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women's fitness

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MIRANDA KERR'S SHAPE-UP SECRETS

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16

ways to
chill out, slim
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How to build...

The perfect circuit

Can't make it to the gym? You can work out anywhere if you know how to create your own circuit, says **Amanda Khoury**

Whether it's your location, a busy schedule or your budget that's keeping you away from the gym this month, there's no reason it should stop you from staying in shape – even if you've only got five minutes to spare. You can work your body from head to toe, as well as raise your heart rate and work up a real sweat with a simple five, 10 or 15-minute circuit session. So how do you put together a workout that ticks all the fitness boxes in such a short space of time? *WF* shows you the ropes.

Up your work rate

Make sure your workout is worthwhile by challenging your body in as many different ways as possible. By keeping rest periods scarce and working at a high intensity, you can make your workout count, even if you're short on time.

Mix and match

Make sure you include some cardio exercise in each of your circuits. This will get you warmed up as part of your workout, so you don't need to waste any time at the start. Running, skipping, jumping jacks – it all counts. Next, use resistance exercises and weights, if you can. This will ensure that you're working your body in a different way and building lean muscle mass, which will increase your metabolic rate. This combination, teamed with high-intensity work, means you're guaranteed to be burning calories long after you finish.

Total-body burn

Try to target all areas – your upper body, lower body and your core. Even better, include some compound moves that hit all your key muscles in one: think lots of clean and presses and press-up burpees. Finally, up the ante by completing all the exercises together, back to back, without any rest. This will make sure you really boost your muscular endurance and cardio fitness.

Keep it simple

If you keep your equipment basic and stick to small pieces of kit like dumbbells and resistance bands, you can easily put together an effective circuit to do in your own home, at the park or in the garden. Looks like you're all out of excuses! To get you started, here's three challenging circuits you can do in five, 10 or 15 minutes.

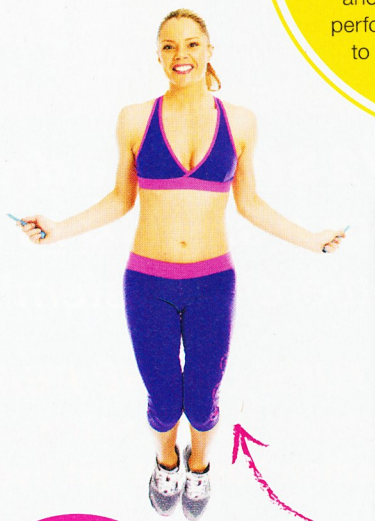
KIT YOU'LL NEED

- 2 x 3-5kg dumbbells
- Resistance band
- Skipping rope
- Stability ball

CIRCUIT A

The 5-minute workout

Perform all three moves in circuit A back to back, then take a 20-second rest and repeat the circuit. Take another 20-second rest then perform circuit B's moves back to back, have a 20-second rest and repeat.



1 Skipping

Area trained
Cardio

Technique

- Holding the handles of the rope at around waist height, swing the rope around one turn for each jump.
- Land lightly on the balls of your feet and slightly bend your knees as you land.

30 seconds

SAFETY TIP
Keep your shoulders back and your body upright



1



2

2 Press-up

Areas trained
Chest, rear upper arms, core

Technique

- Start in plank position with your hands directly under your shoulders.
- Keeping your body in a straight line from heels to shoulders, bend at

your elbows to slowly lower your body towards the floor. Pause, then push back up to the start.

15 seconds

SAFETY TIP
Keep your core tight and look towards the floor



1



2

SAFETY TIP
Don't let your knees come over your toes as you squat

3 Jumping squat

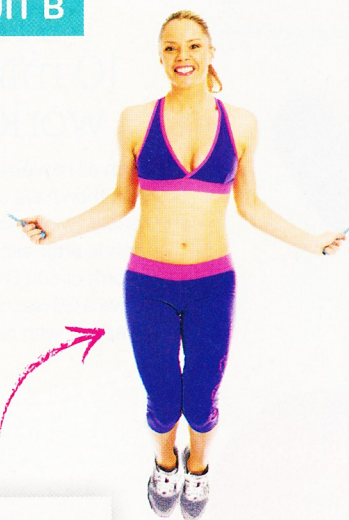
Areas trained
Bottom, thighs

Technique

- Stand with your feet slightly wider than hip-width apart and your toes pointing forward.
- Bend at your knees and hips and push your bottom out until your thighs are almost parallel to the floor, keeping your chest facing forward and shoulders back.
- Push through your legs and jump up as high as you can. Land softly and repeat.

