaining muscle. Alcohol is empty calories with no nutritional value. It also can increase fluid retention, which leads to bloating, the last thing anyone wants when in a bathing suit!
- 5) **Don't Stick to the Same Workout:** Have an all-round conditioning program that includes strength training, cardio, and flexibility training. An ideal plan has three days of strength training, two-three days of cardio, and stretching as often as possible.