

# TRY THESE *at home*

Ten exercises to get your body in top shape

BY FITNESS EXPERT ROBERT TYNAN

**C**an't splash the cash to join a gym? No problem! Fitness expert Rob Tynan has produced a 10 step starter programme that you can do from the comfort of your own home to strengthen your core muscles and help shed those pounds.

**1) Fitball squat with dumbbell curl and press (3kg weights)**  
Sit straight up on the ball with your feet shoulder-width distance on the floor. Grasp dumbbells and keep your elbows tight to your side as you curl your arms up. At the top, rotate wrists inward and press dumbbells overhead. Control the movement at the top back down with rotating your wrists back to the curl exercise. Work up to 25 reps per day.

**2) Down facing jack-knife**  
This works your abs, core and lower back. Lie on your back with arms along your side with palms facing down and extend legs at 45 degrees in front of you. On your exhale, scoop the abs in and lift the hips over the shoulders and parallel to the floor. On the next inhale, use your arms, press into the floor as you lift and extend the legs up toward the ceiling. On an exhale, slowly roll the spine back down to the mat while keeping the legs extended toward the ceiling. Bring legs back to starting position and repeat. Try for 20 reps a day.

**4) Lying leg curl on ball**  
Lie flat on your back with feet on top of the ball – when your legs are extended your ankles should be on top of the ball. This will be your starting position. Raise your hips off of the ground, keeping your weight on the shoulder blades and your feet. Flex the knees, pulling the ball as close to you as you can, contracting the hamstrings. Pause then return to the starting position. Try and get up to 25 reps

**5) Sit up and touch your toes using fitball**  
Aim for 30 reps

**3) Push-up row with 4kg weights**  
Beginners just go to the knees, 12 reps per day. You start in a pushup position as you grip a pair of dumbbells placed shoulder-width apart, your palms facing in. Lower down into a pushup until your body hovers just above the floor. Your body should stay in a straight line from head to heels. Pause, and then push yourself back up. Now bring one dumbbell toward your rib cage and return it to the floor. Do another pushup, and row with your other arm. Continue to alternate arms every rep.

**6) Superman exercise**  
Lie straight and face down on the floor with arms fully extended in front of you. Raise your arms, legs, and chest off of the floor and hold for two seconds. Slowly begin to lower your arms, legs and chest back down to the starting position while inhaling. Repeat 10 times.

**7) Seated on ball bent over rear delt flys with 2kg weights**  
Lean over as far as you can go. Grasp the dumbbells with your palms facing inward and pick them up off the floor. Keep arms slightly bent and rotating at shoulders only, slowly raise the dumbbells up as high as they can go, and squeeze your shoulder blades together. Pause, and then slowly lower the weight back to the starting position. Aim for 12 reps.

**8) Burpees – aim for 15 reps**  
Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto them. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.

Jump your feet back so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.

**9) Sumo squat with lateral raise with 2kg weights**  
Hold a pair of dumbbells with your arms straight. Step your feet into a wide stance with your toes pointed slightly outward. Bend knees until your thighs are parallel to the ground as you raise your arms out to the side to just below shoulder level. Keep your weight in your heels and straighten your legs as you lower your arms. Complete three sets of 12 to 15 reps. Keep your back and shoulder straight. Do 20 reps (use fitball against wall if you need extra support.)

**10) Glute Bridge**  
Spending all day sitting behind a desk can lead to weak glutes and lower back problems. Lie face up on the floor, with your knees bent and feet flat on the ground and arms at your side with palms down. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze those glutes hard and hold your bridged position for a couple of seconds before easing back down. Repeat 10 times.

**DESK WORK:**  
This exercise is great for people in sedentary jobs