15 seconds

CIRCUIT B



1 Skipping

As before.
30 seconds

2 Resistance-band row

Areas trained

Upper back, front upper arms

Technique

- Sit on the floor with your legs together, straight out in front of you.
- Loop a resistance band around your feet and hold the ends in each hand. Make sure there is some tension in the band when your arms are extended.
- Keeping your body still and elbows close to your body, squeeze your shoulders together and pull the band backward, bringing your hands toward your ribs. Release the band and repeat.

15 seconds

SAFETY TIP
Keep your back straight throughout



3 Sit-up jump

Areas trained
Stomach, bottom, thighs

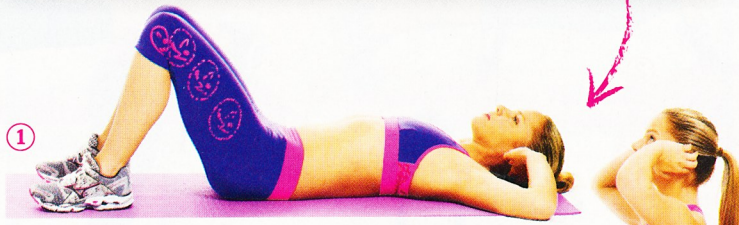
Technique

- Lie on the floor with your legs bent and your feet flat on the floor.
- Bring your hands to your

temples and sit up, tightening your abs, to bring your upper body off the floor completely.

- From here, use the momentum to stand up and jump as high as you can. Land softly and repeat.

15 seconds



SAFETY TIP
Keep your gaze straight ahead



3

CIRCUIT A

1 Skipping

Area trained

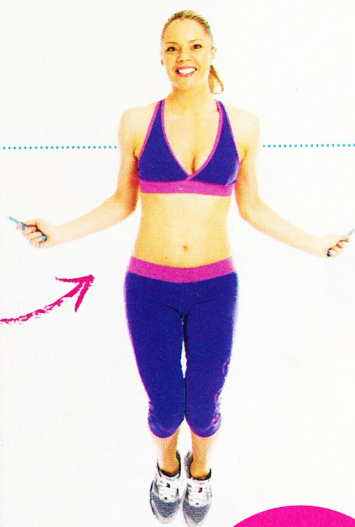
Cardio

Technique

- Holding the handles of the rope at around waist height, swing the rope around one turn for each jump.

- Land lightly on the balls of your feet and slightly bend your knees as you land.

25 seconds



SAFETY TIP
Keep your shoulders back and your body upright

The 10-minute workout

Perform all moves in circuit A back to back, then have a 30-second rest and repeat twice more, resting for 30 seconds after each circuit. Then perform circuit B back to back, have a 30-second rest and repeat, with rests, twice.



2 Alternating shoulder press

Area trained

Shoulders

Technique

- Stand with your feet hip-width apart holding a dumbbell in each hand, level with your shoulders, palms facing inward.
- Extend one arm up to the ceiling and push the dumbbell directly overhead.
- As you bring this arm back down to your shoulders, extend your other arm to push the dumbbell overhead.

15 seconds

SAFETY TIP
Don't lean back when pressing the dumbbells upward

SAFETY TIP
Keep your back straight and your gaze forward



3 Jumping side lunge

Areas trained

Inner thighs, core

Technique

- Start with your feet together. Lunge to the right, lowering your body to the ground by bending your right leg and extending the left leg.
- Push back up and jump into a lunge on the left, bending your left leg and extending your right.

15 seconds



4 Plank

Areas trained

Core, shoulders

Technique

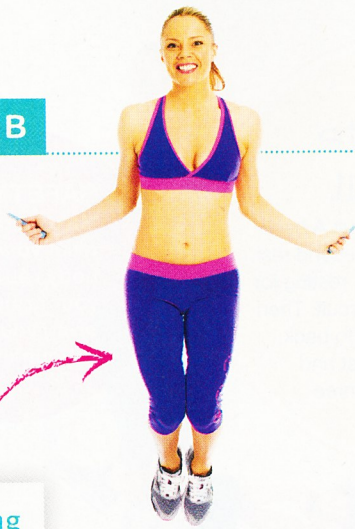
- Rest your forearms on the floor with your shoulders over your elbows, keeping your body in a straight line from head to heels.

