

## Fat thighs with Spinning and Pump?

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Sarah: Hey Vera, are you coming to Spinning too?

Vera: Of course! I've been to Spinning twice already this week! Who is leading it today?

Sarah: Jens! Full power, that's it!

Vera: Cool! And then we'll go to Sheila's Pump in the evening. And then I'll get rid of my flabby legs...

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Such scenes aren't rare nowadays.

Do Spinning and Pump cause slim legs? Will women reach this goal with 4-5 most intensive trainings?

As Paracelsus wisely thought ages ago: it's just a question of dosage! The intensity of a training determines the effect on a muscle. Two factors are decisive here: strength and the pulse rate.

A strict and interval-formed training leads to a stronger muscle development. This means for example that with too strict Spinning and Pump the thighs could fatten their circumference. It's true that the condition will obviously improve through intensive training, the fat layer will slowly diminish but the muscle will quickly become bigger. In this way the legs seem firmer, but remain voluminous. A dosed muscle structure is desirable, but if it exceeds a certain measure of volume then it can be too much for a fitness sportswoman. Everything that is exercised with a lot of effort at short- and medium-term leads to the muscles' thickness growth. What happens is that the protein molecules are stored in the muscle and therefore fatten it. With power sportsmen, 100m sprinters, skiers or athletes it doesn't really surprise anyone.

But the fitness member (female) stops understanding the world when her legs suddenly become too muscular. In her slim & firm-eagerness it escapes her that her training quota is similar to that of a peak athlete.

### **The fitter you are, the slimmer you get - a mistaken belief?**

The intensity and duration of a training is decisive for the way the muscle is going to be developed. Tests and statistics show that the heart beat is at a critical level when it is around 120 beats per minute. At this level, the body burns 50% fat and 50% glucose. With an increasing pulse it burns more fat and more glucose. If you consider it absolutely, then more fat is burned. But in proportion to the fat and glucose burning, the energy supply predominates over the glucose. It can amount to 80%. This phenomenon causes hunger. As a reaction, the food intake increases and the muscle development is encouraged.

In order to stay fit without an unwelcome muscle development you need to train less intensely but for a longer period: walking, low-impact aerobics, not too intensive ergometer-programmes, light jogging, also training programmes with a pulse rate around 120 beats per minute. In order to reduce the percent of fat with these low pulse rates it is however necessary to train at least 2 or 3 times a week for an hour or two.

Regular strength training complements the desired training effect. A submaximum tiring training is certainly worthwhile. For instance: 2 series of 12 repetitions (REP) with a repeat maximum of 15 REPS; pause between the series: 3 minutes, or another muscle group in between.

When spinning, you should pay attention to two parameters: On the one hand, the effort should not be too high for the legs. As a guideline, you should always train with reserves. You should adapt your resistance in such a way that you think you could go on for at least another half-hour. On the other hand, you should make sure that your pulse does not go up too much. As a guideline, you should always be able to chat with your neighbour, obviously not during short-term sprints. Resistance and pulse are ok if you can say 5-6 words without pausing for breath, but you shouldn't be able to sing an air. While spinning, the use of a heart-rate monitor is recommended. In fact, you can confirm your subjective intuition with the new and comfortable sphygmographs, and in this way you can deal with a controlled cardio-training.

During Pump, you should be careful not to let your muscles go into lactic acid. In particular, perseverance in knee-bent- or plié positions unnecessarily pumps up the muscles. It is better to stand up in between, shake out your legs, breathe deeply and carry on again later. Likewise, you should not lift too heavy weights or carry out the biggest possible movements.

Some fitness sportsmen do not dispose of 2-3 hours' time to train. If you only have one hour to change - warm up - train - stretch - take a shower and change again, then you have to be open to compromises. Otherwise, your effective training will be reduced to a maximum of 30 minutes.

In this case - if you don't have much time - it is sensible to train with a higher pulse in order to burn as much fat as possible. As a rule, your pulse should be 170 minus 1/2 your age; if you are sitting on a bike, subtract another 10 beats.

In any case, you should always train with reserves and never reach your limit. Drink a lot during and after your training. During your daily routine try to climb up the stairs as often as you can and integrate lots of exercise. And that's how you'll manage to have your own Low Impact Training with a pulse rate between 100-120 beats a minute - all of this far away from the fitness club.

Whoever aims for slim legs should train less intensely but for a longer period, with a pulse rate of around 120 beats a minute. Later, with training and patience, you can always burn mainly fat by increasing your pulse rate.

You can learn this wisdom from stamina-peak-athletes. You have never seen a marathon runner with fat legs, have you?

How to develop muscular legs	How to develop slim, firm legs
- short- and medium-termed, plenty of strength, high pulse	- long, very long constancy, little strength, low pulse with 100-120 beats/min.
- short, repetitive and very rigorous efforts, for ex. uphill sprints with tough resistance	- long, less intensive efforts, for ex. walking, light jogging straight ahead, low impact aerobics
- continual, long, intensive efforts, for ex. long uphill riding against tough resistance	- long lasting, little to medium intensive efforts, for ex. pulse-controlled, medium-intensive spinning
- isometric, long lasting efforts, for ex. long perseverance in knee-bent- or plié positions- during strength training: 8-12 REP with 70-85% effort, 3-5 series, fast motion	- dynamic training with big, joint-considerate movements, for ex. truly measured strength training or Pump
- during strength training: 8-12 REP with 50-70% effort, 3-5 series, slow motion	- repetitions with more than 3 min. (aerob.) slight effort, accomplishment with breath rhythm, no maximal tiredness
- during strength training: 8-14 REP with 85-100% effort, 3 series, negative slowing down	- repetitions with more than 3 min. (aerob.) slight effort, accomplishment with breath rhythm, no maximal tiredness
- during strength training: 6-10 s., with 70-90% effort, 3-5 series, statically isometric	- if you are training for a complete tiring out, do 20-60 REP of submaximum tiring training, because the production of lactate is high between 30 and 120 s.,
(pauses during the series: always 3 min.)	- long effort for 30-120 s. with 30-50% of the available strength, 2-3 series, submaximally tiring with pauses of 60-90 s., static