

# GET RIPPED

## WITH OBI

### THE MOST RIPPED FITNESS MODEL IN THE WORLD

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2010 WBFF Pro Fitness Model World Champion  
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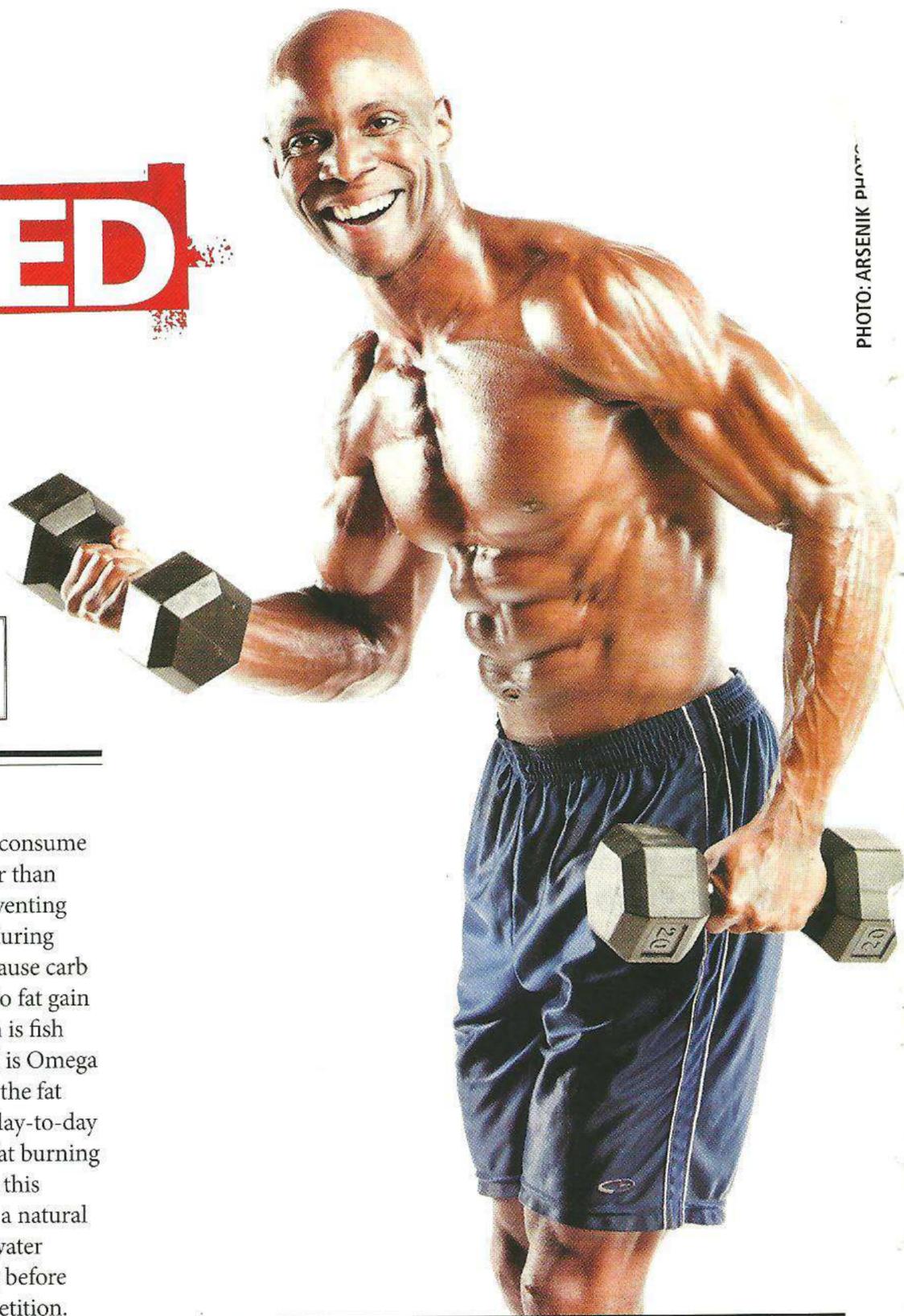


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**Obi, could you tell me what the best fat burning foods are?**

Oatmeal is a great fat burner and easy to cook. It is important to pay attention though, as some oatmeal packages have high sugar content. The second great fat burning food is the old fashioned chicken breast. Always make sure when purchasing your chicken that it is lean with minimal fat. The leanest meat is typically breast, so make sure that is the first option when purchasing chicken. Number three thing is egg whites; these are great for dieting and losing weight. Each egg typically contains about an average of 6-7 grams of protein.

The fourth fat burning food is good old brown rice, which is a slow starchy carbohydrate.

However, make sure to consume your brown rice no later than the afternoon, thus preventing consumption of carbs during the evening. This is because carb consumption can lead to fat gain if it is late at night. Fifth is fish oils and the best fish oil is Omega 3. Omega can ramp up the fat burning effect of your day-to-day activity. Lastly, a great fat burning food is asparagus. I use this quite a bit when I need a natural diuretic to rid the last water deposits from my body before a photo-shoot or competition. Asparagus contains the chemical asparagines, which is an alkaloid that directly affects the cells and breaks down fat. It also contains a chemical that helps to remove waste from the body which in turn helps to reduce fat levels.

**“These are all exercises you can collectively do on the days that you can’t go to the gym, and still get a great workout.”**

**Obi, I don’t have time to go to the gym every day. Can you tell me some exercises I can do to train at home?**

There are so many exercises you can do to train at home. One exercise is doing basic push-ups, which work the chest and triceps. Another exercise is chair dips. This also works the chest and triceps. You can do sit-ups in your living room or bedroom to work your abs. You can do skipping inside or outside your house and this is a

great cardiovascular workout. If you skip for 30 minutes you can burn more than 300 calories. You can also do walking lunges inside your house or outside on your driveway. These work your hamstrings, quads and glutes. Then there are also squats, with your own body-weight as resistance. This works your hamstrings, quads and glutes. And lastly, you can do calf-raises which work your calves. These are all exercises you can collectively do on the days that you can’t go to the gym, and still get a great workout. *ufm*



Have a question for Obi?  
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