

NCI – Biggest loser challenge

www.fitnessblender.com – really good free online workout videos

Five simple stretches before exercise or work:

Start holding for short periods, and/or smaller versions of these stretches, and work up to holding them for 30 seconds each. Only do each stretch as far as is not painful – you should not be stretching to the point of pain.

1: Runner's Stretch (Hamstrings, hip flexors, lower back and calves)

Stand with your feet hip-width apart. Step back with you left leg, and place your hands on the ground on each side of your right foot. Lower you hips until you feel a stretch in the front of your left hip and leg, and hold. Then slowly straighten your front leg (its ok if your leg isn't completely straight) and hold again. Repeat on right side.



2: Forward fold (Legs, hamstrings, and opens chest and shoulders)

Stand with your feet hip-width apart, toes facing directly forwards. Reach your hands behind your bottom, and interlace your fingers. Keeping your back flat and weight in your heels, bend at the waist and shift your hips backwards until you feel a stretch down the back of your legs. Then unlock your fingers and drop your hands towards the floor, and bend forwards more as far as you can. Hold.



NCI – Biggest loser challenge

3: Lying knee twist (erector spine, glutes, lower back.)

Lie on the floor with your legs up and your knees bent. Swing your hips so that your feet and knees drop to your left side, touching the floor. Keep your shoulders on the floor and turn your head to look the opposite side (towards your right). Hold. For a deeper stretch, straighten your left leg and move the right leg over your left keeping it bent, and press it to the floor. Hold. Repeat on the other side.



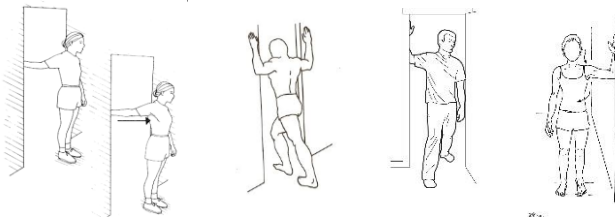
4: Bound angle (opens up the hips – adductors, flexors, glutes)

Sit on the floor with your back straight, start off with your legs straight out. Bring the soles of your feet together while bending your knees, keeping your feet on the ground or close to it. Reach for your feet with your hands, and bend towards your feet, keeping your back flat, and bring your head towards your feet. Go as far as is comfortable. Hold.



5: Chest stretch in doorway (chest, anterior deltoid, biceps)

Stand in the middle of an open door in the doorframe. Place your forearms on each side of the doorframe (if the doorway is too big or your arms too short, do one arm at a time). Lean forwards until you feel a stretch through the chest and shoulders. Hold.



NCI – Biggest loser challenge

Beginner's Home Workout

In this beginner's workout plan, you will focus on the large muscles that provide you stability and core strength. You won't need any special equipment. You can do the exercises together in one workout session or split them up throughout the day.

Aim to perform two to three sets involving 10 to 12 repetitions (reps) of each exercise. The aim is to perform an exercise so that you are slightly shaky by the final rep. Every week thereafter, aim to increase the reps until you are finally able to do three sets of 12.



Here are the four exercises to launch your home workout program:

Push-ups: Perfect form is essential when doing a push-up. Start with a variation you can complete with good technique. Progress to the next level when you can do 10 to 12 reps without dropping your back, stopping short, or shaking unsteadily. If starting on your knees is too difficult, start with a wall push up (exactly the same but against a wall). Start on the floor on your hand and knees. Place your hands wider than your shoulders, with your knees just comfortably apart. Start with your elbows straight, and then slowly bend your elbows and lower your chest until your chin reaches the ground, then return to start position. Clench your core and buttocks throughout the movement.

Lunges: Use a wall or chair for balance if needed. Keep your upper body straight, shoulders back and relaxed, chin up. Engage your core. Start with feet hip distance apart (like you are on rail-way tracks). Step forward with one leg, lowering your hips until both knees are at a 90 degree angle. Your front knee should be directly above the ankle, not pushed out to far. Keep the weight in your heels as you push back to starting position.



When you are able to do 10 to 12 lunges on each leg without support, you can try a different variation. (Walking lunges, backwards or forward lunges, weighted lunges).

