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WONDER  
WORKOUT!**

# How to... LIFT WEIGHTS

Our new cut-out-and-keep series helps you get maximum results from your workout. Here, Fitness First personal trainer Nick Brockhouse reveals the best weights moves

## BEST FOR BUM

**All-fours butt-blaster** – increases strength and stability to tone up your glutes.

■ Get down on your hands and knees, keep your back straight and pull your belly button in towards your spine.

■ Holding a light dumb-bell, extend and hold your right arm out straight ahead.

■ Squeeze your glutes and raise your bent left leg up as far as possible towards the ceiling in a controlled movement.

■ Return your leg to the starting position and aim for 10-20 reps, until you start to feel fatigued.

■ Try three sets on each side, with a 30-second rest between sets.

## BEST FOR BACK

**Ball row** – great for improving posture and all-over back strength.

■ Lie with your chest resting on a Swiss ball, and your feet against a wall for support.

■ Keeping your body straight, with a slight bend in your arms, raise the dumb-bells slowly towards the ceiling, squeezing your shoulder blades as you do so.

■ Slowly return towards the floor without actually touching it.

■ Aim for three sets of 12-15 reps, using a weight that will leave you feeling fatigued by the last five reps.

## BEST FOR LEGS

**Squat hip abduction** – a great leg workout that builds strength and endurance in your quads, hamstrings and glutes.

■ Stand with your knees slightly bent and feet shoulder-width apart.

■ Holding a dumb-bell in your right hand and resting your left on your left hip, bend your legs downwards into the squat position.

■ Maintain your balance and slowly begin to rise while simultaneously extending (abducting) your left leg out to the side.

■ Pause at the top of the movement and lower your leg into the starting position.

■ Repeat for three sets of 10-20 reps on both legs. To increase the intensity, try standing on the dome side of a

Bosu ball. (Short for 'both sides up', this training aid is a version of the Swiss ball that can be used on either its dome side or its platform base.)

## BEST FOR STOMACH

**Heel-to-toe crunch** – encourages core stability and strength, especially around your lower abdomen, which can be difficult to tone up.

■ Lie on your back on the floor, squeezing your belly button towards your spine, legs straight, resting your left heel on your right big toe.

■ Use your left hand to support your neck and hold a dumb-bell in your right with your arm straight up in the air.

■ Lift your shoulders and upper body off the floor until you feel your lower abs activating.

■ Pause at the top before gently returning to the start position.

■ Aim for around 10-20 reps at a slow controlled tempo – the quality of the move is important, so take your time.

## BEST FOR CHEST

**Chest fly on the ball** – this move is great for strengthening your core and toning up your chest.

■ Lie with your upper back resting on a Swiss ball, keeping your body straight and your legs bent at 90°.

■ Keep your neck in a neutral position and, holding the dumb-bells, raise your arms up above your chest.

■ Lower your arms out to your sides at a 90° angle, allowing them to bend slightly until the weight reaches just above your shoulder level.

■ Return to the

starting position, keeping the move at a slow, controlled tempo.

■ Aim for three sets of 12-15 reps.

## BEST FOR ARMS

**Tricep kick-back and bicep curl** – to increase muscle tone and strength in your upper arms.

■ Relax your knees and bend over until your torso is at 90° to the ground.

■ With your arms bent, keep your upper arms parallel to the floor and slowly extend your forearms backwards from the elbow.

■ Return to the start position in a controlled movement and repeat 12-15 times, then straighten up and hold your arms against your body.

■ Pull the dumb-bells in controlled movements towards your shoulders and back down again.

■ Start off by doing 12-15 reps of each exercise individually. When your strength improves, alternate between the two exercises for up to three sets on each. ☑

## YOU'LL NEED...

- Dumb-bells (that you can lift but aren't too light)
- Swiss ball
- Bosu ball (optional)
- Exercise mat

