

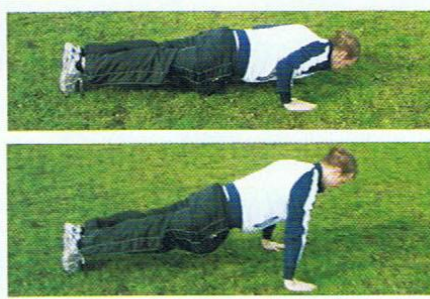
# Drop those festive pounds

Wouldn't you love to see a firm, toned body stare back at you in the mirror? Thought so! The festive season isn't too kind on our appearance and with these progressive workouts, you can say hello to the body you want!



## SQUATS

Stand with your feet shoulder width apart and toes pointing forward. Keeping your back straight, bend your legs to lower yourself, as if you're sitting back into a chair. When your legs get to 90 degrees, return to the start.



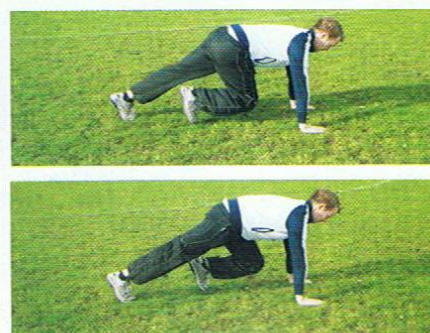
## PRESS UPS

With your hands under your shoulders, bend your arms till your chest is just above the floor. Exhale as you push up to the start.



## CROSSOVER LUNGES

From a standing position, bring your right leg behind your left, like a curtsy, and lower so your back knee is just above the floor. Return to the start position and repeat on opposite leg. That's 1 rep.



## MOUNTAIN CLIMBERS

Assume a press up position with your right knee toward your chest and left leg straight (like a sprinters start position). Quickly alternate your legs for 30 seconds.

## WORKOUT 1

Perform each exercise back to back and rest for one minute after the high jogs.

Perform the first circuit three times before moving to circuit 2.

### CIRCUIT 1

- Squats x 15
- Press ups x 10
- Crossover lunges x 12
- Mountain Climbers x 30 seconds
- High Jogs x 30 seconds

### CIRCUIT 2

- Jumping Jacks x 15 reps
- Tricep dips off a chair x 15
- Side lunge x 12
- Plank x 30 seconds
- High Jogs x 30 seconds

## WORKOUT 2

Perform each exercise back to back, for one minute each.

Rest for one minute at the end and run through three circuits.

### CIRCUIT 3

- Crossover lunges
- Jumping Jacks
- Push ups into side planks
- Jumping lunges
- Squat Pulses
- Plank
- High jogs

Exelle has teamed up with Carl Mortimer, a personal trainer based right here in Leeds. He specialises in helping you look and feel better, something he's done for people in Leeds and in the

Caribbean. Right now though, let's focus on you! Perform workout 1, three times a week. When you're comfortable with this, move on to workout 2. Remember, that nutrition is paramount,

so keep your nutrition clean for maximum results! Warm up before each workout and cool down after. These should include 2-5 minutes of light cardio and stretch from head to toe.



### HIGH JOGS

Run on the spot, bringing your knees as high as you can. Get your arms involved as well, they don't like been left out!



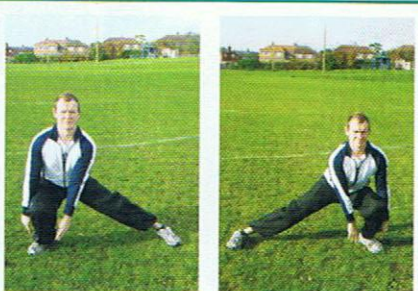
### JUMPING JACKS

From standing, jump so your legs are wide, bringing your arms overhead simultaneously. Return to the start.



### TRICEP DIPS OFF A CHAIR

Make sure the chair is sturdy! Support yourself on the edge of the chair with your hands facing away. Support yourself on the heels of your feet with straight legs. Bend your elbows to a right angle and push through your hands to the start position.



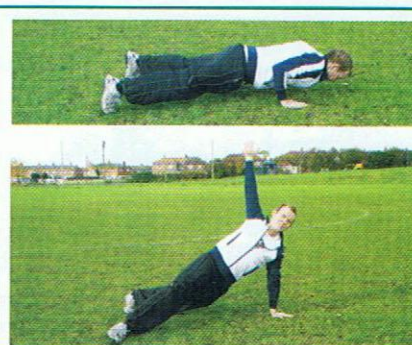
### SIDE LUNGE

Take a big step to your left and squat down, keeping your right leg straight. Touch your left foot before returning to the start. Repeat on opposite side. That's 1 rep.



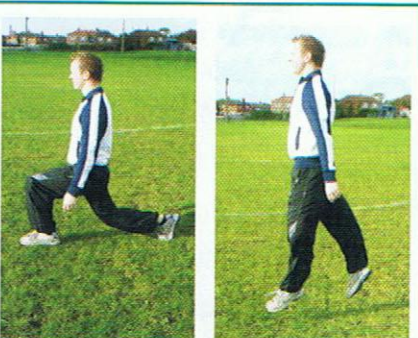
### PLANK

Rest on your forearms, with your hips off the floor. Raise your hips till you can feel it in your stomach and hold that position.



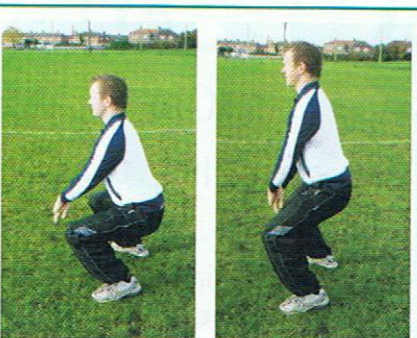
### PUSH UPS INTO SIDE PLANKS

Perform a push up. At the top, twist your torso and raise your arm in the air straight above you. Return to the start and repeat for opposite arm.



### JUMPING LUNGES

Perform a lunge on the spot. Push up into the air and switch legs, landing in a lunge position. Repeat, fast!



### SQUAT PULSES

Perform a squat but stay in the end position. Keep 'pulsing' up and down, barely leaving that position.

For more information or to get your tailored fitness plan, contact Carl on: [carlmortimer.pt@gmail.com](mailto:carlmortimer.pt@gmail.com) or visit him at [www.CarlMortimer.com](http://www.CarlMortimer.com) and let him know how you're getting on.