20 seconds

SAFETY TIP
Keep your core tight and gaze at the floor



CIRCUIT B

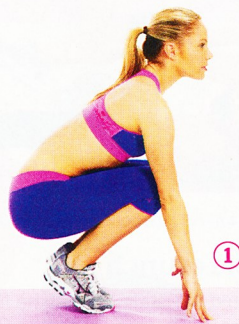


1 Skipping

As before
25 seconds



SAFETY TIP
Don't allow your shoulders to hunch



SAFETY TIP
Don't let your hips sag when holding plank position



2 Bent-over row

Areas trained

Upper back, front upper arms

Technique

■ Stand with your feet hip-width apart and hold a dumbbell in each hand. With your legs slightly bent, hinge forward at your hips and extend

your arms down toward the floor.

■ Keeping your elbows close to your body, squeeze your shoulders together and bend your arms to pull the dumbbells up toward your ribs. Slowly lower and repeat.

15 seconds

3 Burpee

Areas trained

Bottom, thighs, core, shoulders

Technique

■ Crouch down and rest your hands lightly on the floor.
■ Keeping your feet together, jump backward into plank position.
■ Jump forward again to crouch, then jump up as high as you can, extending your body and reaching up to the ceiling. Land softly. Repeat.

15 seconds



4 Plank

Areas trained

Core, shoulders

Technique

■ Rest your forearms on the floor with your shoulders over your elbows, keeping your body in a straight line from head to heels.

SAFETY TIP
Keep your core tight and gaze at the floor

20 seconds

exercise circuit workout

CIRCUIT A

The 15-minute workout

Perform all moves in circuit A back to back, then have a 35-second rest. Repeat three more times, resting for 35 seconds after each circuit. Then perform circuit B back to back, take a 35-second rest and repeat, with rests, three more times.

SAFETY TIP
Make sure you twist your upper body rather than your arms to bring your elbow to your knee

1 Skipping

Area trained
Cardio

Technique

- Holding the handles of the rope at around waist height, swing the rope around one turn for each jump.
- Land lightly on the balls of your feet with your knees slightly bent.

40 seconds



SAFETY TIP
Keep your shoulders back and your body upright



1



2



SAFETY TIP
Don't lean your body forward or backward when touching your foot

3 Skater jump

Areas trained
Inner thighs, bottom, waist

Technique

- Start standing on your right leg. Take a big leap to the left, landing softly on your left leg and leaning your upper body to the left. At the same time, bring your right foot up behind you to touch it with your left hand.
- Without putting your right foot down, leap across to the right and repeat the action on the opposite side.
- Continue to perform the move fluidly so you never have both feet on the ground at any one time.

15 seconds

2 Bicycle crunch

Areas trained
Waist, stomach

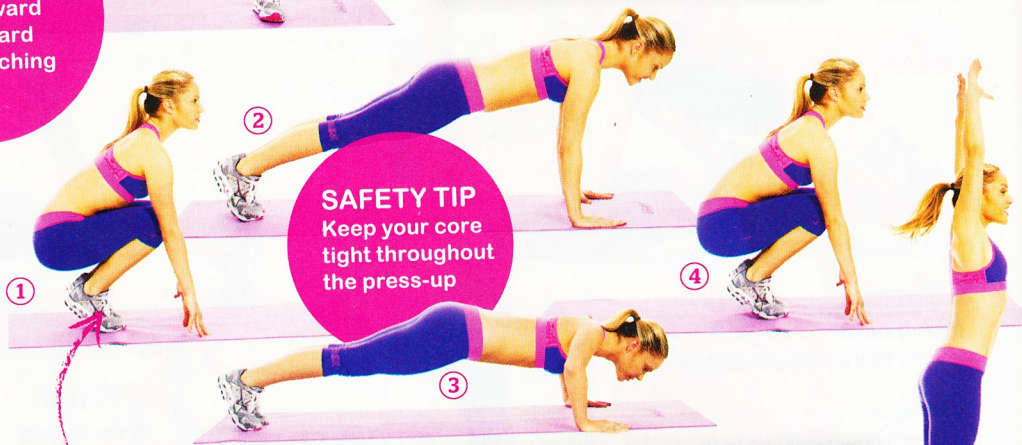
Technique

- Lie on your back with your legs extended, feet slightly off the ground and hands at your temples.
- Bring your right knee into your chest while taking your left shoulder

off the floor and twisting your upper body so your elbow meets your knee.

