

EXERCISE AT HOME

Exercises at the gym can be frightening for anyone, so why not start at home...Follow these 8 easy workouts you can do anywhere! These are all great for beginners and can be modified to fit your ability.

SCISSORS

Lift legs in the air. Kick your legs up and down slowly so as one leg kicks down the other leg is kicking up.

HELPS: core and hamstrings



LEG RAISES

Lie flat on a mat and slowly lift both legs in the air to a 90-degree angle. Slowly lower your legs back down and then back up again. Try to keep your legs straight.

HELPS: core, hips, lower back



PLANK

Use your toes and forearms to keep you up and hold the position. Make sure your bum is sticking down and your whole body is straight. Squeeze your tummy.

HELPS: core and abdominal muscles



BICYCLE CRUNCH

Lie on a mat and put your hands on the back of your head. Raise one knee to the opposite elbow. Put your other leg straight down but slightly lifted off the ground. Now swap legs.

HELPS: Abdominals

CRUNCHES

Lie on your back and bend your knees. Cross your arms across your chest and lift your shoulder blades off the floor. Then lower yourself back down.

HELPS: abdominal muscles



TOE TAPS

Keeping your core strong, put your knees up and tap each foot one at a time whilst tilting your head slightly up to help with movement.

HELPS: core

MOUNTAIN CLIMBERS

Do a straight arm plank and pull one leg forward into your chest at a time. Switch legs as you return to your original position.

HELPS: all body



BEND EXTEND AB TUCKS

Start seated with your arms behind you to keep your balance. Slightly lean back onto your hands and stretch your legs out forward lifted off the floor. Bring your legs in towards your chest and then back out.

HELPS: lower abs