

Mukesh Kumar, a personal trainer at Gold's Gym in Al Nahda, Dubai shares how Anand Rodrigues, a financial consultant underwent a Total Body Transformation (TBT). **Miranda Raad** reports.



TOTAL BODY TRANSFORMATION

THE PROBLEM ACCORDING to Anand My line of work can be demanding and the sedentary lifestyle has made me pack on the pounds over the last seven years of being in Dubai. With the proverbial 'Dubai-stone' weighing me down, the haphazard eating, hectic social life and lack of exercise led me to weighing almost 100kgs. At 32, I looked like I was 40 years old. It was time to change.

The Transformation according to Mukesh

After four months of living a disciplined lifestyle and vigorous one-on-one training at the gym, Anand now weighs 81.8 kilos. When he came in to see me, he weighed 94.4 kilos. Buoyed by his success, he has vowed to continue training and bring down his body-fat percentage. He even wants to get the 'abs' which till now, were only a distant dream.

Reason to change . . .

Anand's blood tests had shown an increase in the LDL (bad cholesterol levels) and Triglycerides as well as decreased HDL (good cholesterol levels). When I met him initially, I was happy to see he was self-motivated and ready to make major lifestyle-changes and improve on fitness levels. It was his main resolution for the New Year. So far he has not let himself down.

The training journey

Initially, Anand struggled as his body wasn't used to exercise and strength-training but his positive attitude helped him overcome these initial challenges. Anand explains "I wanted to lose weight, get fit and reduce my bad cholesterol/triglyceride levels. Once I started training, I realised just how great it feels to look good and be strong. The prospect of building a lean and athletic physique somehow does not seem so impossible afterall. Mukesh is helping me realise my goals."

The Plan

I started him off with a beginners program for weight-loss, but Anand was growing increasingly interested in advanced exercises. He started with low intensity and postural exercises working on every muscle group to create muscle definition, by combining body weight exercises.

Previously, Anand could not run for 10 minutes at a stretch and now he runs and sprints for 50 minutes on a treadmill at high speeds and an incline with no breaks. This, in my opinion, is a significant improvement. I share weight-loss tips and inspirational quotes with Anand which have helped motivate him further. We would train together for 50 minutes including a 10 minutes warm up and stretching. »

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Anand - before



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The trainer

Mukesh Kumar, a 26 year old Indian trainer, is certified from Gold’s Gym University India. He is also a certified R.I.P.60 trainer along with certifications in Kettlebell, ViPR and Olympic Weight lifting. Although new to Dubai, he started his career with Gold’s Gym India more than five years ago. He has been successful in helping people reach their fitness goals and has been instrumental in transforming his clients.

The Trainer’s Tips...

As a fitness coach, I support my clients by doing a fitness composition and test (which helps me get more information about their fitness ability). The key is to keep clients motivated and help them set a fitness goal without injuries. My rewards lie in looking at a transformed client, and learning he/she is finally happy in the body they have.

I always ask my clients what they enjoy most in exercise so I can create an effective fitness program according to their interest. For Anand, we started with some stretching and body weight exercises like knee push-ups, body weight squats, supported chin-ups, planks and sit-ups. He also enjoys body weight and weight-lifting exercises. As the training intensified, we focused more on big muscles like legs, back and chest, which burn more calories than any other muscle groups. I included more power and compound movements in Anand’s gym schedule to maximise his workouts.

I encourage my clients in group fitness challenges too. I make a group of 4-5 clients and motivate them to exercise and compete together for 15-20 days. This helps in creating a challenging environment which leads to my clients ultimately achieving their respective objectives faster.

Mukesh Kumar



What about diet?

I always say “you become what you eat.” I usually advise my clients to eat according to their fitness goals. I know that it is important to eat balanced, structured meals and never skip breakfast. Skipping meals especially in the morning or after workout can be devastating for the body. Post workout the body metabolism is high and needs an energy boost.

I set Anand on a six to eight small meals a day including dairy products, fruits, whole grains, vegetables, lean protein sources and nuts (healthy source of fats). He was given a schedule of meal-times starting from pre-work out (early morning), post work-out (late morning), lunch, snack, evening and before sleeping at night.

Anand's meals...

- Breakfast–Oats/Muesli, milk and eggs
- Snack–Brown bread with peanut butter
- Lunch–Brown rice/Vegetables and grilled chicken
- Snack–Apple + Green tea
- Dinner–Vegetable + Turkey Salad
- Before Bed–Lean Protein Shake
- Before Work out–1 Green apple with black coffee
- After Work out–Lean protein shake with banana

What does Anand have to say?

Back in India, reaching work everyday used to be so hectic that it consumed the calories I had consumed for breakfast right away. My daily intake back home would basically burn the 2000+ calories I consumed everyday. My lethargic lifestyle was the main culprit. It really helped when a Gold's Gym opened near my house in Al Nahda, because that was when I took the plunge and made a resolution to get fit.

The entire staff was welcoming and co-operative. Initially, I found it hard to exercise with stiff muscles and pain in the lower back. I started with their Strong Start program, and enrolled for another 20 personal training sessions.

When I met Mukesh and explained my chief health concerns, he was super ready to train me.

Armed with a proper exercise regime, diet plans and a professional like Mukesh monitoring my progress continuously, I have transformed my lifestyle completely. I am both physically and mentally more active now, having lost nine kilos in just two months' time. I have also undergone a difference to my personality, so this psychological transformation went deeper than superficial changes in my appearance. Although I have always been a strong willed person, having a different lifestyle and being health conscious now has brought the youthfulness back in me, which I had completely lost. I feel younger day by day and colleagues, family and friends keep complimenting me on my changed appearance. Looking at my weight-loss, a couple of friends have already enrolled with Gold's gym and I want to inspire my family members to also become similarly motivated. ■



Anand's Starting STATS

Weight: **94.4 kg**
Muscle Mass: **39.5kg**
Body fat Mass: **26kg**
Fat Control: **14.5kg**

Current STATS (4 months later)

Weight: **81.8kg**
Muscle mass: **40.5kg**
Body fat Mass: **13kg**
Fat Control: **2kg**