

Blitz those PROBLEM AREAS

These easy exercises from personal trainer **Charlene Hutsebaut** will make a difference in just a month

Arms

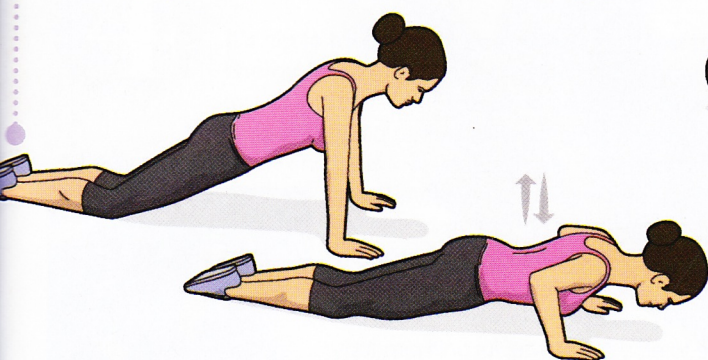
START POSITION: If you can't do a full press-up, ie with only hands and toes on the mat, the next best thing is a press-up from the knees. Place your hands on the mat, wider than shoulder-width but in line with the shoulders. Your fingers should be facing forward, and keep your back long and your knees, shins and feet on the mat.

THE EXERCISE:

- Lower your chest towards the floor, dropping your hips and bum

at the same time – don't arch your back. Your elbows should be pointing outwards as you lower your chest to the floor.

- Repeat as many times as you can, up to 10.
- Repeat daily until you feel able to do two or three sets of 10 reps comfortably, then move up to full press-ups, lowering your chest in the same way, but with only your hands and toes in contact with the floor.



Bum

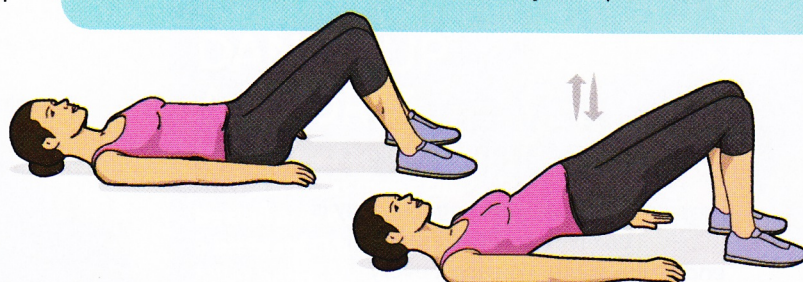
START POSITION: Lie on your back with your feet, head, neck and shoulder blades flat on the floor (or, ideally on a yoga or fitness mat) with your knees bent.

THE EXERCISE:

- Raise your hips off the floor as high as you can.
- Now either hold the position

for 30 seconds to a minute, or do repetitions, bringing your bottom down to the mat, then back up.

- Do two to three sets of 12 repetitions a day.
- Make sure you keep a nice straight line between shoulders, hips and knees (do it next to a mirror if you can).



Thighs

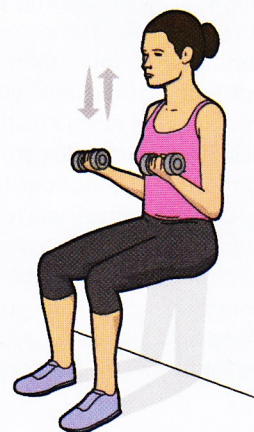
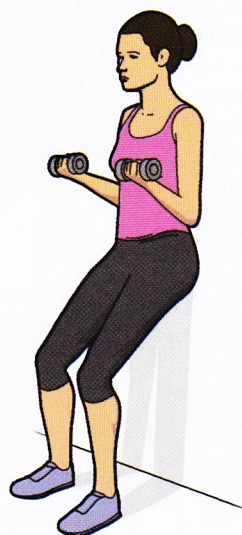
START POSITION: Stand back to a wall with your hips and back pressed against it.

THE EXERCISE:

- Place your feet about two feet in front of the wall, then slide your torso and hips down the wall so your knees bend. Hold the position for 10 or 20 seconds. Do this once daily, building up to a minute.
- When this starts to feel easier, try sliding down until your thighs

are fully parallel with the wall and hold the position for a minute or two. Again, do this once daily.

- An optional extra is to do 10 or 12 bicep curls with hand-held weights or filled water bottles while you're holding the thigh position. Keep your upper arms against the wall and shoulders away from your ears as you flex your elbows. If you're unsure about dumb-bell weight, as a rule of thumb you should be feeling challenged by the end of the reps.



Tummy

START POSITION: Sit with your knees bent in front of you and your feet flat on the mat. Keep the sacrum – the back of your hips – back towards the mat and drop your ribcage slightly downwards at the front, forming a C-shape with your lower and mid back. Keep your feet glued to the mat throughout, and drop your shoulders down away from your ears.

THE EXERCISE:

- In a fluid movement, and without moving your legs or feet, roll your torso back

toward the mat and stop halfway down.

As you're rolling back, stretch your right arm behind you and to the right, stopping just a little lower than shoulder-height and following it with your eyes.

As you return back up to a central position, bring your arm back in. Then repeat on the other side, this time stretching your left arm to the left.

- Repeat 10 times on each side of your body, keeping the movements fluid.

