



How to look good (almost) naked!

It's been a bit sunny recently and in the best of British traditions, as the heat increases you see more people wearing fewer clothes, which can be a mixed blessing. It may cause you to think about your wobbly bits, so I want to give you three brilliant exercises to try at home and firm up the flab.

Most people are concerned about their legs, bum, belly or bingo wings. You might even worry about all four! Of course the best way to lose fat is to eat less, but you also want to firm up the muscle to look better.

The lunge with rotation is a great way to improve the legs, glutes and core in one go. Please perform this exercise slowly, control is key for both results and safety. Take a generous step forward with your right leg and lower until your right thigh is parallel to the ground. Your right knee should stay above your right ankle and left knee should almost touch the floor. This is the lunge part.

Keeping your torso upright, rotate your shoulders and arms to the right as far as you can go without your legs moving. Slowly return to the middle and step back with your right leg until you are standing up again. This is the rotation.

Repeat the action with the left leg and keep alternating until you've done fifteen with each leg. To make it harder, try holding a one litre bottle of water out in front of you throughout the exercise to add a little weight and make your upper body work harder.

To tone the arms, shoulders and chest you can't beat the old-fashioned press up. You want to aim to do at least fifteen repetitions, so if you can't do fifteen press ups non-stop on your hands and feet then make it simpler. Either do them from the hands and knees or stand about two feet from a wall, lean your hands against the wall and press up against the wall.

Finally to finish off and work your belly, do some bicycles. Now this name is applied to a variety of abdominal exercises, so let me explain how I do them and it is proven to be two and a half times more effective than a standard crunch.

Lie on your back and bend your legs so that your feet are off the floor, thighs perpendicular to the floor and calves parallel to the floor. It is sometimes called the 'table top' position because it is as if you are resting your lower legs on a low table!

Place your hands lightly on your temples with elbows pointing straight out the sides. Straighten your right leg away from you until it is almost straight and at the same time twist and sit up to bring your right elbow towards your left knee. Your left arm and elbow will stay near the floor in the start position.

Then switch round, bringing your right leg back in and pushing your left leg away at the same time. Whilst doing this you will twist your torso so that your right arm goes back towards the floor and left elbow goes to almost meet your right knee.

It can take a little bit of co-ordination-like trying to pat your head and rub your tummy! However the lifting of your torso works your six-pack muscle, the twisting of the torso works the rotational abs and the leg action works the lower abdominal area and makes it all harder!

As with all exercise, make sure you're fit to do it and see your GP if you have any medical conditions or doubts. Build up slowly and add a couple of extra repetitions to each exercise every fortnight or as able.