

# Ask Obi

Your fitness and body shaping questions answered by top fitness model and fitness expert **Obi Obadike**

**Q** *I am a female who is 36 years old and my biggest problem area on my body is my triceps. What exercises can I do to improve and tone up this area?*

**A** The back of the arms are one of the biggest problem areas for women, as they typically carry more fat there than almost any other place on their body. Although weight training exercises are important to help tone your triceps, you also have to follow a sound cardiovascular and dietary plan on top of a weight training plan to effectively tone your triceps.

Here are some triceps exercises that you can do that will tone your triceps: **Triceps Cable Extension with a Rope.** To do this exercise stand with your feet about shoulder-width apart. Your knees should be slightly bent, but not completely locked. Grab the rope with your elbows to the side of your body, slowly contract the triceps and lower your arms. Make sure you to 'squeeze' your triceps when performing this exercise. Do anywhere from 12 to 20 reps for 3 sets taking 30sec rest in between.

The second triceps exercise I recommend is the **French Press on a Swiss Ball using dumbbell.** To perform this exercise sit on the swiss ball, place your feet flat on the floor, position the dumbbell behind your head so that the base of the weight doesn't hit your head and make sure your elbows are pointed straight up. Contract your triceps while straightening your arms - don't lock your arms right out. Do between 12 reps to 20 reps for 3 sets taking about 30sec rest in between.

The third triceps exercise is **Bench Dips.** Grab a bench and from a seated position on top of the

bench, place your hands on the edge as close to your bottom as possible. Slide your bottom off the bench and use your arms to lower your body towards the floor as far as you can. Press back up and repeat. If you feel any joint pain then limit your range of motion. Use your triceps and push yourself back up to the starting position, fully extending your arms while squeezing your triceps. You can increase the difficulty of the exercise by adding a dumbbell or weight plate to your lap or putting your feet on another bench or medicine ball. Do between 15 reps to 20 reps for 3 sets with about 30sec rest in between.

**Q** *Obi, I work late and sometimes I have to eat late. Does eating at night lead to weight gain?*

**A** I know many people who seem to believe in this 'theory', however honestly the most effective weight

management strategy is monitoring your daily calorie consumption as opposed to what time of the day you eat. In a way it doesn't matter if you eat late at night as it will not lead to weight gain. That's as long as you're daily calorie consumption is within the reasonably moderate levels for how much you weigh. The only things that can make you gain weight by eating late at night is your portion quantity, the quality and the health of the food you eat and any mindless snacking. Other than that as long as the portion sizes you eat are spread out across the day and your daily calorie intake isn't excessive and you're regularly working out, then it doesn't matter if you eat a meal late at night. **UE**

**Obi Obadike: B.A, B.S, M.S, CFT, 2010 WBFF Pro Male Fitness World Champion 2010 FMI Male Fitness Model Of The Year**



Picture courtesy of Arsenik Photography