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EXERCISES // WELCOME

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Editor's note

This book is about to become your indispensable guide to looking and feeling fabulous! We've compiled the best exercises to boost your fat loss and tone your body from head to toe. With instructions for all ability levels, each exercise is easy to follow and geared to get amazing results, whether you're after a flat stomach, toned legs or pert bottom. Get ready to sculpt your best body ever!

The Women's Fitness team

HOT TIP
Looking for
all-over results?
Turn to page 60,
for our favourite
full-body honing
and toning
moves





REACH NEW HEIGHTS IN 2023

OUTDOORS OUTDOORS OUTDOORS OUTDOORS OUTDOORS OUTDOORS



The UK's longest established hillwalking magazine is packed full of stunning photography, top class writing and fantastic walking and backpacking routes, along with authoritative gear reviews from the country's most experienced team of testers and essential skills advice from highly qualified outdoor instructors.

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DID YOU KNOW?

A strong back improves posture, eases lower back pain and supports your stomach muscles

Training tips

Your back is an area that can easily get overlooked when you work out. But as well as enhancing your physique, training your back is key, to improve both spinal stability and strength. Incorporating these five moves into your workout routine can have a big positive impact on your strength and posture.

Back

EXERCISES // BACK





HINDU PRESS-UP

Areas trained

Back, chest, shoulders, arms, stomach, thighs

Technique

- Start in plank position with your feet hip-width apart and hands slightly wider than shoulder-width apart. Shift your hips back and up, keeping your legs straight, to bring your body into downward dog position.
- >> From here, lower your body towards the ground in a smooth semi-circular motion so that your arms bend and straighten again, lowering your head followed by your shoulders, chest, stomach and hips. Look up towards the ceiling and hold for a second.
- Now shift your hips back and up again into downward dog position.

Beginner: 2 x 5 reps Intermediate: 3 x 6-8 reps Advanced: 4 x 10 reps





RESISTANCE BAND ROW

Areas trained

Upper back, front upper arms

Technique

»Sit on the floor with straight legs and wrap a resistance band securely around your feet. Hold the ends of the band taut, keeping a slight bend in your elbows and your back straight.

>> Pull your hands into your sides, squeezing your shoulder blades.

Slowly straighten your arms back to the start position.

Beginner: 2 x 8 reps Intermediate: 3 x 10 reps Advanced: 4 x 10 reps





EXERCISES // BACK

GOOD MORNING

Areas trained

Lower back, bottom, rear thighs

Technique

- >> Stand with your feet hip-width apart, knees slightly bent with a barbell resting across your shoulders (not your neck). Grasp the barbell with your palms facing forward, hands just outside your shoulders and your elbows pointing towards the ground.
- >> Bend at the hips until your torso is almost parallel to the floor, keeping your core tight and back straight, while pushing your bottom back. Take care to keep a slight bend in your knees as you move.
- >> Slowly rise back to the start position.

Beginner: 2 x 5 reps Intermediate: 4 x 5 reps Advanced: 5 x 5 reps







AQUAMAN

Area trained

Technique

Back

- >> Lie on your stomach with your arms stretched out in front of you.
- >> Lift your right arm and your left leg off the floor and hold for 2 seconds.
- >> Lower and repeat with the left arm and right leg. This is one rep.

Beginner: 2 x 8 reps Intermediate: 3 x 10 reps Advanced: 4 x 10 reps

TOP TIP Look down as you perform this move

EXERCISES // BACK

SINGLE-ARM ROW

Areas trained

Upper back, front upper arms

Technique

Stand with your right foot in front of the left, holding a dumbbell in your left hand with your arm extended towards the floor.

