



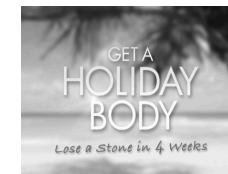
GET A HOLIDAY BODY: LOSE A STONE IN 4 WEEKS



Don't forget to tune in every Thursday to **Get A Holiday Body: How Lose A Stone in 4 Weeks** at 8pm on Channel 5.

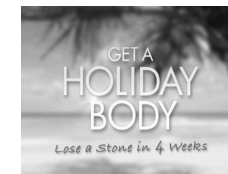
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Exercise	How to do it?	How long for?
The Side Lunge	<p>This exercise tones the inner and outer thigh.</p> <p>Assume an athletic standing position, with your knees and hips slightly bent, feet shoulder-width apart, and the head and chest up. This will be your starting position.</p> <p>Staying low, take a slow, lateral step to the right. Keep your toes pointed forward and stay low. Extend the left knee, driving your weight to the right, flexing the knee and hip into a side lunge. Maintain good posture through the entire spine, keeping your head and chest up.</p> <p>Pause at the bottom of the motion, and then drive through the heel of the right foot to push back to the starting position.</p>	<p>Three sets of 15 per leg. Rest for 60 seconds between sets.</p>
The Glute Bridge	<p>This exercise concentrates on squeezing the muscles of your butt, as well as strengthening your core. You can go from using no weight, all the way up to using very heavy weights, depending on your strength and ability.</p> <p>Place your upper body on a bench and your feet firmly on the ground, shoulder-width apart. Keep your body straight. Bend your knees and lower your hips towards the floor, then return to starting position.</p>	<p>Three sets of 15. Rest for 60 seconds between sets.</p>

It is recommended that you increase physical activity gradually. If in any doubt, or you experience physical discomfort while exercising, please stop and consult a healthcare professional.



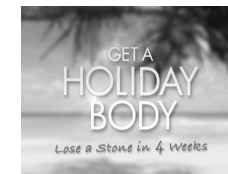
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Squat	<p>The squat is a great exercise for nearly everything.</p> <p>Stand with your feet hip-distance apart or wider, toes turned out just slightly. Pull your belly button towards your spine and contract your abdominal muscles while pulling the shoulders down and away from your ears. Shift your weight into your heels and bend at the hips, starting to push the hips towards the wall directly behind you.</p> <p>As you bend at the hips, your knees and ankles will also bend. As you lower the hips, your knees will start to go forward. This is normal, but don't let them go too far. Keep your abs engaged to hold your balance and focus more on sending the hips back than bending the knees forward.</p> <p>Continue to lower your hips as low as you can or until your thighs are parallel to the floor. If you can, go down until your butt is in line with your knees.</p>	<p>Sets of 12-15 repetitions. Rest 60 seconds between sets.</p>
Goblet Squat	<p>Stand holding a dumbbell close to your chest. This will be your starting position.</p> <p>Squat down between your legs as deep as possible (see our guide above). Keep your chest and head up, and your back straight.</p> <p>At the bottom position, pause and then drive up to return to the starting position.</p>	<p>Three sets sets of 12-15 repetitions. Rest 60 seconds between sets.</p>
Hanging Leg Raises	<p>This exercise targets every part of your abdominals, as well as strengthening your grip and working the shoulders.</p> <p>Hang from a chin-up bar with both arms extended at arms length on top of you using either a wide grip or a medium grip. The legs should be straight down with the pelvis rolled slightly backwards. This will be your starting position.</p> <p>Raise your legs until your torso makes a 90-degree angle with the legs. Exhale as you perform this movement, and hold the contraction for as long as you're comfortable. Go back slowly to the starting position as you breathe in.</p>	<p>Three sets of 15 repetitions. Rest 60 seconds between sets.</p>

