10 minutes TO TAUT AND TONED

Yes, you can get a full body resistance workout – without spending hours in the gym. Slim down and shape up with 10 simple moves from fitness editor **Martha Lourey-Bird**.

1 DORSAL RAISES

Lie facedown with arms and legs extended. Slowly raise one arm and the opposite leg. Focus on lengthening rather than lifting too high. Lower limbs back down, then raise the other arm and leg. Continue alternating sides, lifting your belly button up towards your spine.

TARGETS: BACK & BUTT

2 OVERHEAD PRESS

Sit up straight on a fitness ball, holding two hand weights. Start and finish with arms bent, hands beside your shoulders and shoulders back and down. Raise your hands above your head, keeping them within your line of sight.

TARGETS: SHOULDERS

3 WIDE PUSH-UPS (ON TOES)

Position your hands wider than shoulder width, curl toes under and keep your back flat. Bend your arms and lower your chest down to just above the floor. To return to the starting position between each push up, straighten arms (don't lock elbows) and keep breathing.

TARGETS: BICEPS & CHEST

4 SEATED ROWS

Sit upright with your legs bent. Loop a resistance band across your feet, wrapping each end of the band firmly across your palms. Lengthen spine and keep chin tucked as you bring elbows back in a continuous rowing motion. Squeeze your shoulder blades at the end of each row.

TARGETS: UPPER BACK

WHAT, WHERE, WHEN?

For maximum body benefits, aim to do 8–12 reps of each exercise, and 1–3 sets of the sequence 2–4 times a week.

Photos: Fabrizio Lipari See stockists p129

STRENGTH TRAINING TIP

Never hold your breath. Breathe out (exhale) during the hardest part of the exercise & breathe in (inhale) during the easy phase.

5 KNEE TAPS

Lie down with knees bent and head supported in hands. Raise shoulder blades off the floor and lift chest as you reach, one hand at a time, to tap the opposite knee. Alternate sides, breathing out as you lift and in as you lower back down.

TARGETS: OBLIQUES (SIDE ABS)

6 PLANK

Place forearms and knees on the floor and drop hips down so your back is flat. Tighten your deep abdominal muscles and, if you can, squeeze your pelvic floor. Try to hold the plank still for up to 1 minute or more.

TARGETS: CORE

7 HALF SQUATS

Stand with feet hip-distance apart. Bend at the knees and hips, then lower down to a 90-degree angle at the knees. Push up through the heels and straighten knees (but don't lock them) to return.

TARGETS: BUTT & THIGHS

8 NARROW PUSH-UPS (KNEELING)

Place hands directly below shoulders, then lower bottom so your back is flat. Bend arms but keep elbows tucked and arms brushing your sides as you lower chest down to just above the floor. To return to starting position, straighten arms and keep them close by your sides.

TARGETS: TRICEPS & CHEST

9 ALTERNATING LUNGES

Holding light hand weights, take a step forward. Bend both knees and lower towards the floor. Keep back knee just above the ground and push up through front heel. Straighten legs to return to starting position, then alternate.

TARGETS: HAMSTRINGS & BUTT

10 HALF CRUNCHES

Lie with your knees bent. Support your head with your hands, keeping it raised off the floor and looking just above the knees. Lift your shoulder blades to a 45-degree angle, then lower back down. Focus on lifting your chest (not your head) and keeping movements slow and controlled.

TARGETS: STOMACH (ABS)