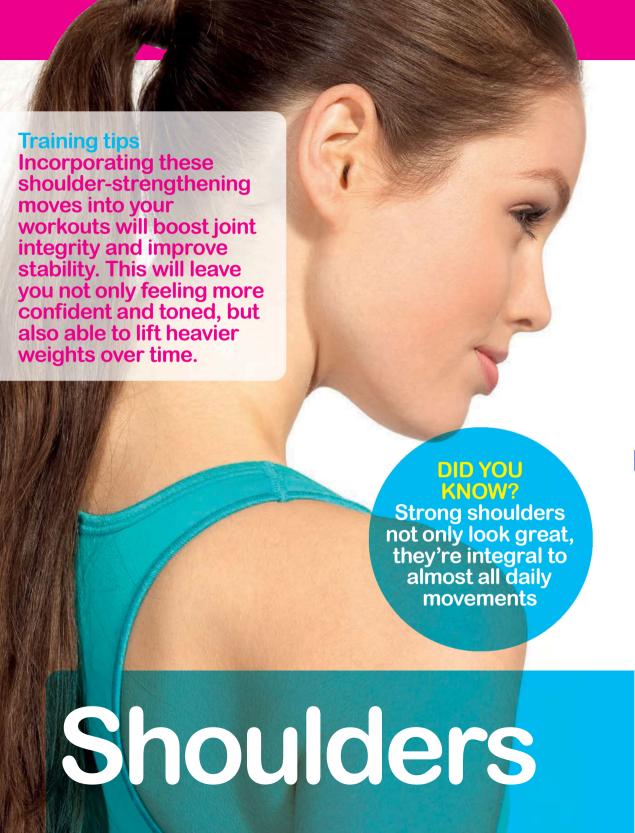
»Lean forward from your waist, supporting yourself on a chair with your free hand if needed.

» Keeping your back straight, pull the dumbbell up to your side, squeezing your shoulder blade as you do so.

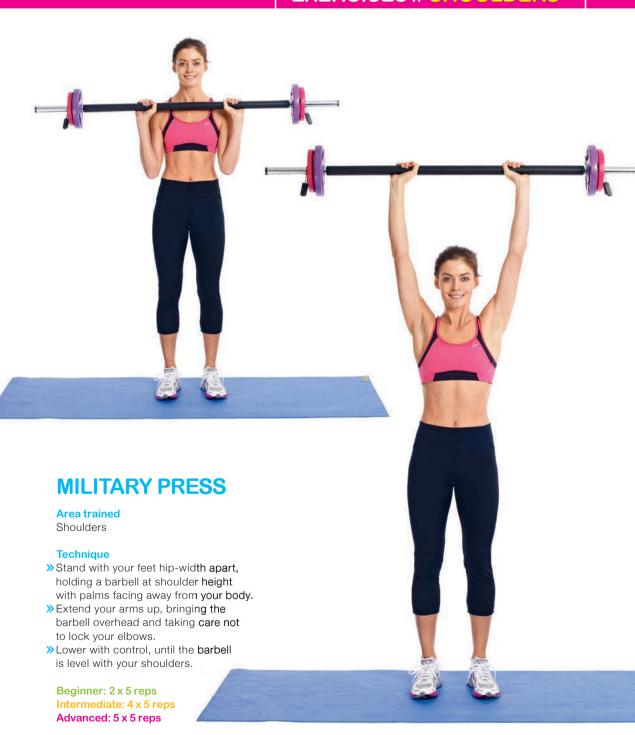
Slowly lower the dumbbell back to the start position.

Beginner: 2 x 8 reps Intermediate: 3 x 10 reps Advanced: 4 x 10 reps





EXERCISES // SHOULDERS





RESISTANCE BAND EXTERNAL ROTATION

Areas trained

Shoulders, upper back

Technique

- Attach a resistance band to a sturdy object at elbow height.
- Stand side-on to the band and grasp it with the hand furthest away, allowing your forearm to rest across your body.
- »Keeping your elbow by your side throughout, pull the resistance band away from your body.
- Slowly release the band back to the start position.

