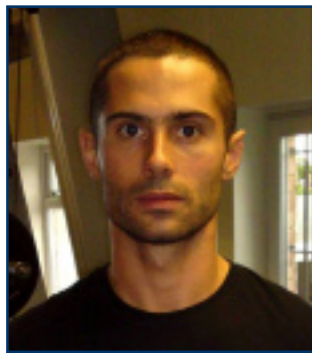


POWER HOMME'S ABDOMINAL BLASTS

with **Cengiz Halabi**,
Celebrity Personal Trainer



Our abdominals represent much more than a six pack! With the back muscles they provide postural support and balance, protection and movement. Cengiz starts a new UBC Blast Circuit with Power Homme to show you a great all body workout.

SIT UP, TWIST & CRUNCH

This exercise comprises multiple movements for improving balance, core strength and co-ordination.

Step One

- Lay down on a gym mat, legs bent
- Hold hands up straight above the chest
- Perform a standard sit up maintaining straight arms at chest level



Step Two

- Twist the torso to the left
- With right hand reach and plant down by left foot
- Return back to top of the standard sit up position
- Straighten out arms at chest level
- Lean back slightly to repeat on the right side



Step Three

- Return back to top of the standard sit up position
- Straighten out arms at chest level
- Lower back down to the start position
- Repeat the next repetition

Repetitions: 2 rounds of 24 repetitions, 30 second rest between each round

Top Tips

- Ensure that you are pulling abdominals and pelvic floor muscles up and in
- Maintain a space below the chin

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World Club



Why Are You Counting Calories? Go Thermic!

Think diet, think calorie! The two normally go hand in hand. But all calories are not equal. Make life easier and learn how to use your food to reduce the impact of calories by up to 400 a day!



Ann Mather,
Celebrity Nutritionist

Eat More Protein

Protein requires more energy to digest than carbohydrates or fats. Eat more calories from protein and fewer will be added to the body!

Give Your Body Calories When It Needs Them

Don't just look at overall daily count. Out exercising? You will need more calories. Sitting watching TV? You will need less.

Eat Smaller & More Regular Amounts

Smaller and regular means there is less to be stored as fat! 6 small meals of 2,500 calories have much less impact than one large meal of 2,500 calories!

Load the Fibre

Eat more fibre, feel full quicker, eat less calories!

Go for Zero

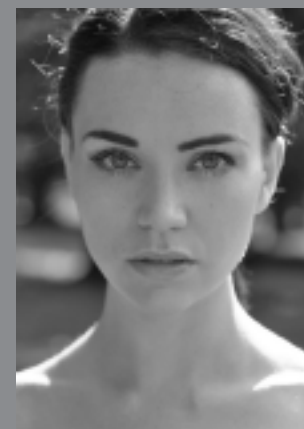
Some fruits and vegetables have zero calories - you use as much to digest them as they contain, but still full of nutrients.

Eat More in the Morning

The thermic effect of eating in the morning is up to 16% higher than in the evening!

BABY AND YOU - EXERCISE TOGETHER

There are loads of great exercises that you can do with your baby indoors (more to come next week) but getting outside for a walk in the park is always something us mums look forward to. The pram can become an ally - use it for some powerful walking lunges to work the leg muscles.



Holly Matthews, Actress
and FamoslyFit.com
Celebrity Feature Writer

PRAM LUNGE!

STEP ONE

- Use the pram handles for balance
- Take a big step forward with right leg
- Ensure that feet are pointing forward
- Ensure that you are on "tram lines"

STEP TWO

- Drop left knee toward the ground
- Keep upper body straight
- Push hips slightly forward
- Squeeze the glute

STEP THREE

- Power back up through the leg
- Bring left leg in line with right leg
- Take a big step forward with left leg
- Repeat above



The lunging can create a gentle rocking motion with the pram to help baby sleep, but don't put too much pressure on the pram handles. Use your own core and balance to work through the lunge

OK!
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