- Immediately switch sides and twist the opposite way, bringing your left knee into your elbow. Continue the motion fluidly.

15 seconds



SAFETY TIP
Keep your core tight throughout the press-up

4 Press-up burpee

Areas trained
Bottom, thighs, chest, rear upper arms, core, shoulders

Technique

- Crouch down and rest

your hands on the floor.

- Jump both feet back into plank position.
- Keeping your body in a straight line, bend your elbows and lower your chest to the floor.
- Push back up by

straightening your arms. Then jump forward into the starting position.

- Jump up as high as you can, landing softly with knees bent. Repeat.

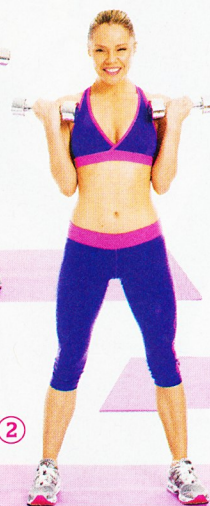
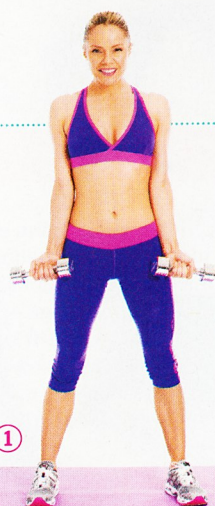
15 seconds

5

CIRCUIT B

1 Skipping

As before.
40 seconds



SAFETY TIP
Don't allow your lower back to arch

SAFETY TIP
Don't let your front knee go over your toes



3 Jumping lunge

Areas trained
Legs, bottom, core

Technique

- Stand with your feet about hip-width apart. Take a large step with your left leg and lunge down so both legs are bent to a 90-degree angle.
- Jump up as high as you can, switching your legs in mid-air so you land softly in a lunge, with the right leg forward. Continue alternating legs as you jump.

15 seconds

2 Curl and press

Areas trained
Front upper arms, shoulders

Technique

- Stand with your feet hip-width apart, holding a dumbbell in each hand with your arms extended by

your sides and palms facing forward.

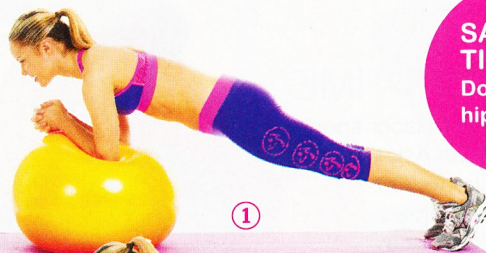
- Keeping your upper arms close to your sides, curl the dumbbells up to your shoulders.
- Extend your arms and push the dumbbells up toward

the ceiling while rotating your grip so your palms are facing forward again.

- Reverse the movement to lower back to the start position and repeat.

15 seconds

SAFETY TIP
Don't let your hips sag



Essential info

- **Clothing:** Zumbawear crop top, £32.95, www.zumba.com; Zumbawear leggings, £35.95, www.zumba.com; Mizuno Wave Enigma trainers, £115, www.mizuno.co.uk
- **Kit:** Skipping rope and stability ball, www.escapefitness.com; mat, resistance band and dumbbells, www.physicalcompany.co.uk

4 Plank push

Areas trained
Core, stomach, shoulders

Technique

- Begin in plank position with your forearms resting on a stability ball and your elbows close to your body. Keep your

feet on the floor, slightly apart, and your body in a straight line.

- Keeping your body still, slightly extend your arms to edge the stability ball away from you. Roll the ball back and repeat.

15 seconds