Beginner: 2 x 10 reps Intermediate: 3 x 15 reps Advanced: 4 x 15 reps



EXERCISES // SHOULDERS

RESISTANCE BAND INTERNAL ROTATION

Areas trained

Shoulders, upper back

Technique

- »Attach a resistance band to a sturdy object at elbow height. Stand side-on to the band and grasp it with the hand closest to the band.
- >> Position your elbow close to your side and

- your forearm pointing away from your body.
- »Keeping your elbow by your side throughout, pull the resistance band across your body.
- >> Slowly release it back to the start position.

Beginner: 2 x 10 reps Intermediate: 3 x 15 reps Advanced: 4 x 15 reps





HALO

Areas trained

Shoulders, upper back

Technique

- >> Hold a weighted disc at chest height, palms facing your body.
- »In a slow and controlled movement, circle the weight around your head, alternating between clockwise and anti-clockwise with each set.

Beginner: 2 x 5 reps Intermediate: 4 x 6-8 reps Advanced: 4 x 10 reps

EXERCISES // SHOULDERS





Incorporating different chest exercises into your workout routine is guaranteed to keep your bust perky. Most chest exercises also work your rear upper arms and shoulders, so they're great moves to include in a time-saving workout.

DID YOU KNOW?

The ligaments in your breasts are not elastic, so always wear a sports bra!

Chest

EXERCISES // CHEST





STABILITY BALL FLY

Area trained

Chest

Technique

»Lie on your back on a stability ball, holding a dumbbell in each hand. Edge forward until just your upper back and neck are supported.

>> Extend your arms towards the ceiling, keeping a slight bend in your elbows, palms facing in. This is the start position.

»Open your arms until the weights are in line with your shoulders, keeping your core tight.





EXERCISES // CHEST

CLAP PRESS-UP

Areas trained

Chest, rear upper arms

Technique

- Start in a modified press-up position on your knees with your hands slightly wider than shoulder-width apart.
- »Bend your elbows and lower your chest to the floor, keeping your body in a straight line throughout.
- Explosively push up through your arms and clap. Quickly catch yourself and immediately lower yourself down into the next repetition.
- If you find the move too easy, start in a full press-up position on your toes.





TOP TIP

Make sure your hips don't sag

DECLINE PRESS-UP

Areas trained

Chest, rear upper arms

Technique

- >> Start in plank position with your feet resting on a bench.
- »Bend your elbows and lower your chest to the floor, keeping your body in a straight line throughout.
- » Push up through your arms.

