

SPRING 2012

balance

...a better you

Downgrade your stress:

**UPGRADE
YOUR LIFE**

Beauty Guru

Liz Earle

shares her skin secrets



Six Nations
2012 GUIDE

Extreme
travel with
**RUSS
MALKIN**



Why you
are only
100 calories
away from
THIN



WIN



A Caribbean Holiday
TO BARBADOS

Fabulous FITNESS

Remember: Stay hydrated throughout your workout.
Breathing Guidelines: As a general rule exhale on the effort and inhale on the control and release.
Warm up: Jog on the spot, power walk or step up and down to prepare the body for the workout.



Ladan Soltani has devised the ultimate muscle activating workout to produce long-lasting results. This workout will change the shape of your body and make you stronger through regular, consistent practice.



Alternate lunges and overhead raises

TARGETS: Shoulders and legs.

Start by having your feet together, stand in an upright position with the weights resting on your shoulders. Start lunging forward with your right leg, keeping the weight centred and making sure your knee does not go forward over the toes. Make sure that your back heel is lifted off the ground as you stay in this pose and that you are tilting the pelvis forward.

Now lift the weights overhead into a shoulder press once and step back to the starting position.

Repeat on the left leg.

Beginners: 5 repetitions on each leg.
Intermediate: 10 on each leg, alternating after each lunge
Advanced: 10 on the same leg and change sides
 ■ Intermediates and advanced may repeat the whole exercise.



2

Alternate side lunges and lateral raises

TARGETS: Inner thighs and shoulders
Start by standing with your feet and arms together in front of the body.

Step laterally to the side making sure both feet are parallel (facing forward). As you step to the side, make sure one leg is fully extended to activate the inner thigh stretch and the other leg is bent. Keep your posture upright here and avoid leaning too far forward. Most importantly, keep the side lunge within your range so when you come back to starting position, you feel in control and can step back smoothly and effortlessly.

Do a side lateral raise with your arms, keeping the palms facing downwards and your arms in line with your chest. When you bring the arms back down, bring them back to the centre.

Repeat the same exercise to the other side and keep alternating this exercise.



Beginners: 5 repetitions on each leg.
Intermediate: 10 on each leg, alternating after each lunge
Advanced: 10 on the same leg and change sides
■ Intermediates and advanced may repeat the whole exercise.

Beginners: 10 repetitions of the first variation and 10 on each side of the second.
Intermediate: 20 repetitions of the first variation and 20 on each side of the second.
Advanced: 30 repetitions of the first variation and 30 on each side of the second.



3

Squats: Versions 1 and 2

TARGETS: Outer thighs and biceps
Start by standing with your legs shoulder width apart and your feet facing forward.

VERSION 1: As you squat, imagine you are sitting back into a chair so that your knees do not come over the toes. As you sit back, keep the stomach muscles fully engaged to support the back. Raise your arms up to the chest with the palms facing downwards as you exhale. Really use the arms to counter balance the body weight and sit away from them. A very typical mistake on this exercise is that most people have a tendency to lean

forward or round the shoulders. Perhaps practice this in front of the mirror so you can see your side profile.

VERSION 2: On this exercise, do exactly the same squat moves, except change the arms to a bicep curl.

As you come up from the squat, lift your outer thigh and avoid leaning to one side to compensate the body weight. Instead use your abdomen to give you good strong support. Repeat this to the other side and keep alternating this move.

4

Reverse triceps

TARGETS: Back of arms, triceps

Start to bend the arms from the elbows down, keeping the upper arm still. The closer you keep the upper arms by your ears and isolate them, the more effective on the results of the triceps.

Keep doing this exercise to the point of failure (until you feel you cannot physically do anymore). Drop one of the weights and repeat with just one weight. Once you have exhausted your arms with one weight, try this with only applying your own body weight. Press the palms together to create tension in the arms and repeat the same triceps

exercise. This method is called a drop set, where you are decreasing the weight and depleting the muscle of all its energy.

All levels do 2 sets maximum using this technique above.



Floor Work: Lying down single arm chest flies

TARGETS: Core and chest muscles.

Lying down on your back in a supine position, bring both legs up in the air to create a 90 degree angle. You have to really keep the stomach muscle tight to keep your legs in that position. Think about pulling the stomach in internally, gluing your lower back onto the floor. Flex your feet and have the legs active and straight. Start the arm positioning by making sure both weights are mirroring you.

Start by taking one arm down at a time, slightly bending the elbow and stopping the arm from touching the floor. The whole point of this exercise is keep the core engaged and centred to avoid leaning the body towards the direction of the arm as it goes down. Alternate arms.

6



Beginner: 20 alternate each side 2 x sets.
Intermediate: 30 x 2 sets.
Advanced: 40 x 2 sets.

