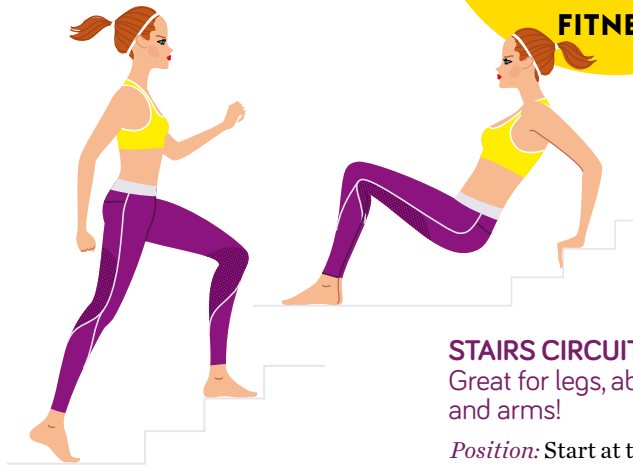


FITNESS



STAIRS CIRCUIT

Great for legs, abs and arms!

Position: Start at the bottom of a set of stairs or steps.



Movement: Walk up 2-6 flights of stairs or steps and return to bottom. Perform a press-up on a step with hands a bit wider apart than shoulder width, abs tight. One set of 6-15. Advanced exercisers use bottom step, beginners use a higher step. Turn around to sit on the step

with heels of your hands on the step. Move through a tricep dip, bend elbows to bring hips down, then extend/straighten elbows to come up. Advanced exercisers have straight knees, beginners keep knees bent as in illustration. One set of 6-15.



Before you start each move be sure to set your shoulder blades, tighten your abs,

squeeze your pelvic floor and pull your shoulders down away from your ears. This body awareness will protect your back and add to your abdominal engagement. Complete 2-3 sets of 6-12 of each sequence

Flex in the city

Release some endorphins on a city break – be it walking round the sights, exploring the city by bike or learning a new activity. Personal trainer Charlene Hutsebaut has some exercises to get you ready for action

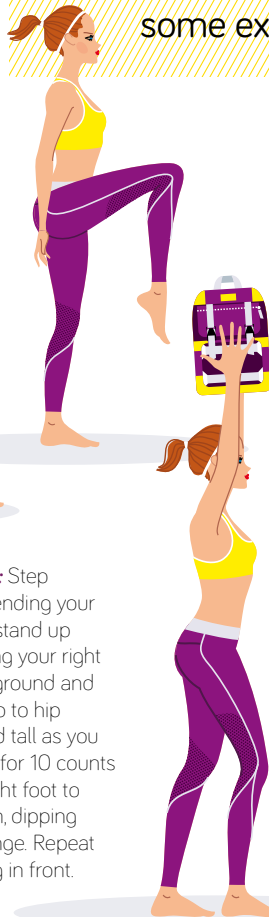


WALKING WARM-UP

Hips and legs are key supporters while you walk.

Position: Stand in a low lunge with legs long, left foot forward, palms straight ahead, facing forward.

Movement: Step forward, extending your left knee to stand up while bringing your right foot off the ground and right knee up to hip height. Stand tall as you do this, hold for 10 counts then take right foot to start position, dipping back into lunge. Repeat with right leg in front.



HOLD UP

Warms up your core and tones arms and shoulders.

Position: Stand with legs hip-width apart, holding a bag above and slightly in front of your head. Wrap and tighten your abs,

zipping them up to stabilise your torso. Pick a weight you can hold up for at least 20-60 counts.

Movement: Keep your bag up in the start position as you walk from one point to another. Use chairs, street lamps or pool ends as guides.



CYCLE STABILISER

Your core is a key stabiliser when riding a bike.

Position: In a plank position (top), face the floor with weight on forearms and toes, ensuring elbows are under the shoulders.

Movement: Shift your

hips forward and up to a pike position, looking back at your feet, tighten your abs, hold for 10 counts at top and then return hips down to plank.