Beginner: 2 x 5 reps Intermediate: 3 x 10 reps Advanced: 4 x 15 reps





EXERCISES // CHEST







MEDICINE BALL TRANSFER PRESS-UP

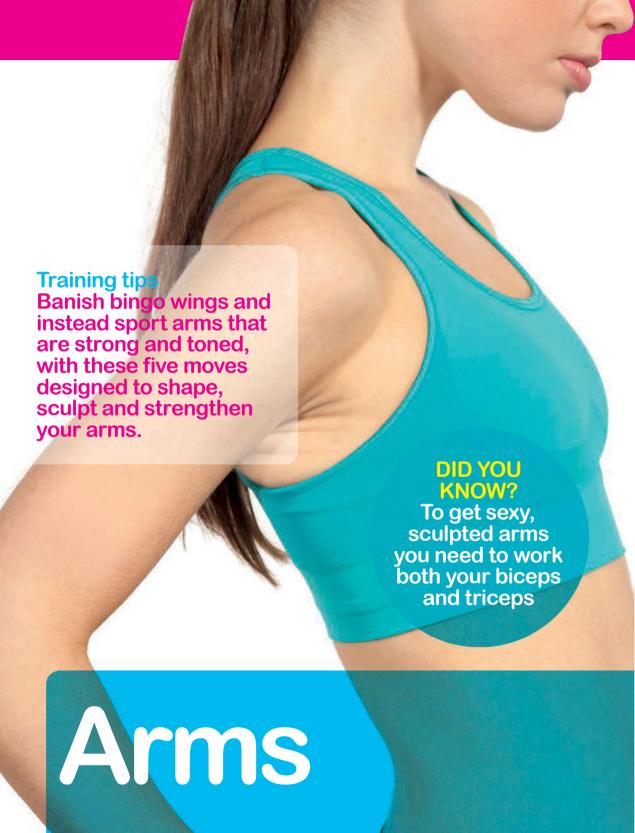
Areas trained

Chest, rear upper arms

Technique

- Start in plank position with a slight bend at the elbow in one arm and your other hand on a medicine ball.
- Slowly bend your arms to lower your chest towards the ground, keeping your body in a straight line throughout.
- »Lower your body as far as possible without losing form, then push back up through your arms to the start position.
- » Roll the ball to the other hand and repeat the move on the opposite side for the next repetition.
- » If you're a beginner, start in a modified position on your knees.

Beginner: 2 x 10 reps Intermediate: 3 x 12 reps Advanced: 4 x 14 reps



EXERCISES // ARMS





TRICEP PRESS-UP

Area trained

Rear upper arms

Technique

- >> Start in plank position with your hands directly under your shoulders.
- » Bend your elbows and lower your chest to the floor, keeping your body in a straight line throughout. Ensure that your upper

arms and elbows stay close to your body and don't point outwards.

- » Push up through your arms.
- »If you're a beginner, use a modified position on your knees.

Beginner: 2 x 5 reps Intermediate: 3 x 10 reps Advanced: 4 x 15 reps



EXERCISES // ARMS





STAGGERED HANDS PRESS-UP

Areas trained

Rear upper arms, chest

Technique

- Start in plank position, with one hand directly under your shoulder and the other close to your hip.
- Slowly bend your arms to lower your chest towards the ground, keeping your body in a straight line throughout.
- »Lower your body as far as possible without losing form, then push up through your arms to the start position.
- »Alternate your arms for each set. If you're a beginner, try using a modified press-up position on your knees.

Beginner: 2 x 5 reps Intermediate: 4 x 10 reps Advanced: 6 x 10 reps



RESISTANCE BAND BICEP CURL

Area trained

Front upper arms

Technique

- >> Stand with your feet hip-width apart and one foot in front of the other, with a resistance band looped under the front foot.
- >> Hold the band with arms extended to the floor and palms facing forward, keeping a little tension in the band.
- >> Curl your arms up until your hands reach your shoulders, keeping your elbows by your sides throughout.
- >> Slowly lower your arms back to the start position.

Beginner: 2 x 5 reps Intermediate: 3 x 10 reps Advanced: 4 x 10 reps

TOP TIP

Keep your stomach tight throughout



CHATURANGA DANDASANA POSE

Areas trained

Rear upper arms, core

Technique

» Begin in plank position, then lower your chest towards the ground until your upper arms are parallel to the floor, keeping your body in a straight line. Hold this pose for the allotted time for your level.

Beginner: 2 x 15 seconds Intermediate: 3 x 30 seconds Advanced: 4 x 45 seconds

Training tips Yes, training your core will lead to a flat, toned tum (bonus!), but a strong core will also help to increase your stability, lead to better posture and reduce your risk of injury. **DID YOU KNOW?** Not only does a strong core make your stomach look flatter, it can reduce back pain, too Core

EXERCISES // CORE



PLANK EXTENSION

Areas trained

Core, stomach, shoulders

Technique

- Begin in plank position with your forearms resting on a stability ball.
- »Roll the ball away from you by nudging it forward with your elbows, then

immediately roll it back to the start position, engaging your core as you do so. Take care your lower back doesn't arch.

Beginner: 2 x 5 reps Intermediate: 3 x 10 reps Advanced: 4 x 15-20 reps



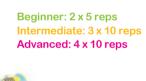
STABILITY BALL PIKE

Areas trained

Core, stomach

Technique

- >> Start in plank position with your lower legs resting on a stability ball.
- >> Keeping your legs straight and core tight, roll the ball in towards your arms.
- >> Slowly roll it back to the start position.



