



Looking for some healthy recipe ideas to go with your training? Check out Dave's Instagram account at @davecatudal



# Time to Tranzend

Whether you're on holiday or at home, David Catudal, international health educator and founder of Tranzend, has put together this no-equipment workout for your best shape ever. And the best part? You can do it anywhere from a hotel room to your living room. *By Yi-Hua Honna*

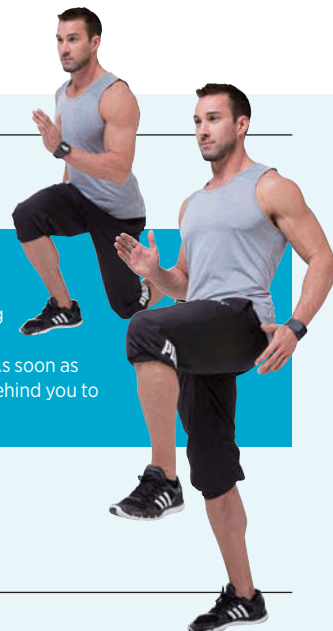
PHOTOGRAPHS BY ETHAN MANN

When it comes to getting into your best shape ever, David Catudal firmly believes that you don't need to have loads of fancy equipment to do it—nor that you have to let your fitness fall by the wayside when you're on the go, whether you're on a holiday or just plain busy. And he should know—as a global health educator who has spent the past year travelling everywhere from Thailand and the Maldives to Qatar and Indonesia developing specialised programmes for wellness centres and gyms, he does these moves too. A celebrity fitness trainer who has worked with the likes of A-listers Kate Hudson and Owen Wilson, as well as Olympic athletes, pro sport teams and Fortune 500 CEOs, and a certified nutrition consultant with a background in kinesiology, he has carved out a solid rep as a physique transformation specialist, so much so that he's even written an e-guide called *The Physique Transformation Book*. His new venture Tranzend (to learn more, visit [TranzendBody.com](http://TranzendBody.com)), a health supplement company that specialises in both anti-stress and detox supplements, aims to help people live better by reducing stress, cleansing your system and boosting your metabolism. It also boasts the Tranzend Body Workout System, developed from his experience working with celebrities and busy working professionals. Using only body weight and free weights, the workout only takes 30 minutes and provides the best possible fat-burning results, while also boosting your mobility, core strength, agility, power and stamina, not to mention your metabolism. Power through these seven strategic moves for an effective HIIT sweat-sesh that promises to challenge you no matter how fit (or unfit) you are. This routine is designed to be repeated in a cycle 2-3 times, with 14-21 sets per workout.

1

### Back-Stepping Lunge

To perform this with proper technique, you must be comfortable standing on one foot. I recommend a knee lift with these, as it benefits your hip mobility. With full control, lower yourself to the knee, touching the floor position by pressing your leg behind you, and gently finding the floor with your toes. It should take you a full second (I prefer 2 seconds) to lower yourself to the knee touching floor position. As soon as you are there, press off the ground with your opposite foot, lifting the leg that is behind you to the front of your body to complete the knee-raised top position.



2

### Mountain Climber with Glute Kick

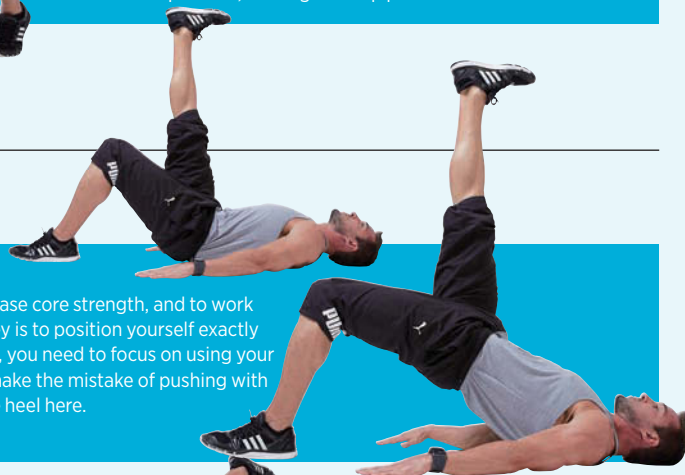
The traditional mountain climber is a fast-paced exercise, but this modification slows it down, for more control and intensity. The key to maximising this movement is to get as much range of motion as possible. Your goal is to get your knee right between your arms, in line with your hands when you're in the lunged forward position, and then extend backwards as much as possible and kick your leg up and back as far as possible, holding that top position for at least 1 second.



3

### Single Leg Hip Bridge

This is a very effective exercise to increase core strength, and to work the hips, hamstrings and glutes. The key is to position yourself exactly like this. For the foot that's on the floor, you need to focus on using your heel to push yourself upwards. Don't make the mistake of pushing with the front of your foot—it's all about the heel here.



