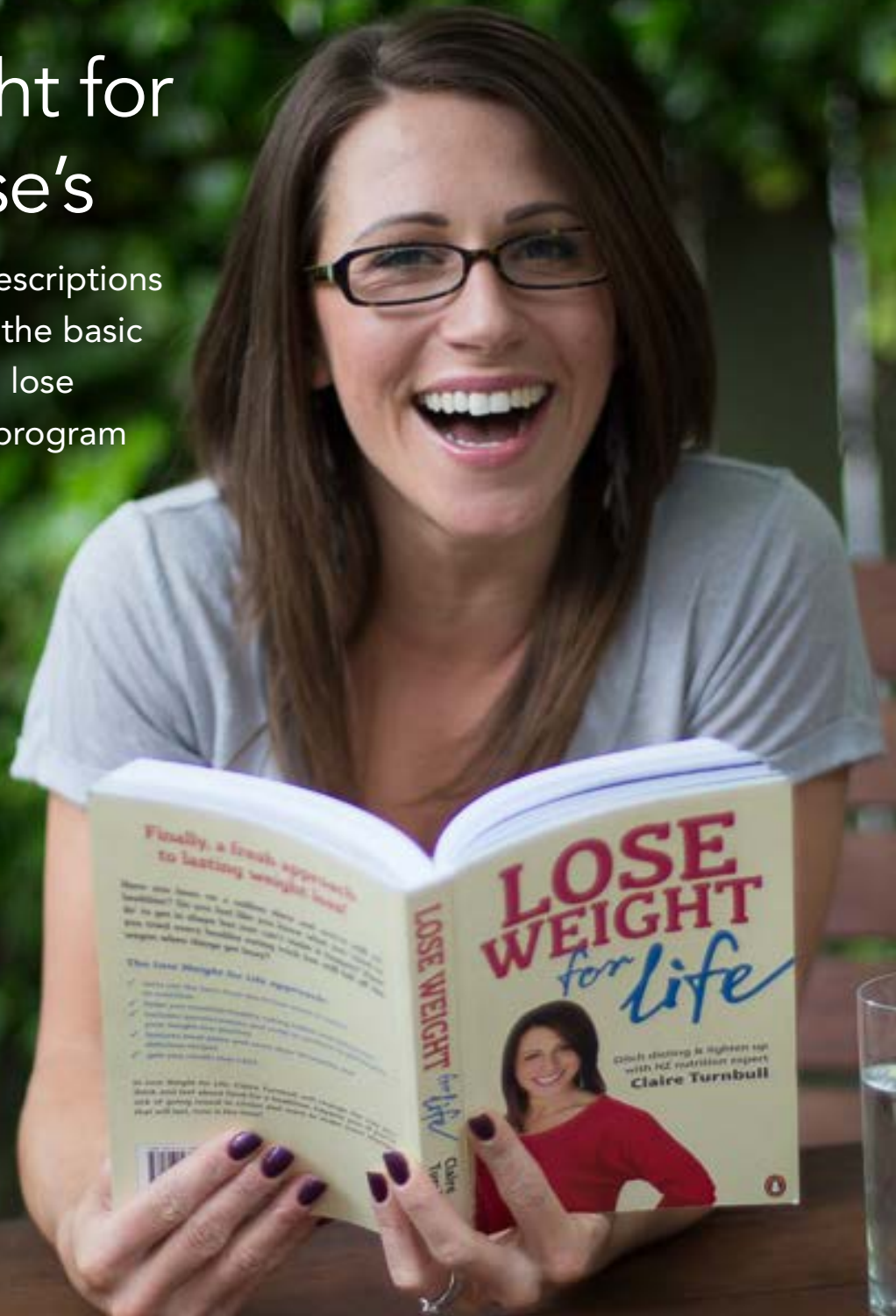


claireturnbull

be your best

Lose Weight for Life Exercise's

This booklet contains descriptions and photographs of all the basic exercise outlined in the lose weight for life training program