EXERCISES // CORE





PLANK GET-UP

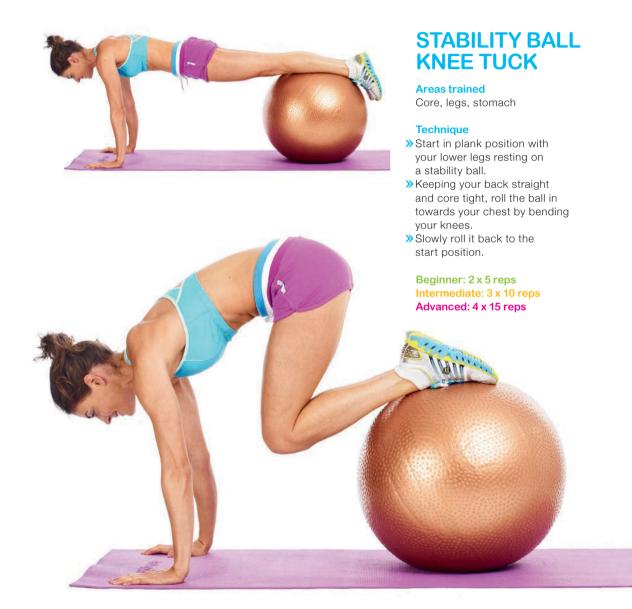
Areas trained

Core, bottom

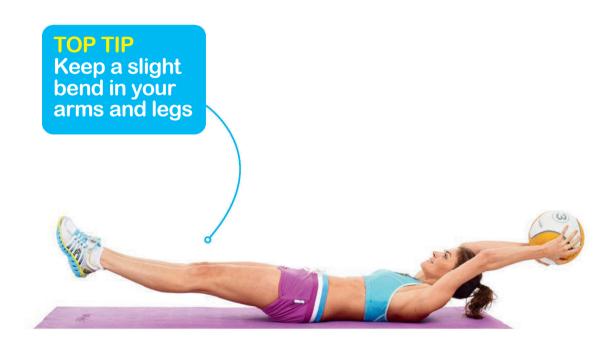
Technique

Start in plank position on your forearms. Slowly lower your knees to the ground, keeping your core tight, then return to the start position.

Beginner: 2 x 10 reps Intermediate: 3 x 15 reps Advanced: 4 x 15 reps



EXERCISES // CORE



BANANA WITH MEDICINE BALL

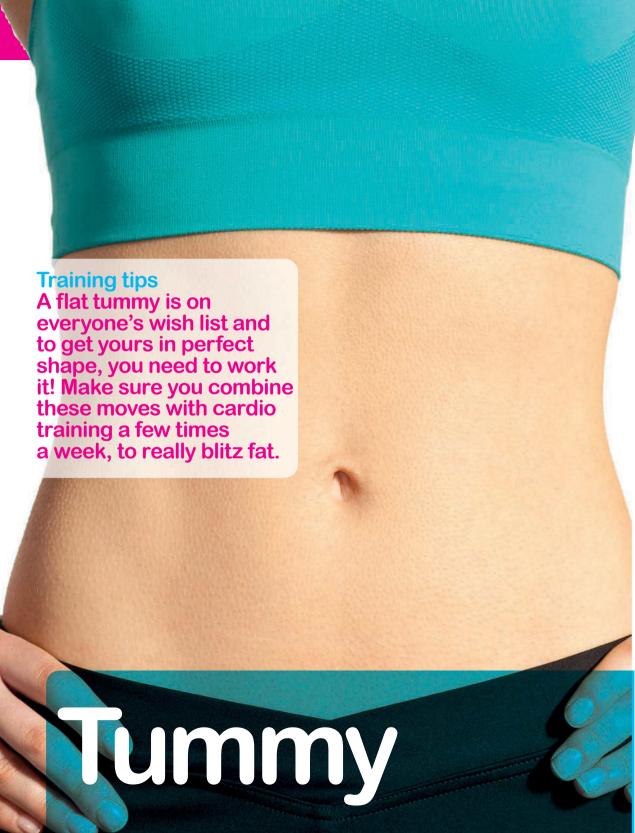
Areas trained

Core, shoulders

Technique

- Lie on your back holding a medicine ball with both hands, with your arms stretched over your head.
- Lift your arms and legs a few inches off the floor, so that only your bottom and lower back are touching the ground. Hold this position for the allotted time.