4

### One-Leg Stiff Deadlift

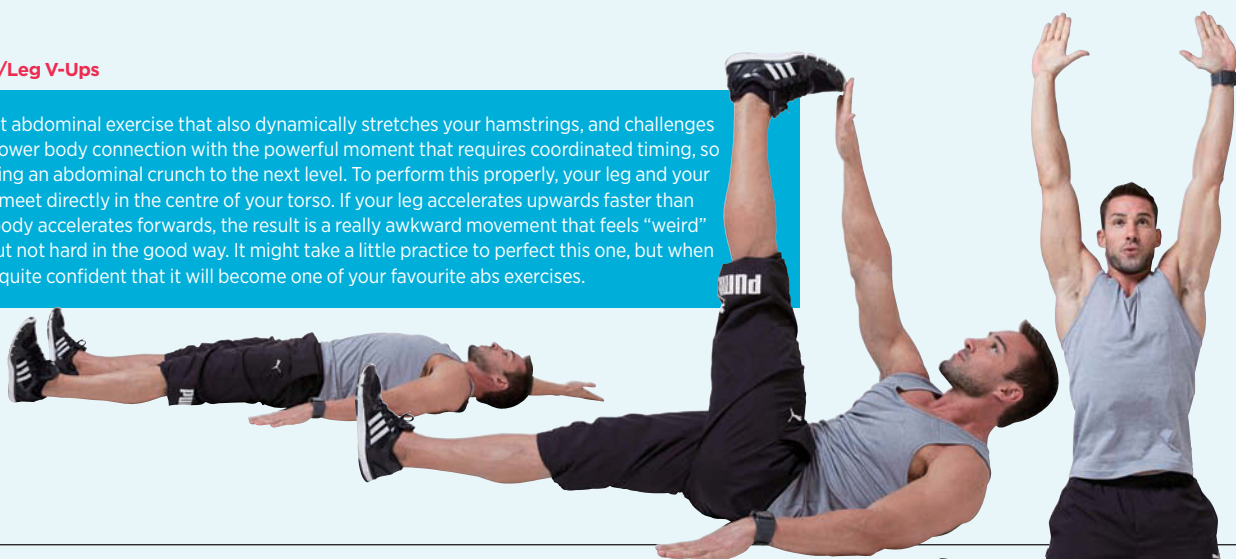
With a dumbbell in each hand, plant one of your feet and elevate your opposite foot off the ground. Slowly lower the dumbbell forward in front of you, keeping your back straight, and use the leg behind you for counter-balance. As you approach your maximal stretch at the bottom, feel your glutes and hamstrings, and maintain a proud, chest up posture (shoulders back—no hunching forward!) and use your hamstrings to pull you back upright to the top position, bringing the dumbbells straight to your hips as they were in the start position. I suggest that you lift your leg into a knee-bend as well, as this makes your muscles work even harder.



5

### Alternate Arm/Leg V-Ups

This is a great abdominal exercise that also dynamically stretches your hamstrings, and challenges your upper/lower body connection with the powerful moment that requires coordinated timing, so it's really taking an abdominal crunch to the next level. To perform this properly, your leg and your arm need to meet directly in the centre of your torso. If your leg accelerates upwards faster than your upper body accelerates forwards, the result is a really awkward movement that feels "weird" and hard—but not hard in the good way. It might take a little practice to perfect this one, but when you do, I am quite confident that it will become one of your favourite abs exercises.



6

### Frog Jumps

This exercise takes jumping to a whole new level, and adds extended range of motion in the hip joint. It burns tons of calories! To perform this with the ideal technique, you need to squat low with your feet slightly wider than shoulder width apart, with your arms inside your knees. Then you give it everything you've got with a powerful upwards motion, launching yourself into the highest jump possible, while throwing your arms upwards over your head to help to propel you upwards. As soon as you land, take that loaded bottom position, and launch yourself upwards into a jump again! Minimising your rest time at the bottom will maximise your results. I recommend no more than 2 seconds in the bottom position.



7

### Plank with Hip Abduction

This small modification takes the plank exercise to a whole new level. To be honest, I'm not a fan of the traditional plank exercise: It's just too STATIC! We spend enough time *not* moving all day, so my workouts are designed to undo the static nature of our modern day lives. The plank position can generate seriously impressive core activation when you start to incorporate dynamic movement and lift a leg, and even more so when you abduct the hip. This is a huge core challenge that will develop incredible abdominal strength, improve hip mobility and strength, and work the glutes and back muscles as well. To accomplish this exercise with proper technique will take some practice, but that's what exercise is all about!



7

### Side Stepping Speed Skater

This is a great exercise to incorporate into your existing regimen, and it will provide huge benefits to the shape of your booty, as well as burn tons of calories. Get into a good rhythm with this workout: Once you get going, you'll soon discover the benefits of synchronous, opposite-side action. Constant movement is crucial with this one, along with full extension (wide hip abduction) side-steps. Be sure to step your back leg far enough to extend, but not too long where you're off balance. Step, glide, touch, repeat. Stay light on your feet, and feel the burn!

