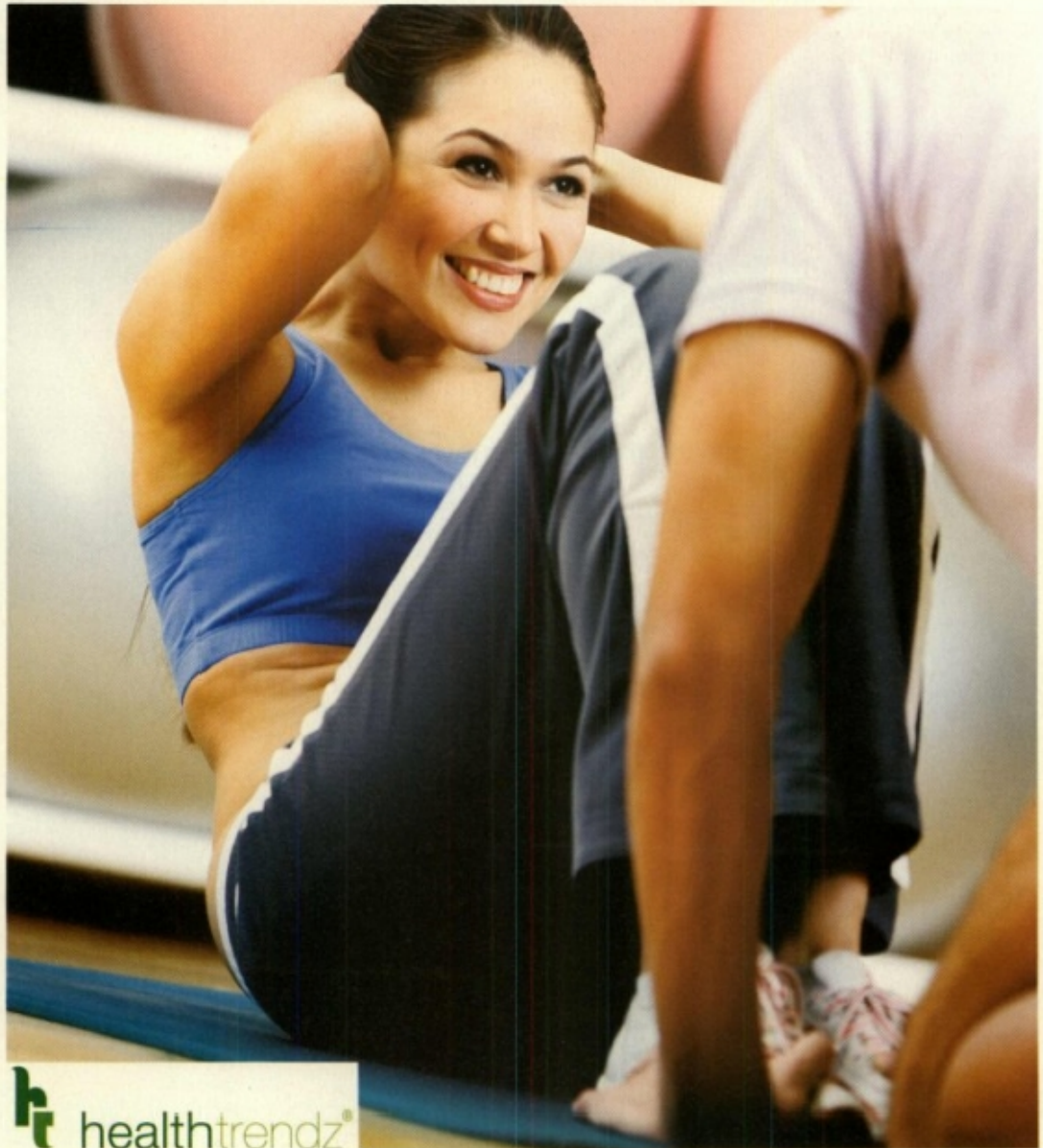



Mexi-can!

In the first of our series of 8 week body challenges, Dubai resident Gabriella Soto commits to our two month program of both personal training and diet, with the aim to get beach fit in time for summer. At the helm of Gabby's training is Tribe Fit's Matthew Glass, with all sustenance and dietary advice provided courtesy of Dubai based meal delivery company, Healthtrendz.



 healthtrendz®

I am the typical Dubai story: I originally came here for a year, just for the experience, and yet three years later, I'm still here. It's become like home with all that Dubai can offer, the opportunities are countless, and I've pretty much established my whole life here. Other than the distance from home (which is Chihuahua, Mexico!), I wouldn't change a thing about this great city.

Exercising has never been my priority, however, last year during a phase of "I need to get a healthy hobby" I trained for three months and then completed a half triathlon. A few weeks later I started having intense lower



back pain, went to the doctor, and got diagnosed with spondylolysis, which is a small fracture in a lumbar vertebra. I had physiotherapy for a couple of months and was told not to do any exercise that caused any back pain; I was even forbidden to wear high heels! What a great excuse to stop all exercise completely and hit the brunch!

I did realize that I was getting bigger, but whenever I tried to start running again, the pain would come back, causing me to have to rest for at least four days. As I became heavier, my back had to carry around more weight, bringing more pain and becoming a vicious cycle. Ten kilos later, I finally convinced myself to compromise and only for a couple of months, hit the gym and watch what I ate - only two months that might hopefully become a lifestyle.

It's been a few weeks since I've started training with Matt, a professional personal trainer at Tribefit. He has prepared my routines, and takes special care of my back. In these first weeks, not once have I felt the terrible pain that I once thought I had to accept as part of my life.

Don't get me wrong: my body hurts, but it is good pain - the kind of pain that tells me that I'm doing it right.



Weight (in kgs):	87.2 kgs
BMI:	29.5
Blood Pressure:	120/80
Waist (cms):	92 cm
Chest (cms):	114 cm
L. Arm (cms)	33.5 cm
R. Arm (cms):	33 cm
L. Leg *(cms):	71 cm
R Leg (cms):	71.5 cms

Matthew Glass

→ The first 4 weeks of the 8 week plan has been broken down into easy digestible phases, particularly concentrating on small progressions on a weekly basis. The first week is simply a preparation week, goals are broken down, simple assessments and measurements are completed and during the first few sessions themselves it has been largely focused on technique and core strengthening.

→ Following on from the first week, the intensity increases slightly. Focussing still on technique and core but with the introduction of full body conditioning based around body weight movements.

→ Having developed the core, increased the intensity with body weight work and ironed out the technique, a few bits of equipment are introduced to the routine. Focussing again largely on core, technique and body conditioning. The intensity is increased session by session, large movements are used, working more muscles and in turn burning more calories. A stronger core, improved technique and a better idea on weight training exercises, the real fat burning can begin.