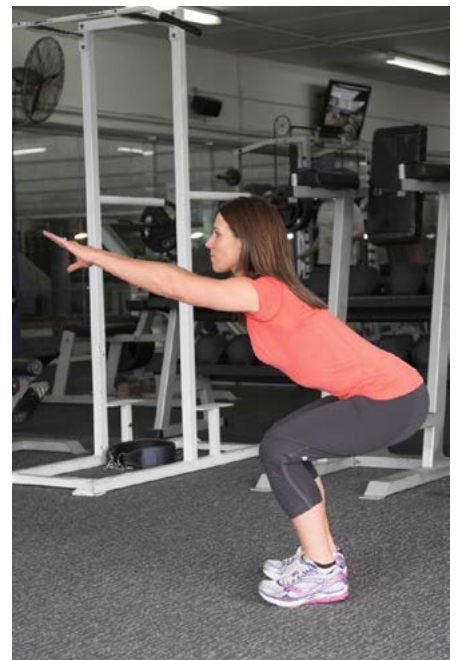


Follow me -

Squats

- Stand with your feet slightly wider than hip-width apart, keep your chest lifted and your chin parallel to the ground.
- Engage your abdominal/core muscles (in other words, keep your tummy tucked in!).
- Bend at the knees and lower your hips until your thighs are almost parallel to the ground (just like sitting on a chair). Make sure your knees don't go over your toes as you squat down.
- Push through your heels and squeeze your bottom to return to a standing position.

Adapt it: To make it more challenging, try holding weights or milk bottles filled with water in each hand.



Push-ups

- Move to a hands-and-knees position on the floor with your hands directly under your shoulders, fingers facing forward.
- Reach one leg out and away and then the other leg to come into a plank position so your hands and feet are supporting your whole body weight.
- Engage your abdominal/core muscles.
- Bend the elbows and slowly lower your body towards the floor until your arms bend at right angles. Keep your back straight and abdominals tight.
- Press upwards through the arms and push yourself away from the floor – again keep your back straight.

Beginners: To make this exercise easier, you can keep your knees on the ground.



Push-ups continued

Full Push-up



Follow me 

Lunges

- Stand with your feet hip-width apart and engage your abdominal/core muscles.
- Keeping your left foot on the ground, step forward with your right leg and lower yourself into a lunge – how far you lunge will vary from person to person. If you are a beginner, just go as far down as feels comfortable; if you are more experienced you should be able to lunge down until your right knee nearly touches the ground.
- Firmly push off with the right leg and squeeze both your thighs and bottom muscles to allow you to return to the standing position.
- Repeat on the opposite leg.

Adapt it: To make it more challenging you can do the same exercise while holding weights or milk bottles filled with water in each hand.



Tricep dips

- Sit on the edge of a low bench or stable chair and position your hands shoulder-width apart on each side of your hips.
- Keeping your hands on the bench/chair, move your bottom in front of the bench/chair. Keep your legs slightly bent and your feet hip-width apart on the floor.
- Slowly bend your elbows and lower your upper body until your upper arms are nearly horizontal to the floor – be sure to keep your back close to the bench.
- Once you reach the bottom of your triceps dip, slowly press off with your hands and push yourself back to the starting position.

Adapt it: To make this exercise more challenging you can place your feet on another chair or low bench.



Step-ups

- Find a stable bench that is level with your knee – either at the gym, or find a step somewhere in your house or at the park.
- Stand in front of the bench/step with your knees hip-width apart.
- Step up onto the bench/step with your right leg allowing your left leg to lift off the ground.
- Stand on top of the bench/step with both feet and step back down leading with the right leg followed by the left leg.

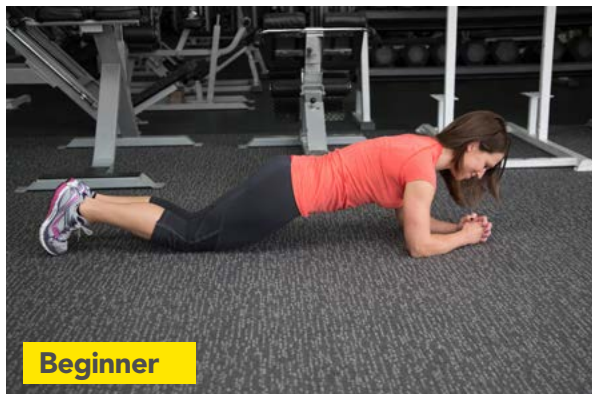
Adapt it: To make this more challenging you can hold weights or milk bottles filled with water in your hands.



