



A HOLIDAY IS THE perfect time to either start or continue an exercise regime, as you have more time and less stress. You can add bouts of

movement whenever you feel you have the energy, then take a break on your lounge or cool off in the water or back in your room. My favourite way of working out!

Wherever you are in the world, you won't be far from a beach, boardwalk or path with a sturdy bench or two. Perform the following exercises in sequence at a bench, then walk or jog to the next bench or walk/jog away from the original bench and then back for 30-40 seconds. Repeat 2-3 times. And for those who want more of a challenge, increase the time of the walk/jog, and/or increase the times you go through the exercise sequence.

POSITION Sit on edge of bench, with heels of hands also on the edge. Slide bottom off the bench. Knees bent. Look straight ahead. Engage core muscles (abs, lower back) by pulling the belly button gently towards spine and squeezing pelvic floor.

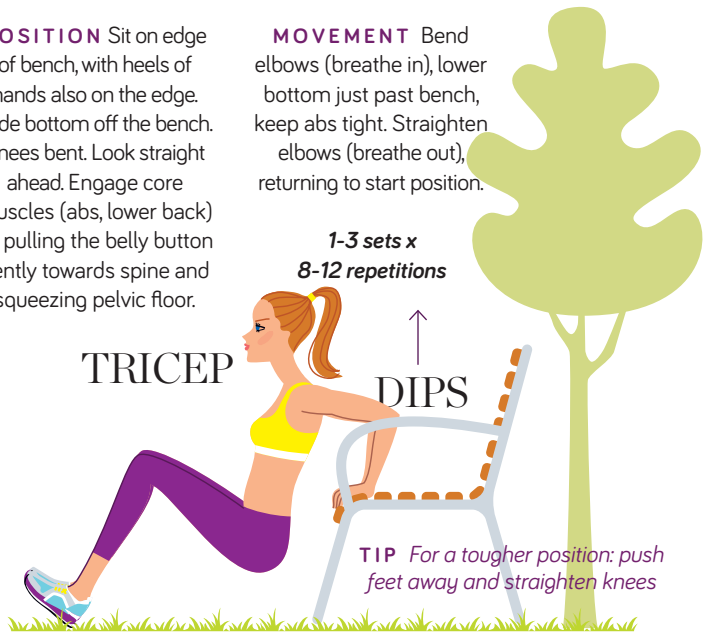
MOVEMENT Bend elbows (breathe in), lower bottom just past bench, keep abs tight. Straighten elbows (breathe out), returning to start position.

1-3 sets x
8-12 repetitions

TRICEP

DIPS

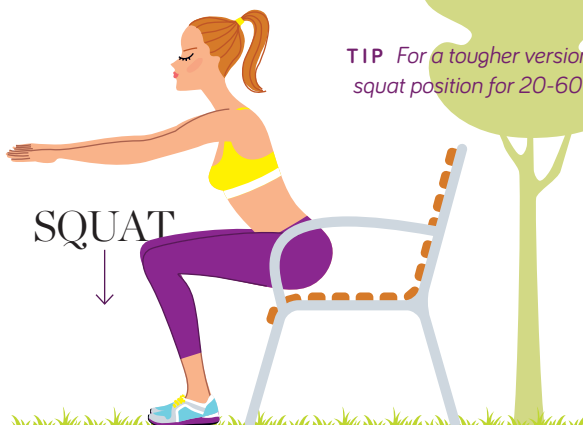
TIP For a tougher position: push feet away and straighten knees



SUNSHINE SHAPE-UP

Keep up with your gym routine while you're on holiday. Our fitness guru **Charlene Hutsebaut** reveals exercises you can do no matter where you are

TIP For a tougher version, hold the squat position for 20-60 seconds.



SQUAT

POSITION Stand with feet shoulder-width apart. Tighten abs.

knees stay behind toes (breathe in). Stand up (breathe out).

MOVEMENT Sit down into an imaginary chair, keeping abs engaged,

1-3 sets x
8-15 repetitions

POSITION Place left hand (or forearm, if the position is hard on your wrists) on the bench, under your left shoulder, so your body is sideways to the bench at 45 degrees.

MOVEMENT Stack right shoulder over left one – stack hips in same way. Look straight ahead. Engage core muscles. Breathe fluidly while holding position for 20 seconds to two minutes. If you lose the position, take a break and repeat.

