



Lift like a girl
 Been back at the gym for a few weeks and want to crank things up a notch? Heavy weight training might be great for your goals, but be prepared to mix it up. “Changing the number of repetitions or switching exercise methods will keep your body guessing,” says trainer Carly Tierney. “Increase the weight by 5 per cent of what you’re used to, or do a few extra repetitions and try drop sets – using your heaviest weight on the first set, second heaviest on the second set, all the way down to your lightest weight for the last set.” Rack ‘em up!

Fuel your fitness
 ...With these smart nutrition buys



THE ENERGY BALLS
 Exerciser, meet chia almond – the latest addition to the Bounce Natural Energy Balls family (\$3 each, au.bouncelifestyle.com). Consider your omega-3 intake boosted by 40 per cent!



THE PROTEIN BAR
 Salted caramel + banana. Enough said. But here’s more anyway: the Slim Secrets Salted Caramel and Banana Bare Bar (\$3.60 each, slimsecrets.com.au) is low carb and gluten-free to boot.



THE VITAMIN WATER
 Stay hydrated and nutrient-replenished post-workout with Nutriway PhytoPowers (\$86.35, tubs, and \$57.30, sticks, amway.com.au) in cherry, lemon or orange. Pour, mix and go!



THE WELLNESS SACHET
 After all that exercise, your body will thank you for the hit of antioxidants and probiotics in BodyScience Green Tea TX100 Wellness Sachets (\$58.46 for 60 sachets, bodyscience.com.au). >

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