Beginner: 2 x 20 seconds Intermediate: 3 x 30 seconds Advanced: 3 x 40 seconds



EXERCISES // TUMMY

PILATES 100

Areas trained

Stomach, core

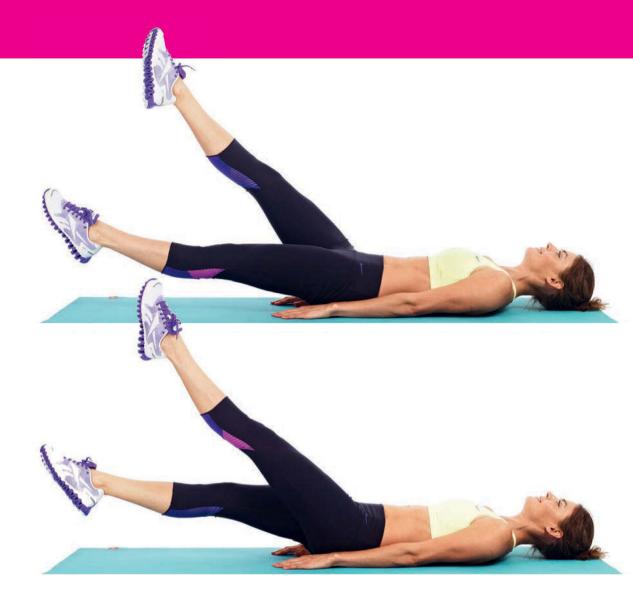
Technique

Sit on the floor with your body in a V shape, with your arms extended in front of your body.

»Pulse your arms up and down for the allotted time for your level. If you need to make the move easier, bend your legs.

Beginner: 2 x 20 seconds Intermediate: 3 x 30 seconds Advanced: 4 x 40 seconds





SCISSOR KICK

Area trained

Stomach

Technique

- »Lie on your back with your hands by your sides or under your bottom.
- Start with both feet slightly off the ground with your legs slightly bent,

then raise one leg to the ceiling. Lower and immediately raise your opposite leg, creating a 'scissor' motion. This is one rep.

Beginner: 2 x 20 reps Intermediate: 3 x 30 reps Advanced: 4 x 40 reps

EXERCISES // TUMMY







STABILITY BALL CRUNCH

Area trained Stomach

Technique

>> Lie with your lower back on a stability ball, feet firmly on the ground and hands by your temples.

>> Contract your stomach to curl your upper body off the ball. Slowly lower back to the start position.

Beginner: 2 x 10 reps Intermediate: 3 x 15 reps Advanced: 4 x 20 reps

EXERCISES // TUMMY

LEG RAISE

Area trained

Lower stomach

Technique

- »Lie on your back with your hands on the floor by your sides or under your bottom.
- »Keeping your legs bent, raise them about 45 degrees off the ground. Slowly lower them back down, keeping the same bend in your legs throughout.

Beginner: 2 x 10 reps Intermediate: 3 x 20 reps Advanced: 4 x 30 reps







Whether you're craving the hourglass shape or you just want to blitz your stubborn muffin top, working your waist will help trim and tone your mid-section. Not only does a slim waist look great, ensuring your middle is 35 inches or less is imperative for good health, as a larger waist is linked to increased risk of heart disease and diabetes.







Areas trained

Sides of stomach, core, shoulders

Technique

»Lie with your back on a stability ball, with your feet planted on the floor about hip-width apart. Hold a dumbbell with both hands, with your arms extended towards the ceiling.

»Rotate your body on the ball until your arms are pointing to the left, then rotate to the right. This is one rep.