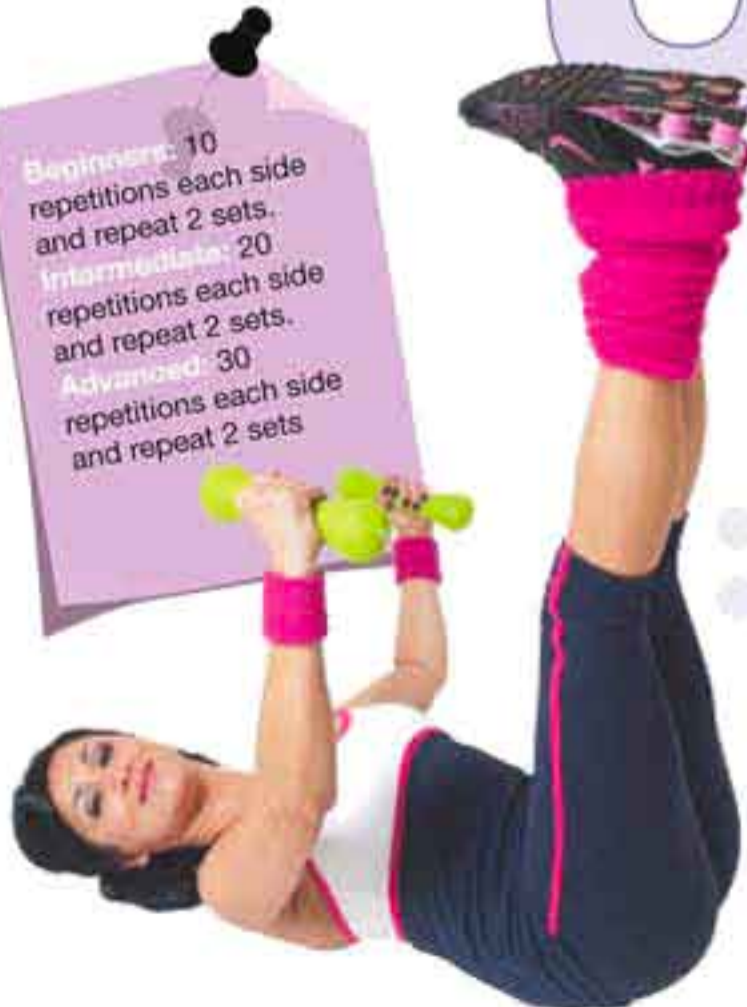
Beginner: 10 repetitions each side and repeat 2 sets.
Intermediate: 20 repetitions each side and repeat 2 sets.
Advanced: 30 repetitions each side and repeat 2 sets

Standing alternate waist

TARGETS: Waist and lower back.

Start by standing with your legs apart, feet pointing at 10 and 2 o'clock. Tilt the pelvis under and micro bend the knees. Pay attention to the stomach muscles. Even though you're going to be working the waist, you must focus on keeping the stomach pulled in and clenching your glutes (bottom). Place both arms by your waist and make sure that your arms always come back to this point.

As you exhale, take one arm down by your side but avoid leaning forward. As you do this exercise more and your back loosens up, aim to bring the side stretch further each time.





Beginners: 20 repetitions each side.
Intermediate: 30 repetitions x 2 sets.
Advanced: 30 repetitions x 3 sets or 2 x sets using ankle weights.

Outer thigh exercise

TARGETS: Outer thighs and hips
 Lie down on your side and bring both legs to a 90 degree angle. Rest your head in the palm of your hand on your elbow and bring the other arm down on the floor, in front of your chest.

Extend the outer leg fully and bring it toward your navel. Flex the foot and have the toes pointing towards the floor and the heel towards the

ceiling. Start to lift the leg up and down without leaning backwards and keep the stomach engaged. Exhale as you lift the leg.

Make sure you don't roll backwards as you raise the leg and to only lift the leg slightly higher than the hip.

Repeat this exercise on the other leg.



Beginners: 20 repetitions each side.
Intermediate: 20 repetitions each side x 2 sets
Advanced: 30 repetitions each side x 3 sets or do 2 sets and use ankle weights.

Inner thigh raises

TARGETS: Inner thighs.
 Lie down on your side and bend the outside leg up the body as high as you can so your heel is fully grounded. Using the same arm, grasp the same leg at the ankle on the inside of the leg. Lie down completely flat keeping

the whole body in a straight line. Start to lift the leg up and down; making sure the leg is fully active and extended.

Flex your foot a little so that your heel is leading the way. Keep the whole leg in line with the rest of the body and avoid touching the ground as you take the leg down. Make sure you exhale as you lift the leg. Repeat again on the other side.



Rear thigh raises

TARGETS: Bottom and core.
 Start by getting onto your elbows and knees. Lift one leg up, letting the heel lead the way and face the ceiling. Keep your hands located under your chest and avoid leaning too far forward. The most important point on this exercise is to keep the stomach fully engaged. Make sure the lower back does not arch either way. By being aware of the

abdominals, you create an even neutral spine throughout.

Point the knee down to the opposite heel making sure the knee goes over the top of the heel. Again pay attention to your posture, keeping the rest of the body still as you do this movement.



Beginners: 20 repetitions each side.
Intermediate: 20 repetitions each side x 2 sets
Advanced: 30 repetitions each side x 3 sets or do 2 sets and use ankle weights.

Abdominal section and core stability

TARGETS: Abs.
 On this exercise, you are going to extend your legs fully and rest your heel on top of your toe, keeping the legs very active. Make sure you close the gap between your lower back and the ground.

whilst the other arm is gripping the extended arm to make a head rest or pillow for your head.

As you are doing this sit-up, make sure your head stays in line with your spine so that you are not using your neck by pushing it forward when you come up and down.

One arm is fully extended,

Also consciously contract the stomach muscles as you come up and keep them contracted on the way down.

Stretch and cool down. **B**



Beginners: Take the conventional sit up arm position to start with (both arms behind head). Also bend your legs in slightly to keep the lower back supported. 10 repetitions for two sets, keep the knees bent and do not take them far away from the body.
Intermediate: 20 repetitions for two sets, you can explore by taking the legs as far as is safe for you.
Advanced: 30 repetitions for two sets, again exploring by taking the legs as far as is safe for you.