

HOORAY FOR HOME BODIES

Want to get in shape but don't like the idea of hitting the gym? Here are some exercises you can do at home to achieve the same results. By Yusrah Julius-Isaacs

So the only contract you're using lately is the one at your DVD store, and the last time your heart rate spiked was when you watched *Twilight*. But fear not – personal trainer Lukas Potgieter shows you how to get your body beach-ready without setting foot in the gym. Time to get off the couch and get moving!

STABILITY BALL LEG CURLS

Strengthens Hamstrings
Same workout as Lying leg-curl machine

You need A stability ball (you can buy one for about R100)

1. Lie flat on your back with your heels on the ball.
2. Lift your hips from the floor to form a straight line from your shoulders to your heels.
3. Using the ball, pull your heels towards your butt, keeping your hips raised.
4. Return to starting position.
5. Do two sets of 15 reps.

SAFETY TIP

'Stabilise yourself with your hands by your side and aim not to move your hips up and down during the exercise,' says Lukas.

STEP UP WITH RAISED KNEE

Strengthens Quadriceps
Same workout as Leg-extensions machine

You need A low bench

1. Step on to the bench with your right foot, pushing yourself off the ground with your left.
2. Lift your left knee to a 90° position.
3. Go back to the starting position by placing your left foot on the ground.
4. Do two sets of 15 reps for each leg.

SAFETY TIP

'When your leg is in the 90° position, you should still be able to see your toe past your knee,' says Lukas. 'Don't lean forward. Start with a low step and increase the height as you progress.'

STABILITY BALL PIKE

Strengthens Abdominal muscles

Same workout as Ab-crunch machine

You need A stability ball

1. Start in a press-up position with your shins resting on the ball.
2. Tighten your abs and roll the ball towards you with your feet while raising your hips. You want to form a triangle between yourself and the floor.
3. Roll back to the starting position.
4. Do two sets of 15 reps.

SAFETY TIP

When coming down from the triangle position, be sure not to drop your hips below shoulder level, advises Lukas. 'Start the exercise on your elbows if your shoulders are weak.'

PRESS-UP WITH A TWIST

Strengthens Pectorals (chest muscles)

Same workout as Pec deck machine

1. Start in a normal press-up position. Your elbows should be bent at 90°. Push up until your arms are straight.
2. At the top, twist your body to the left and reach up with your left arm.
3. Go back to centre, lowering your arm, then return to starting position. Alternate sides.
4. Do two sets of 15 reps.

SAFETY TIP

To avoid injury, ensure your body is in a straight line from shoulder to heel when you begin. 'If you're not strong enough, place your knees on the floor and perform the press-up from that position,' says Lukas.

STABILITY BALL PULLOVERS

Strengthens Back

Same workout as Seated row machine

You need A stability ball

1. Lie on your back, knees bent, feet on the floor.
2. Hold the stability ball straight above your chest. With your elbows slightly bent, lower the ball behind your head towards the floor.
3. Bring the ball back to above your chest.
4. Do two sets of 15 reps.

SAFETY TIP

'Breathing is incredibly important,' stresses Lukas. 'Inhale while lowering the ball and exhale bringing it back up. Keep your elbows slightly bent and don't arch your back.'

BENCH DIPS

Strengthens Triceps

Same workout as Machine dips

You need A bench

1. Start off in a seated position.
2. Place your hands just wider than shoulder-width on either side of your body.
3. Scoot your bum slightly forwards and, with your hands on the bench, lower your body until your elbows are bent at 90°. Your body must remain as close to the bench as possible.
4. Push back up using your triceps.
5. Do two sets of 15 reps.

SAFETY TIP

'Your feet should be flat on the floor,' says Lukas.



Two PSPs are up for grabs!

Automatic entry for all ClubX members (details on page 9)



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