Beginner: 2 x 3 reps Intermediate: 3 x 5 reps Advanced: 4 x 5 reps





SPIDERMAN

Areas trained

Sides of stomach, core

Technique

- »Start in plank position. Keeping your body still, bring your left leg up and out towards the elbow on the same side.
- »Return to the start position. Change sides for each rep.

Beginner: 2 x 10 reps Intermediate: 3 x 14-16 reps Advanced: 4 x 20 reps



TOP TIP

Keep your back straight throughout



EXERCISES // WAIST



RESISTANCE BAND WOODCHOP

Areas trained

Sides of stomach, core

Technique

- Secure one end of a resistance band to a high, sturdy point.
- Stand to the left side of the band with feet wide and hold the other end with both hands.
- >> Extend both hands towards the band, then

pull it down across your body towards the floor on your left side, rotating your body as you do so.

Slowly return to the start position. Change sides with each set.

Beginner: 2 x 6-8 reps Intermediate: 4 x 10 reps Advanced: 6 x 10 reps

SIDE CRUNCH

Areas trained

Sides of stomach, stomach

Technique

- >> Lie on the floor on your left side with legs bent and stacked on top of each other. Bring your right hand to your right temple.
- >> Contract your waist as you curl your body upwards. Lower back to the start position. Change sides with each set.

Beginner: 2 x 10 reps Intermediate: 4 x 15 reps Advanced: 4 x 20 reps

TOP TIP

Keep your neck relaxed as you crunch





EXERCISES // WAIST

BICYCLE CRUNCH

Areas trained

Sides of stomach, stomach

Technique

Sit on the floor with your legs straight and feet slightly off the ground. Place your hands by your temples.

» Bend your right leg and twist your upper body, so that your left elbow reaches your right knee. Repeat on the opposite side.

Each time you touch your elbow to your opposite knee, this is one rep.

Beginner: 2 x 16 reps Intermediate: 3 x 20 reps Advanced: 4 x 24 reps





Training tips

Everyone walks differently when they're proud of their behind, so use these exercises to lift, firm and tone your bum. A pert derrière not only makes your favourite jeans look hot, strong muscles in your bottom also protect your body from injuries, especially your knees.

DID YOU KNOW?

Incline walking on a treadmill or stair climbing will help boost your bottom-toning results

Bottom

EXERCISES // BOTTOM

STANDING DONKEY KICK

Areas trained

Bottom, rear thighs

Technique

- >> Stand by a wall or sturdy surface and rest your hand on it for balance.
- leg and then lift the other up behind you, keeping
- a slight bend in your knee. >> Lower your leg back to the start position. Change legs with each set.

Beginner: 2 x 10 reps Intermediate: 4 x 15 reps Advanced: 6 x 15 reps



STABILITY BALL BRIDGE

Areas trained

Bottom, rear thighs, core

Technique

- »Lie with your back on the floor and your feet resting on a stability ball.
- »Lift your hips off the floor to form a straight line from your shoulders to your knees.
- >> Lower back to the start position.

Beginner: 2 x 5 reps Intermediate: 3 x 10 reps Advanced: 4 x 10 reps





EXERCISES // BOTTOM



THREE-LEGGED DOWNWARD DOG POSE

Areas trained

Bottom, shoulders

Technique

» Begin in downward dog position with your hands and feet on the floor, hip-width apart, and your back and legs straight. Lift your right leg towards the ceiling, keeping your leg straight. Hold this position for the allotted time for your level. Change legs with each set.

Beginner: 2 x 20 seconds Intermediate: 4 x 40 seconds Advanced: 4 x 60 seconds



WARRIOR III

Areas trained

Bottom, core

Technique

- >> Stand on your right leg with your toes pointing forwards and a slight bend in the leg.
- >> Without tilting your hips, bend your body forward until it's

parallel to the floor, with your arms outstretched and your left leg raised behind you. Hold this position. Change legs with each set.

