



Obi Obadike

is one of the world's top male fitness models in the fitness industry. He is a fitness expert for more than 10 fitness magazines globally. He is also a MusclePharm sponsored athlete and the WBFF Pro Male Fitness Model World Champion. To contact Obi, visit: www.obiodadike.com

Q: Hello my name is Myk and I am trying to balance my professional life working 10 hours a day with fitness and working out. How can I do that?

A: Prior to entering the fitness industry I used to work in the corporate world and I remember working 10 to 12 hours a week and trying to balance that with having the energy to work out. What I did

to prevent me from being lazy of working out was I would have my gym clothes packed in my car so after work I was forced to drive to the gym from work. If I went home after work and I tried to go to the gym I probably wouldn't go to the gym or I would make an excuse to not want to go.

You have to create different mental things to allow you to never take any real time off from training. I also made sure that I consumed high energy meals during the end of my work day so it would give me the extra carbs and combustible energy to want to work out. When I went to work I tried to bring my meals as that would help me to give me the proper nutrients to able to workout after a long 10 to 12 hour work day. Also another great way to implement working out during your busy professional life is maybe training in the morning right before you go to work. By doing that you actually will give yourself more energy throughout the day training before you start your work day. In fact that may be the best thing for you particularly if you work long 10 to 12 hour days or if you have a busy professional life.

Q: How much time do you think you need to get a quality workout in the gym?

A: You shouldn't be in the gym longer than 90 minutes in terms

of weight-training and cardio. If you are in there longer than that I believe it is counterproductive. So many people think that if they are in gym for a long time that they will get in better shape but actually it is very counterproductive if you are in there too long. I used to train 3 hours a day back when I was younger and I realized that I was hurting myself as opposed to helping myself. I would advise you to split your weight-training to about 45 minutes to an hour and your cardio to about 30 minutes. Anything more than that in the gym would be excessive unless you are severely obese or your body is not responding effectively to your training. Always pay attention to your body when you are training and how it responds to it. If it isn't responding to your training then you need to make the proper adjustments in your training program. **EF**

Got a Question?

Drop your mail to : obi@extrafitmag.com