

W O M E N ' S *fitness* & HEALTH



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Are hidden sugars making you fat?

EAT YOUR WAY TO FERTILITY

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One woman's struggle with binge eating

Sex & Candy
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Jessica
Alba *Body Beautiful*

SUMMER SHAPE UP

• part 2 •

Diet & training plan

TARGET YOUR TROUBLESPOTS

The hottest trends in hair removal

Healthy at any age

20s

30s

40s



Print Post Approved PP320426/00093
Display Women's Interest



Target your troublespots

Target your problem areas with these workouts

Unsure about technique? Consult your local fitness professional to avoid unnecessary injury.

Biceps

1 Bicep curl

Standing with your feet hip-width apart, hold a medicine ball with both hands in front of your thighs. Keeping your elbows tucked into your side-abs (obliques), slowly bend your arms contracting your biceps. Descend back to the original position.

Toughen up: Up the intensity by using a heavier ball for resistance or simply completing more repetitions.



Shoulders

1 Medicine ball front raise (3kg)

In a standing position with feet shoulder-width apart and knees soft, hold a medicine ball with both hands in front of your thighs. Slowly bring the ball straight up, then lower it down.

Toughen up: Choose a heavier medicine ball, complete repetitions faster, or use a resistance band in addition to the ball by stepping on it and holding an end in each hand.



Arms, shoulders and back

1 Stability ball band side raises

Sit on a large exercise ball, feet on the floor, holding the end of a resistance band in each hand. Lean slightly forward, lower straight hands to the floor at the sides. Flex your abs and bring your arms to the sides at shoulder level.

Toughen up: Keep feet together and close to the ball and choose 3kg dumbbells instead of a resistance band.



Hips and thighs



1 Resistance squats

Standing with your feet shoulder-width apart and holding a medicine ball in front of your thighs, bend your knees and squat until your upper legs are parallel to the floor, knees aligned with toes, abs contracted. Keeping your back straight, unbend the knees.

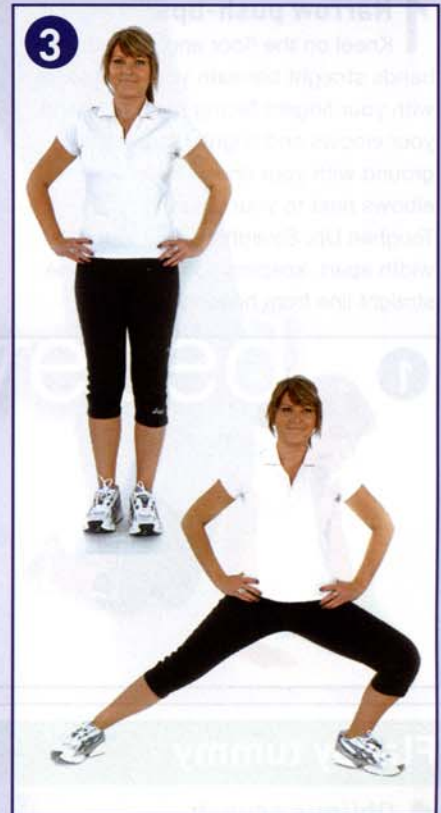
Toughen up: Increase resistance by choosing a heavier medicine ball, or complete this exercise against a wall, your feet placed shoulder-width apart and 50cm in front of your body.



2 Half bridge

Lie on your back with legs bent at the knees with your feet next to your buttocks. Grab hold of your ankles if you can. Lift your torso up through the pelvis, straightening the thighs and keeping your head on the ground. Lower yourself down and repeat.

Toughen up: Straighten your arms above your head, resting on the floor, put ankle of one leg on top of the thigh of another leg and bring the body up. Complete 20 repetitions, switch legs.



3 Side lunges

Standing up straight, feet together, arms resting on your hips or shoulders, step to the side with right leg flexing the knee and straightening your left leg. Slowly push yourself up, feet together and repeat on the opposite side.

Toughen up: Hold dumbbells at the sides, bring arms up to the sides at shoulder level on a lunge-down, rest to the sides of your thighs on a lunge-up. Do 20 repetitions with one side, then switch.

MediBall



Medicine Ball



Resistance Band



For quality fitness products visit: AOK Health 1300 655 575 www.aokhealth.com

Jiggly arms

Triceps

1 Narrow push-ups

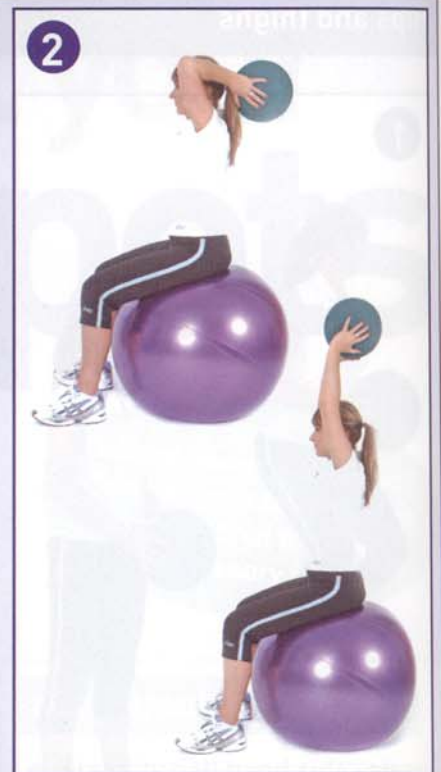
Kneel on the floor and extend your hands straight beneath your shoulders with your fingers facing forward. Bend your elbows and slightly touch the ground with your chest. Keep your elbows next to your waist. Toughen Up: Straighten your legs hip-width apart, keeping your torso in one straight line from head to toes.



2 Overhead tricep extensions

Sit on a large exercise ball with your feet on the ground. Bring a 3kg medicine ball over your head, with your elbows next to your ears. Bend your arms, bringing the ball behind your neck and keeping upper arms stable. Slowly extend the elbows and repeat.

Toughen Up: Keep your feet together and close to the exercise ball, substitute dumbbells for a medicine ball.



Flabby tummy

1 Oblique crunch

Lie on your back, knees bent, right hand behind your head, left hand stretched to side at shoulder level. Bring head, neck, shoulders and upper chest off the floor and flexed elbow across the body to the left knee. Switch hands after 30 repetitions.

Toughen up: Straighten your legs perpendicular to the floor, feet facing up and bring both hands behind your head.



2 Side leg lifts

Lie on the back with hands behind your head, bring both legs up bent at knees forming a straight angle, so that lower legs are parallel to the floor. Keeping upper body and elbows on the ground, lower one leg to the side until it touches the floor, then bring it up to the starting position. Switch.

Toughen up: Straighten both legs feet facing the ceiling. Keeping knees soft and legs straight, lower one leg to the side completing 20 repetitions. Alternate.



3 Seated knee-up

Stretch your legs on the ground in front, arms at the back, palms on the ground facing away. Lean back raising legs off the floor stabilising your body with arms. Bring your knees and chest together, then apart.

Toughen up: Use as little support as possible from your arms at the back by strengthening *

