

# Home gym

Do you have no time to go to the gym after you get home from work and attend to all the odd jobs around the house? If this is the case, there are plenty of ways to incorporate exercise into your daily routine. Integrate a few workout moves while performing household chores. Here are a few ideas to get you started:



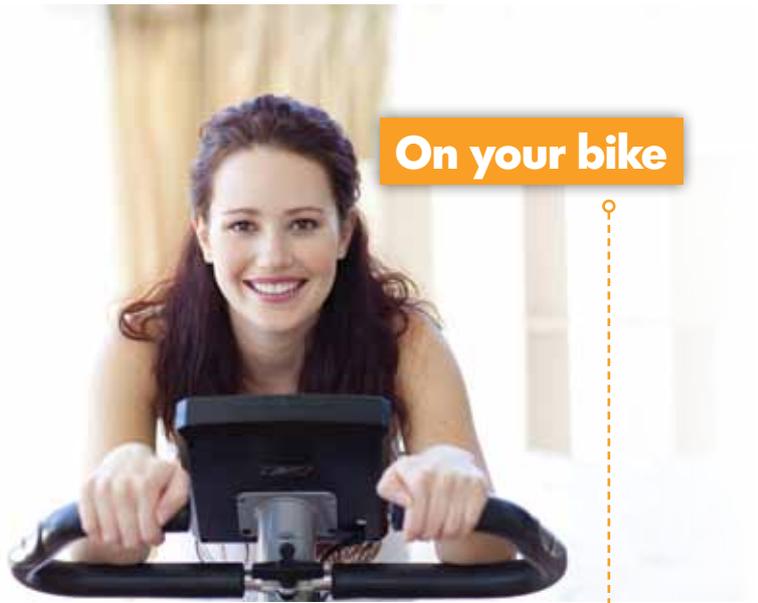
Do a few lunges while you vacuum and extend your arms out as far as you can when you move the nozzle back and forth.



When hanging up the laundry to dry, keep the laundry basket on the ground and do squats as you move up and down to put the clothes on the line.

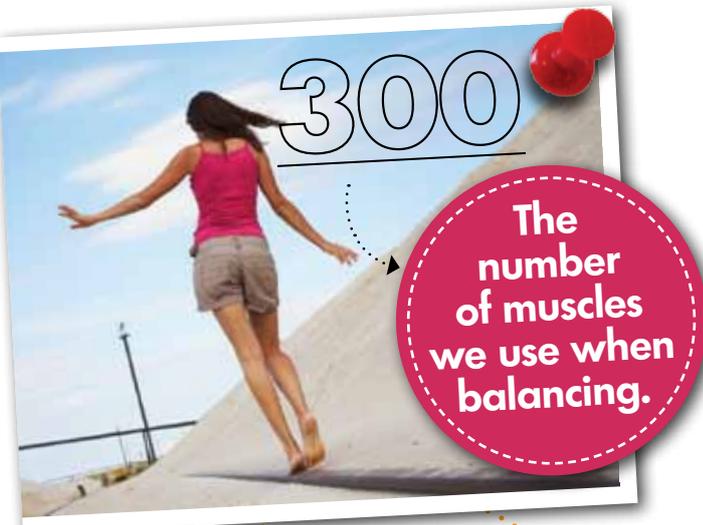


When making your bed, grab the quilt at its edges and heave it up and down as vigorously as you can before you place it on the mattress – this will give your arms a good workout.



## On your bike

Doing 10 one-minute sprints on a stationary bike with a one minute rest in between has the same effect on improving muscle tone as conventional cycling, according to a Canadian study. To get serious results fast, add a few high-intensity intervals into any workout to challenge your body and add variety to your training.



300

The number of muscles we use when balancing.

### Fit fact

High-impact exercises such as sprinting are believed to have an anti-ageing effect by increasing the production of youth hormones such as human growth hormone (HGH).



## Q&A



with Personal trainer Bernadette Abraham

**Q:** *What are the best exercises for a well-defined stomach?*

**A:** According to a study conducted at San Diego State University, exercises that require constant abdominal stabilization and body rotation generate the most

muscle activity in the obliques. Topping the list of the most effective exercises was the bicycle maneuver, followed closely by the second ranked captain's chair. As for home exercise equipment, crunches on an exercise ball ranked highest coming in third overall. To perform the bicycle maneuver, lie flat on the floor with your lower back pressed into the ground. Place your fingers lightly behind your head. Bring your knees up to about a 45-degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. And don't forget to keep breathing throughout the exercise. In addition to exercise, you should eat a clean diet, free of sugar and processed foods to help shed fat and enhance muscle definition.