

the FAB 4 in 5



Ok so you don't have enough time to exercise. You have tried getting up early and it doesn't work. You have bought every gadget and still you aren't beating the bulge or getting toned ... Well no more excuses – here is a set of exercises that will not only get you toned and looking fabulous and help shed any excess pounds it will only take you **5 minutes** every morning to perform. As you get more addicted to the great feelings associated to strength training you are welcome to build on these fabulous four exercises.

Resistance

Resistance (strength) training helps promote human growth hormone (HGH), a great anti-aging hormone that boosts new cell growth. It also helps to boost your immune system, increase strength, shape and build muscle, burn fat and tone your skin. No more excuses – the Fab 4 only takes 5 minutes – so get up off your butt and give it a go. You'll love the results!

Start by aiming to do at least 10 of each Fab 4 exercise. If you are reasonably fit, then start with whatever number is comfortable for you, maybe 20 or 30. But if you haven't done this sort of exercise for some time, then start with five of each. The next day try an extra one and so on.

The key to doing these four exercises well, and with good results, is to do them slowly. Count slowly to three on the resistance and three on the release. The release is just as important as the resistance. If you wake the next day feeling sore (lactic acid is one of the by-products of over extended muscles) then lower the number you start with, have a rest day or exercise on alternate days.

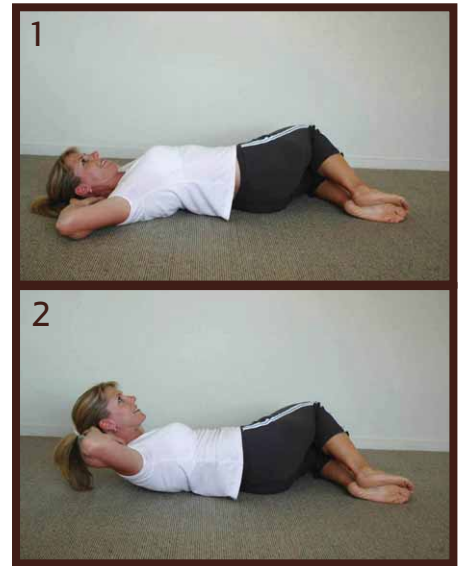
Sit-ups

Sit-ups are great for toning the stomach and lower back. You should be on your back with your knees bent. Wedge your toes under a chair or bed to hold yourself secure. Place hands behind the head and lift from the stomach only. Keep arms in one position and look at the ceiling. Only lift as far as you can feel resistance and hold for three seconds, pushing a little farther each time. ►



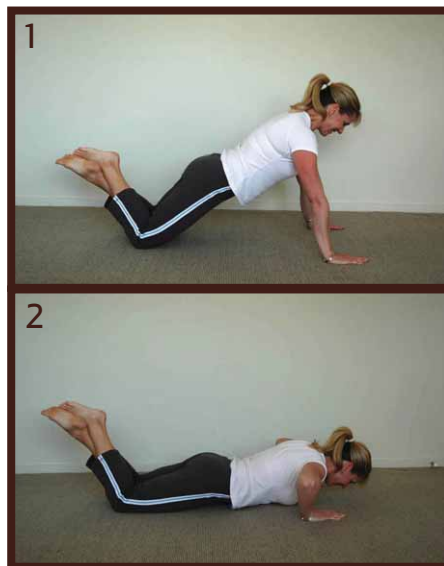
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Extra Tummy Exercises

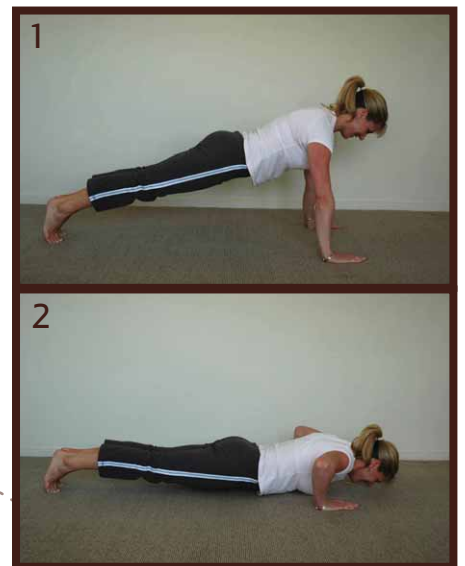


Press-ups

Press-ups are fantastic for firming and toning the chest and shoulder areas. They can be done with your knees touching the ground. Take each one slowly, counting to three as you take your nose to the ground and counting to three again on the way up. Once you feel strong enough in the back and arms, try one or two in the full press-up position, with legs straight, increasing the number by one each day. ►



Extra Arm & Shoulder Exercises



Tricep Dips

Tricep Dips help give shape and strength to the shoulders and upper arms. A great exercise to reduce ‘ta ta’ arms (you know, the underarm bit that wobbles when you wave to someone!). Find a stable chair or low table. Sit on the edge and place your arms at your sides with hands on the table. Take your legs out to a comfortable distance and, taking your weight on your arms, lift your bottom off the table but keep it as close to the table as possible. Slowly lower your body as far as you can go, hold, then slowly come up.

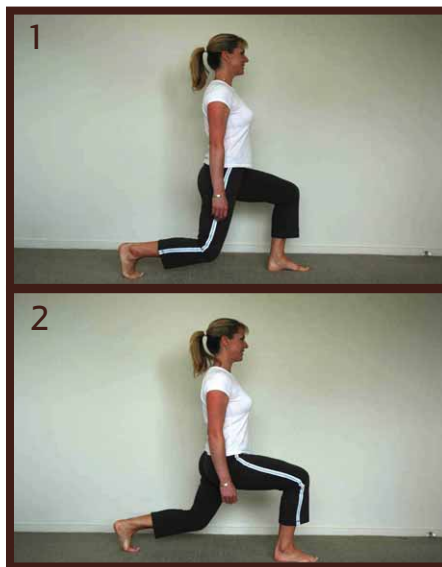


Extra Arm & Shoulder Exercises



Squats

Squats are brilliant at helping tone the butt and legs. Stand with your feet at hip distance apart. Stand tall with hands on hips. Take a large step out in front of you with your right leg, bending at the knee and taking your body as low as you can go, but making sure your right knee does not go past your right foot; if it does you have not stepped out wide enough. Hold, then bring the leg back to the starting position. Repeat with the left leg; ▶



Extra Leg & Butt Exercises



Final Notes:

The key is to remember to do these exercises in a controlled manner and make sure you do them at least every second day. It will only take 5 minutes and could be the best investment in your health you've ever made

"Our health always seems much more valuable after we lose it."

Anon.

"Always bear in mind that your own resolution to succeed is more important than any other one thing."

Abraham Lincoln.

"To succeed, we must first believe that we can."

Michael Korda.

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