

Got your own fat loss success story? Email lucy_miller@dennis.co.uk

Lardy to lean

Rob Seymour got on his bike to shed nearly 40kg – but he didn't get a fit and healthy body until he discovered boot camp



First steps to fitness

May 2004 117kg

My workmates had found a new love – badminton. They kept inviting me, but I knew I was carrying too much weight and my knees wouldn't take the strain. They already ached like mad most of the time. Instead, I dug out my bike and went for a 12km ride. Afterwards, my lungs weren't screaming and I wasn't sweating like mad. I enjoyed it and planned to go faster the next weekend.

Serious cycling

September 2004 96kg

Even though I'd lost over 20kg (3st), when I got back from my holidays I was disappointed with the photos. I thought I was smaller than that, so I bought a road bike and upped my mileage from 20km to 27km, four to five times a week. My diet had improved too – I'd swapped my minted lamb sandwiches for salads and hadn't even looked at a dessert for months.

Going too far

February 2005 70kg

At this point I started to think I'd overdone it. People were telling me I looked gaunt and ill. I realised I'd lost the spring in my step and was finding exercise really hard. I hadn't been this light since I was 12 years old.

Finding the right fuel

March 2005 79kg

After some internet research, I realised that my carb and

calorie intake was seriously low. I started eating little and often and quickly regained 4kg. I also started walking 50 minutes to and from the office every day, as well as lifting weights.

Weight on my shoulders

March 2007 89kg

I increased my weight-training routine after injuring my ankle, but then I did my shoulder in as well. Unfortunately, I didn't know any better and carried on lifting heavy weights after I felt a tweak, which made it ten times worse. I was told to rest, but carried on working my legs.

Boot camp benefits

April 2008 86kg

At last I found myself injury-free and ready to exercise again. I discovered that there was a boot camp just down the road (essexbootcamp.com) and went to investigate. The session flew by. If we weren't doing squats, we were running up hills and if we weren't doing that, it was shuttle runs and press-ups. The constant moving and lack of recovery times really pushed me to my limits.

Mission accomplished

August 2009 79kg

I have been going to the boot camp four days a week for over a year now. I love the fact that every session is different. I've also just completed a 100km trek in Yorkshire and an 800km bike ride around Ireland. My next mission is an adventure race – there's no stopping me now. **MF**



Seymour decided to ditch the desserts to get fit

Rob Seymour

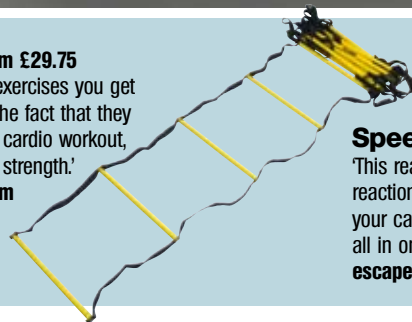
Age: 32
Weight
Before: 117kg (18st 6lb)
Now: 79kg (12st 6lb)
Waist
Before: 112cm (44in)
Now: 81cm (32in)
Life
Before: Chocolates and apple tart
Now: Boot camps, cycling and runs for so long that he gets lost

Rob Seymour's favourite boot camp kit



Kettlebells From £29.75

'I love the variety of exercises you get with kettlebells and the fact that they can give you a good cardio workout, as well as functional strength.'
optimallifefitness.com



Speed ladder £48

'This really tests your co-ordination, reaction speed and builds up your cardiorespiratory system all in one hit. It's fun too.'
escapefitness.com