1-3 x 10-60
seconds each side

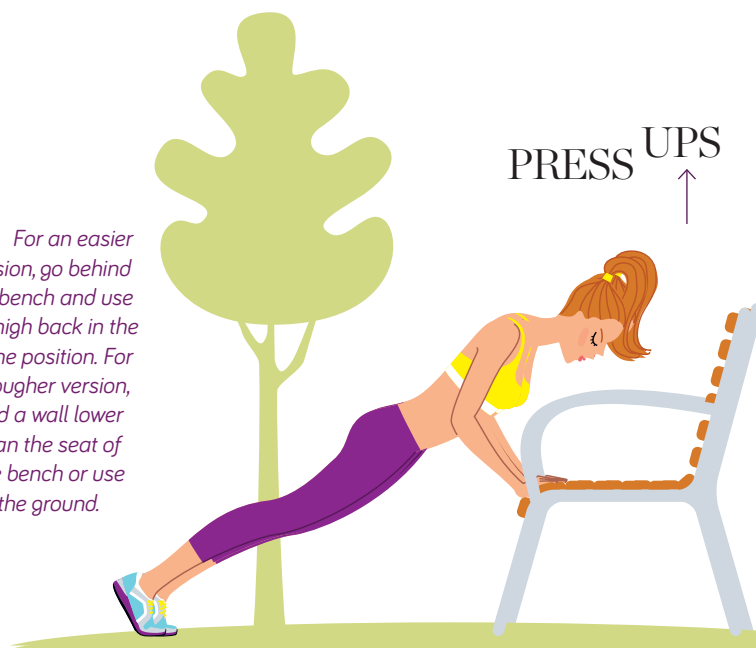
SIDE
PLANK



ILLUSTRATIONS MAX SAVVA

Holiday fitness

TIP For an easier version, go behind the bench and use the high back in the same position. For a tougher version, find a wall lower than the seat of the bench or use the ground.



PRESS UPS
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POSITION Hands on bench wider than shoulders but in line with them, legs extended back, belly button pulled to spine, eyes looking at the bench, elbows long but not locked.

MOVEMENT Move chest towards bench by bending elbows, breathe in as you move down, breathe out as you press up to the start position.

1-3 sets x 8-12 repetitions

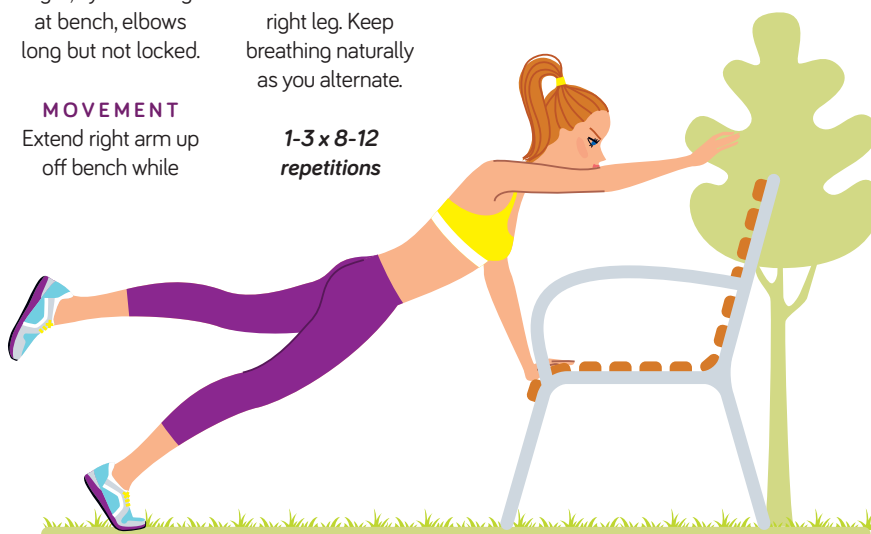
PLANK with limb MOVES

POSITION
Facing bench, place hands on seat wider than shoulders but in line with them, legs extended back, abs tight, eyes looking at bench, elbows long but not locked.

lifting left foot off ground – so it feels like limbs are reaching away from the torso. Limbs back to start position and repeat with left arm and right leg. Keep breathing naturally as you alternate.

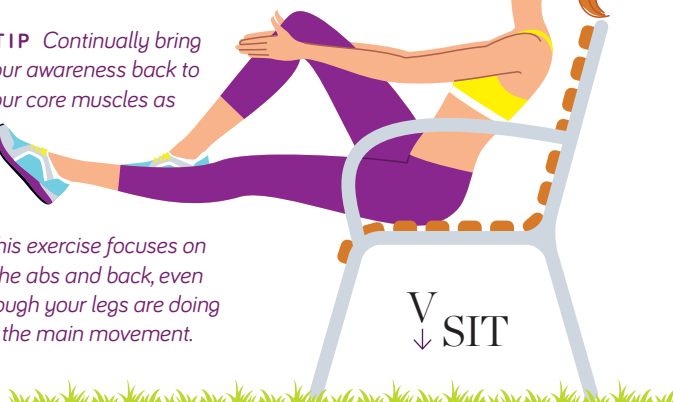
MOVEMENT
Extend right arm up off bench while

1-3 x 8-12 repetitions



TIP Continually bring your awareness back to your core muscles as

this exercise focuses on the abs and back, even though your legs are doing the main movement.



V SIT
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POSITION Sit on bench, finding your balance by leaning back so you are sitting just behind your “sit bones” with knees bent and arms out straight – so your upper legs and back form a V shape. Engage core muscles.

MOVEMENT Keeping your torso and arms still, extend one leg (breathe out) then back in (breathe in). Alternate legs.

1-3 x 8-12 repetitions per leg.

TIP Keep body in straight board-like position, shoulder blades floating on the back, eyes looking down at bench.