Beginner: 2 x 20 seconds Intermediate: 4 x 40 seconds Advanced: 4 x 60 seconds

EXERCISES // BOTTOM



SINGLE-LEG BRIDGE

Areas trained

Bottom, rear thighs, core

Technique

»Lie on your back with your arms by your sides and your legs bent with your feet flat on the floor, as close to your bottom as possible. Point one foot to the ceiling. This is the start position.

» Push your bottom up to form a straight line from your knee to your shoulder. Hold for a second, then lower back to the start position. Change legs with each set.

Beginner: 2 x 10 reps Intermediate: 4 x 10 reps Advanced: 4 x 15 reps

Training tips

These moves are designed to tone every inch of your pins, to give you sexy, sculpted legs. If you want to firm up your thighs or slim down your saddle bags, add a few of these exercises to your routine at least three times a week for serious results.

DID YOU KNOW?

Drinking plenty of water and dry brushing daily will help your body flush out cellulite

Legs

EXERCISES // LEGS

SIDE LUNGE

Area trained

Inner thighs

Technique

- Start with your feet together and take a large step to the left, turning your left foot outward slightly. Bend your left leg and keep your right leg straight.
- » Keeping a natural arch in your back and shoulders back, lean your body over your left leg.
- >Push up through your left foot, extending your leg and bringing your feet back together.
- >> Change sides with each rep.

Beginner: 2 x 10 reps Intermediate: 3 x 14-16 reps Advanced: 4 x 20 reps





WALL SIT

Areas trained

Front thighs, bottom, core

Technique

- With your back against a wall, slide down until your knees are at 90 degrees. Keep your feet pointing forward and your core engaged.
- » Hold this position for the allotted time for your level.

Beginner: 2 x 20 seconds Intermediate: 3 x 40 seconds Advanced: 3 x 60 seconds

EXERCISES // LEGS



CALF RAISE

Area trainedCalves

Technique

- » Hold a dumbbell in each hand and stand on one leg, toes pointing forward.
- >> Keeping your supporting leg

almost straight, rise onto your toes, then slowly lower back to the start position. Change legs with each set.

Beginner: 2 x 5 reps Intermediate: 4 x 10 reps Advanced: 6 x 10 reps

STABILITY BALL LEG CURL

Areas trained

Rear thighs, bottom, core

Technique

>> Lie on your back with your feet and lower legs resting on a stability ball.

» In one fluid motion, lift your hips off the floor, so that your body forms a straight line, then bend your legs to roll the ball towards your bottom.

»Reverse the movement back to the start position.

Beginner: 2 x 5 reps Intermediate: 3 x 10 reps Advanced: 4 x 10 reps









Training tips

Full-body exercises are brilliant for your overall health and fitness, as they help to boost your strength and endurance. They are also great if you are pressed for time, as they ensure a fully rounded workout. Add these two moves onto the end of your workouts a few times a week for great results!

DID YOU KNOW?

These moves will supercharge your calorie burn while toning your body from top to toe!



Full body

EXERCISES // FULL BODY

LUNGE WITH WOODCHOP

Areas trained

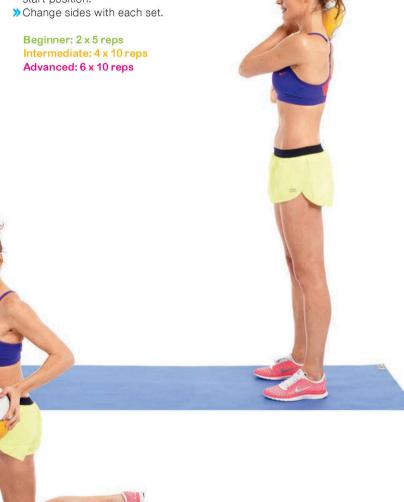
Thighs, bottom, sides of stomach, core

Technique

- >> Stand with your feet together, holding a medicine ball over your right shoulder.
- >> Take a large step forward with your left foot, lunging down until your back knee is almost

touching the ground. At the same time, bring the ball across your body to your left hip.

>> Push up through the balls of your feet to return to the start position.





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