




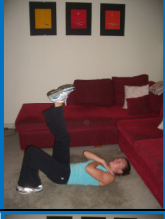






### 30 Minutes to a better body

If you can find 30 minutes in a day, these exercises will help you get back the body you want. You can do them in your lounge, in a park, anyway!










Do the plan from beginning to end, without breaks, then repeat 2 more times.

Warm-up					
Either step-ups or run up & down a set of stairs for 2 minutes					
Exercise	Pictures		Sets	Repetitions	
Squats			3	20	
Tricep dips			3	10	
1-leg bridge			3	5 each side	
Plank			3	30-60 secs Hold the plank completely still. It is easier if you do it on your knees.	



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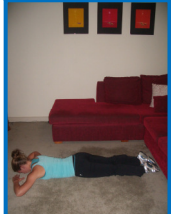
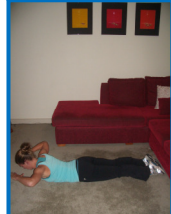


Either step-ups or run up & down a set of stairs for 2 minutes					
Kneeling squat				3	20
Couch push-up				3	10
	Try to do these on your toes, put your knees down if you need to.				
Twist				3	10 (slow)
	You can do this holding onto anything – a baby, a bottle of milk, a can of veges in each hand, any weight works.				
Pelvic tilt			Stick your bottom out, then tuck it under.	3	10 (slow)



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Single leg lower			Keep your tummy in tight and your lower back near the floor.	3	10
Back extension				3	10



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