

tone up for free

Want a quick efficient all-over toner? Weight Watchers ambassador **Melinda Gainsford-Taylor** shows us how.

Getting a full-body workout for free in the fresh air sounds pretty good, doesn't it? All you need is a local park with fitness stations and you're in business.

Designed by fitness editor Martha Lourey-Bird, this simple 10-minute workout will help tone your upper body, lower body and abs.

Start by warming up before your workout. A brisk walk or jog will get your heart pumping so that you start to feel a little hot. Next, do each exercise in a circuit format, moving quickly from one to the next, spending 30–60 seconds at each station. When you've done them all, cool down with a few slow stretches.

LOWER-BODY BURN FOR GREAT LEGS



Hop-overs

Find a long, narrow bar lower than knee height. Hop over it from side to side continuously. Pump your arms as you hop over the bar and try to keep your movements fluid rather than jerky.



Step-ups

Find a bench lower than knee height and step up and down. Try to get your whole foot in contact with the step and drive your arms forward. Ensure you do the same number with each leg leading.

UPPER-BODY BLAST BUILDS STRENGTH IN EVERYDAY AREAS

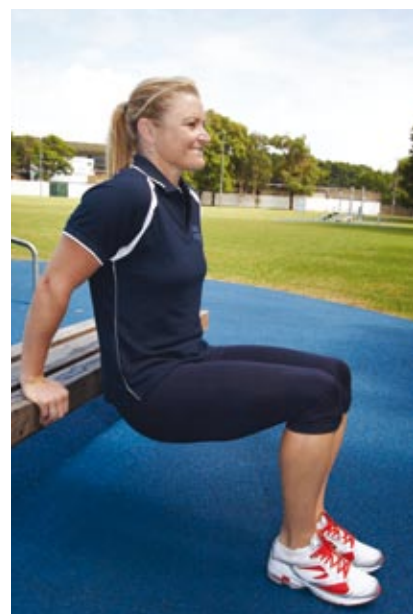


Chin-up

Firmly grasp a bar above your head with an underhand grip. Using your arms, try to get your chin above the bar by lifting, rather than swinging, your body. You may only be able to do a couple or may require help until you get stronger, but don't be discouraged. Try a 'negative' chin-up, where you're assisted to the top position and execute a slow, controlled descent.

Tricep dips

Start with elbows straight, supporting your body weight evenly between both hands. Bend your elbows as you lower your body down towards the ground. Keep elbows tucked in at your sides and your back close to your hands. Straighten your elbows again to push back up.



in just 10 minutes

STRENGTHEN YOUR CORE, GET A FLATTER STOMACH

Plank

Lie face down with your forearms and toes (or knees for an easier option) in contact with the ground. Lift your chest and tummy up off the ground and lower your bottom to keep your back flat. As you breathe, imagine you're trying to hold your belly button in towards your spine. Aim to hold for 30 seconds, then build up.



Crunches

Lie on your back with your knees bent and arms crossed in front of your chest. Squeeze your abdominals and lift your shoulder blades up to a 45° angle, breathing out as you do so. Focus on lifting from the shoulders, not from the head and neck. Breathe in as you lower your shoulder blades and torso back down again.

BEND AND STRETCH TO HELP AVOID INJURY



Full-body hang

Stretching maintains flexibility as muscle mass increases and it's best to be sure that all major muscle groups have been stretched. For an overall body stretch try holding securely onto a bar above your head, lift your feet off the ground to let your body hang. This will help lengthen all the muscles in your back.

Hamstring stretch

Raise one leg up onto something sturdy and, depending on how flexible you are, keep the knee straight or slightly bent. Bend forward from the hips and keep your back straight. Also try and flex your foot by bringing your toes back towards you to help increase the stretch.



LOOKING FOR MAXIMUM RESULTS?

- Want to burn more kilojoules? Do three circuits of the fitness park stations and sprint from one station to the next.
- Improve your fitness by counting how many reps you do for each exercise and try to raise it in your next session.