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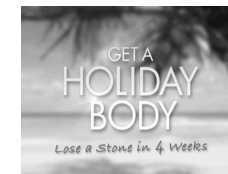
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Walking Lunges	<p>This is a great bum building exercise, and it targets every part of the thigh from back to front, and inner to outer.</p> <p>Begin standing with your feet shoulder width apart and your hands on your hips.</p> <p>Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.</p> <p>Drive through the heel of your lead foot, and extend both knees to raise yourself back up.</p> <p>Step forward with your rear foot, repeating the lunge on the opposite leg.</p>	<p>Three sets of 24-30 repetitions. Rest 60 seconds between sets.</p>
The Plank	<p>This is a core muscle exercise.</p> <p>Keep your shoulders directly over your elbows. Your back should be totally straight whilst you actively pull in your belly button to activate the TVA muscles, which act like a corset around the whole mid section. Squeeze the muscles at the front of your thighs, trying to lift your knee caps and squeeze the glutes.</p> <p>If you cannot keep your hips in line, or you can feel it in your back then you should stop the exercise.</p>	<p>Three sets of 30-60 seconds. Rest 60 seconds between sets.</p>
Wall Angel	<p>Stand up against a wall with your arms at a 90 degree angle and level with your shoulders, while maintaining contact against the wall with your tailbone and shoulder blades.</p> <p>Raise your arms above your head trying to keep your elbows and wrists as close to the wall as possible. Lower your arms to the starting position and repeat.</p> <p>Many struggle with this exercise because of bad posture. Do this anywhere, and regularly, to help improve your posture.</p>	<p>Three sets of 15 repetitions. Rest 60 seconds between sets.</p>

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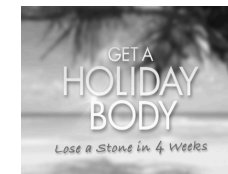
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Windscreen Wipers	<p>This exercise targets everything from your lower and middle abs, to the obliques and pelvic floor.</p> <p>Lie on your back with your arms straight out to the sides. Lift your legs and bend the knees at a 90-degree angle if you cannot straighten them. Pull your belly button in as tight as possible.</p> <p>Rotate the hips to one side, without letting the legs touch the floor. Lift your legs and return to the starting position.</p> <p>Rotate the hips to the opposite side and repeat until set is complete.</p>	<p>Three sets of 20 repetitions. Rest 60 seconds between sets.</p>
Prone Cobra	<p>This exercise targets every muscle in the back of your upper body, and opens up your shoulders. This is great for those of you that tend to slouch.</p> <p>Lie on your front, gently squeeze your glutes, and lift your back up off the floor. You can do this on a raised bench for a larger range of motion.</p> <p>Keep facing the ground, chin tucked in With your arms at a 45 degree angle to your sides, gently lift them off the floor. Keep your palms facing outwards,</p>	<p>Three sets of 15 repetitions. Rest 60 seconds between sets.</p>
Dorsal Raises	<p>This very simple exercise directly targets the muscles in your lower back.</p> <p>Lay face down. Bend your elbows and place your finger tips at your temples with your elbows out to your sides. Slowly lift your chest and stomach off the floor. Make sure to keep your hips and legs against the floor and keep them still.</p> <p>Hold this position for a few seconds, then return to starting position.</p>	<p>Three sets of 15 repetitions. Rest 60 seconds between sets.</p>

