

COMBAT THE CORONA BLUES

ABS-oloute Killer

The Coronavirus has had a significant impact on our daily routines, with gym closures forcing people to make huge physical and mental sacrifices. Yes, self-isolation is mandatory. But it doesn't have to be boring! Right now, exercise is more important than ever, fighting against fatigue and creating organisation amongst complete chaos. So, get those abs pumping with this abdominal, HIIT workout that you can do inside, anywhere, anytime!

Area of Focus: Core

Equipment: None

One minute each x 4 rounds!

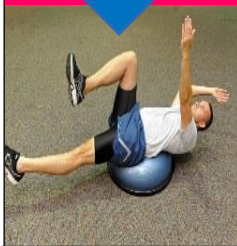


Crunches

-Lie down on the floor on your back, bending your knees and placing your arms across your chest.

-Brace your abs to engage your abdominals and protect your lower back.

-Move your shoulders off the floor and bring your elbows to your knees, inhaling as you lower yourself down and exhaling as you perform the movement.



Dead Bugs

-Lie flat on your back with your arms pointing to the ceiling and your legs bent off the ground.

-Slowly move one arm down behind your head, keeping it straight whilst moving the adjacent leg down to hover just above the floor.

-Return to start positioning and repeat on the opposite arm and leg, keeping the movement controlled.



Russian Twists

-Sit up right, lowering your upper body to a 45-degree angle, keeping your legs hovered over the floor bent.

-Move your arms side to side, twisting your core as you do so and keeping your legs, chest and hips stationary

Bootylicious Booty Guide

Quarantine may have us binging Netflix and lying in our bed all day, but why not get those endorphins flowing with this wonderful workout! With the option to use equipment, whether that be dumbbells or tins of beans in your cupboard, this guide is sure to get that booty burning. Combine with your daily dog walk or HIIT interval sprints, and you'll be on your way to building a bootiful booty in no time!

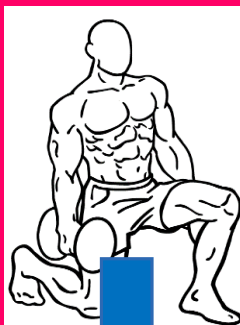
Area of Focus: Glutes

Equipment: Dumbbells or tins

One minute each x Four rounds!

Thirty seconds rest in between rounds.

Jumping Lunges



-Holding your dumbbells straight, place your arms either side of your body, feet shoulder width apart.

-Move one leg forward into a lunge position, keeping your chest up and your knee at a ninety-degree angle.

-Proceed to repeat on the other leg.



Weighted Squats

-With your chest up and back straight, hold both weights, bending both your arms so that each weight sits slightly on your shoulder.

-With your feet slightly wider than shoulder width apart, proceed bend your legs into a squat position.

-As you travel back up, squeeze your glutes