Front plank also known as Bridge or Hover

- Lie on your front on the floor with your elbows close to your sides and directly under your shoulders, palms down and fingers facing forward.
- Engage your abdominal/core muscles.
- Contract your thigh muscles, straighten your legs and flex your ankles (tuck your toes towards your shins).
- Lift your torso and thighs off the floor, making sure that your shoulders are directly over your elbows.
- Hold this position for as long as you can, keeping your back straight and tummy in tight the whole time, then allow yourself to relax and repeat .

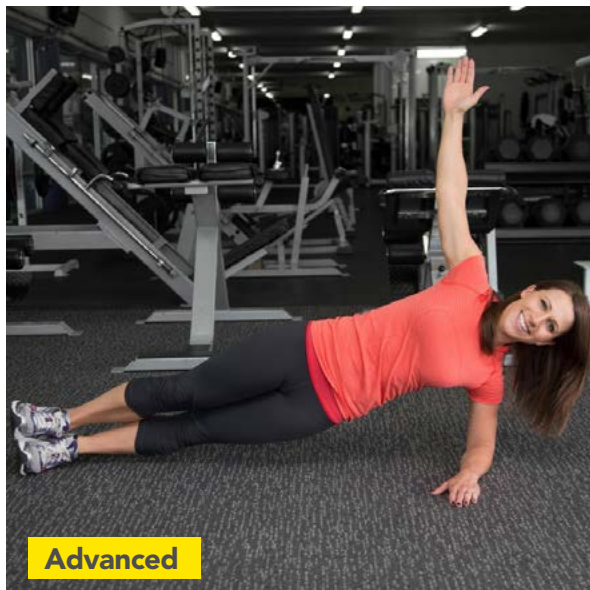
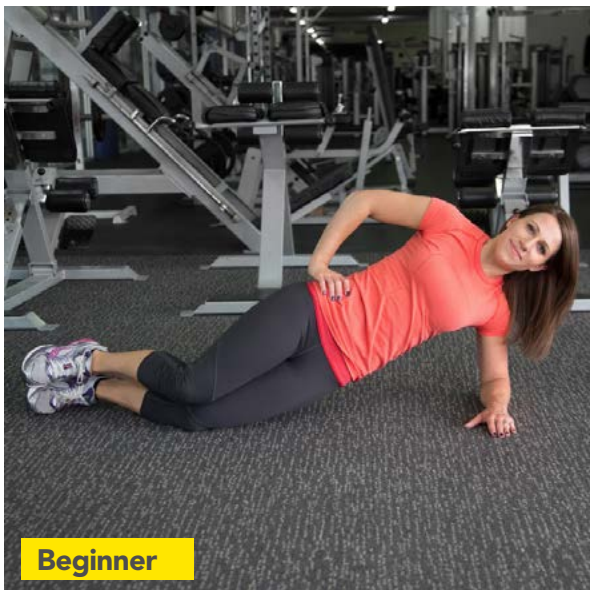
Beginners: To make this exercise easier, you can keep your knees on the ground.



Side holds

- Lie on your right side on the floor with your knees slightly bent and legs stacked on top of one another. Engage your abdominal/core muscles.
- Keeping your hips and bottom in contact with the floor, raise your torso and support yourself on your right forearm. Your right elbow should be bent and directly under your shoulder.
- Lift your hips and bottom off the floor until your shoulder, hip and knee are in a straight line. Keep your tummy tight and hold this position for as long as you can . Relax and then repeat on the other side.

Note: To make this more challenging you can lift your lower leg off the ground, too.



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Keep Healthy and Happy

Claire Turnbull x



Thanks to Dave Margison from www.workout.co.nz for helping me with the exercise plans.
Also thanks to Richard Gibbs for the photographs and to lululemon for my workout gear!

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