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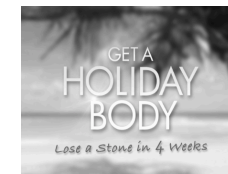
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Lying Leg Raise	<p>This exercise targets the lower abdominals and the pelvic floor.</p> <p>Lie on a bench or on the floor, with your legs straight and at a right angle, with the soles of your feet facing up to the sky. Pull your belly button into the floor as tight as you can with the intention of flattening your lower back against the floor.</p> <p>Slowly lower your legs towards the ground keeping your abs pulled in as tight as possible, trying to keep a flat back. Most people cannot keep a flat back and you don't need to but the intention to keep the back flat will keep the abdominals engaged in the right way.</p> <p>Stop with your heels an inch from the floor, and pull the abs tighter to lift the legs back up to the starting position. Once at the top do not lift the bottom off the floor or let your legs go past the 90 degree angle.</p>	<p>Three sets of 12 repetitions. Rest 60 seconds between sets.</p>
Waiters Carry	<p>Being able to walk whilst keeping your core muscles engaged is very important to keep you balanced and your waist looking tight.</p> <p>Raise a plate/dumbbell overhead with both hands. Once you have control of the weight, remove one hand. Keep your arm fully extended, and your eyes focused on the plate. Stand with your feet shoulder-width apart, and knees slightly bent. This will be your starting position.</p> <p>Begin walking at a controlled pace, maintaining a fully extended arm overhead.</p> <p>Walk for recommended number of steps or time.</p>	<p>Three sets of 30 seconds per arm. Rest 60 seconds between sets.</p>

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Chest Stretch	<p>Stretching your pectoral (chest) muscles will help you stand more upright, which in turn will tighten up your waist.</p> <p>Use a doorway or any archway, and place your hands slightly above shoulder height either side. Step forwards with one leg so that you move forwards into the stretch.</p> <p>Keep your eye line up and shoulders drawn backwards and down.</p> <p>Hold for at least 30 seconds and switch legs</p>	<p>Hold the stretch for 30 seconds per leg in between exercises.</p>
Lats and Shoulder Stretch	<p>The biggest muscle in your upper body is the lattimus Dorsi muscle, which covers a majority of your back. Unfortunately they become tight, and as they attach to the front of your shoulders they tend to pull them inwards.</p> <p>Reach up to a door way or other structure above, taking a slightly wider than shoulders position with your hands. Rest the blades of your hands on the frame.</p> <p>Keep the arms relatively straight with a slight bend in the elbow. Step forwards with one leg so that your torso moves forwards and increases the stretch.</p>	<p>Hold for 30 seconds and switch legs.</p>
TRX Face Pull	<p>Set the TRX cables to an elevated point. Grab the handles with your hands, and lean back at a slight angle. Let your arms go straight out at about face level. Pull your body in, maintaining your hands at face level. As you pull yourself in, bend your elbows so that they make a 90 degree angle. Let your body back so that your arms are straight again.</p> <p>This exercise opens up your chest and strengthens the muscles in the backs of your shoulders. As it is a bodyweight exercise, you get the added benefit of working all of the muscles in your core.</p>	<p>Three sets of 15 repetitions. Rest 60 seconds between sets.</p>

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Lateral Raises	<p>This exercise is very good for isolating and building great looking shoulders.</p> <p>Stand with a straight torso, and two dumbbells by your side at arms length, with the palms of your hands facing you.</p> <p>While maintaining the torso in a stationary position, lift the dumbbells to your side with a slight bend on the elbow, and the hands slightly tilted forward as if pouring water in a glass. Continue to go up until you arms are parallel to the floor. Exhale as you execute this movement, and pause for a second at the top.</p> <p>Lower the dumbbells back down slowly to the starting position as you inhale.</p>	<p>Three sets of 12 repetitions. Rest 60 seconds between sets.</p>
Lat Pull-down	<p>This exercise hits the whole back, whilst allowing you to concentrate on feeling the right muscles</p> <p>Sit down on a pull-down machine with a wide bar attached to the top pulley. Make sure that you adjust the knee pad of the machine to fit your height.</p> <p>Grab the bar with your palms facing forward using the prescribed grip. Your hands need to be spaced out at a distance equal to your shoulder width. As you have both arms extended in front of you holding the bar, bring your torso back around 30 degrees while creating a curvature on your lower back and sticking your chest out. This is your starting position.</p> <p>As you breathe out, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move.</p> <p>Slowly raise the bar back to the starting position when your arms are fully extended and the lats are fully stretched. Inhale during this portion of the movement.</p>	<p>Three 3 sets of 12 repetitions. Rest 60 seconds between sets.</p>

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