

Craig's Personal Training Plan – tailor to suit

First things first, define your goals. Maybe you need to survive 90 minutes on the pitch, lose the moobs or impress women with your guns. It'll be one of those and you need to be honest to yourself about which. You can tell your mates or your doctor that it's about health and fitness and la-di-blah, but no-one's going to believe you and the only person who'll get you down the gym is you anyway. So, recognise the truth.

Second, choose your gym carefully. There are council leisure centres which'll meet your basic needs but since when was this about your basic needs? Those are food and sex and this process is about you getting more of both. So: invest to impress. But think it through – if it's an effort to get there, you won't go. You could buy your own gym equipment and use it at home, but that is not the way to meet girls.

Third – you don't need fancy gear or special sports drinks. You're not an athlete yet. The rules are: decent trainers, no T-shirts you got free when you bought that 12-pack of lager and a little support. I'm talking briefs, not boxers.

Right, once you're ready to work out you'll notice some blokes are doing warm ups. Forget that, you need to sweat. So start running. Yeah, faster than that.

Once your heart rate's up, try lifting some weights. Not just your own carcass but don't overdo it. Technique matters here. Stevo put his back out trying to show off the other day. None of us are getting any younger so watch it.

That's a point actually, the gym's a distracting place with girls in lycra bending down and stuff. Watch, but don't watch, yeah? They're human beings too.

Now, you don't want to overdo it with a work out. If you've chosen well your gym will have a jacuzzi or sauna or something else you can claim is healthy while you're just sat on your arse. Make full use of all the facilities. Not the café though. They'll try to sell you seeds or yoghurt or crap like that.

You might want to think about your lifestyle in general but remember this: life is for living. Eat up.

For more wisdom from Craig see Park Life <http://amzn.to/PztrGs>
Katharine D'Souza 2012