

WORK OUT LIKE A PRO: CHARLES BARKLEY'S TIPS



RULE **1** SUCCESS ISN'T JUST ABOUT EATING

Sure, eating is the most important thing when you're trying to lose weight. But you're gonna have to do something to speed up your metabolism if you're going to consistently lose weight — it doesn't matter whether you ride a bike, do the elliptical, or go on the treadmill.

RULE **2** CHANGE IT UP

If you want to lose weight, you have to change your workout all the time because your body is so smart. It adjusts to what you're doing. Trainers I've worked with say "every week, do something different." And they're right. One of the big reasons people can't lose weight is that they're doing the same thing all the time. Try a different piece of equipment or at least go at a different intensity or for longer than usual.

RULE **3** DO WHAT YOU CAN

Right now, I'm not at the point where I think I can run yet, so I'm doing the elliptical and the bike. But when I lose another 20 pounds, I would like to run. When I played basketball, I loved to run because being outside frees you up. You get sick of the gym.

RULE **4** DO WHAT GIVES YOU JUICE

When I'm working out, I listen to music or turn the TV on. When I put on a TV show or sporting event, and I'm on the elliptical or the bike, I could go all day and never even look at the time. I go for at least an hour, or an hour and a half.

For music, I'm a hip hop guy. When I played basketball, I would always listen to hip hop on the way to the game just to get myself juiced up. I wouldn't say I had a favorite rapper, but if I did, I would say Tupac Shakur. I love Jay-Z, love Eminem, love T.I., love Kanye. Hip hop just gives me energy when I want to work out.

RULE **5** WORK WITH YOUR SCHEDULE

I don't get to do kettlebells or cross training a lot when I'm traveling all the time. But when the playoffs are on, and I'm in the same city for something like two months, I can do those two to three times a week. That's an exciting part of my workout, but I can't always get into that routine when I'm traveling so I do other things.

RULE **6** GET IN THE GAME

There's only two type of guys: Those who play sports, and those who want to play sports. And if you can't play it you want to watch it because sports are really cool. But it's even cooler to play.

RULE **7** WORK IT

What made me get to the top of my game? Well, I think number one is just having God-given ability. But you have to work hard. There's no way you can be lazy and play sports.