NCI – Biggest loser challenge

Squats: The squat works the major muscles in your lower body and helps to shape firm buttocks and thighs. Stand with your feet at least hip distance or further apart. Point your toes slightly outwards so that when you squat your knees go over your toes (no buckling inwards). Bend your knees and sit your but backwards, sinking your hips behind you as if you are sitting in a chair, keep the weight in your heels and rise again. (You should be able to wriggle your toes throughout the whole movement). Regular squats with feet hip distance apart work glutes, hamstrings, quads, hip flexors and calves, but having your feet out wider (sumo squat) focuses on the inner thighs and glutes.



Planks: A plank exercise strengthens the abdominal muscles and those that support your back. Begin by holding the plank position for 15 seconds. As you get stronger, progress to 30 seconds and eventually 90 seconds. If you struggle on your toes, start planking on your knees until you build up strength.

Knees: Start on your knees with your hands directly underneath your shoulders with your elbows straight, keeping your back straight and in a line. Once you can hold this, graduate to placing your forearms on the ground with your elbows below your shoulders, and arms parallel to body at shoulder distance.



Toes: you place your hands in the same position as you would for your knees, either on your hands or elbows, but instead of taking the weight on your knees straighten your legs and rest your body weight on your toes.

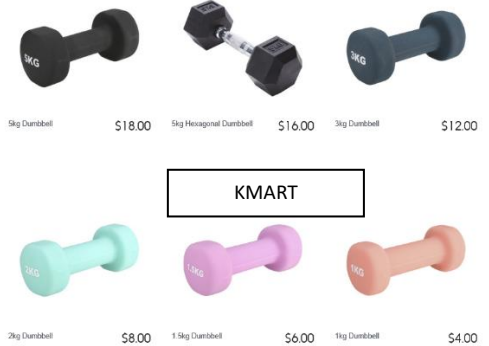


shutterstock.com - 302567423

NCI – Biggest loser challenge

Intermediate Home Workout

As you begin to master the beginner's workout, you can incorporate additional exercises to build visibly stronger arms, legs, and abdominal muscles. For this intermediate plan, you can either find a cheap set of dumbbells or start off with small weight and purchase more when you are ready (My fav is Kmart or the warehouse) or use something from around the home – ie a full bottle of milk, or fill up empty bottles with water or sand.



Start by adding one or two of these exercises to your routine. You can then mix it up as you get stronger, creating workouts of six to seven exercises of your choosing (focusing on the upper body, lower body, overall body, or core).

The Warehouse →



Active Intent Dumbbell Vinyl Dipped Set 6kg

\$29.00

Here are six you can easily do at home:

Biceps curls: Stand with feet hip distance apart with one dumbbell in each hand. Maintain good posture as you raise and lower the weights, bending at the elbow. Do two to three sets of 10 to 12 reps. Increase the weight when you are able to complete the sets with relative ease.



Lateral raises: Stand with a dumbbell (or home object) in each hand. Your palms should be facing inward towards the mid-line of your body. Raise your straight arms to shoulder height and lower slowly. Do two to three sets of 10 to 12 reps. If you find that you are bending your elbows, you are lifting too much weight. Lower the weights and keep your arm straight.



NCI – Biggest loser challenge

Triceps kickbacks: For this exercise, use a chair to stabilize yourself. Extend your arm slowly backward and return to the starting position with control. Complete two to three sets of 10 to 12 reps.



Bent rows: To get into the proper position for this exercise, tilt forward from the hips so that your chest is facing the floor and your arms are hanging beneath you. Pull your arms toward your chest as if you are rowing a boat. You can do this with palms facing up or down for variation.

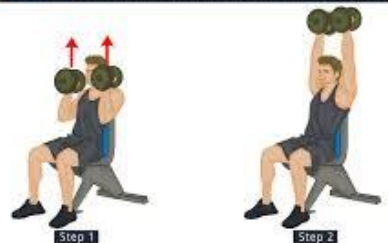


Wall squats: For this variation, stand with your back to a wall and sink down to a seated position with your thighs parallel to the floor. Let the wall support your back. Now hold the position for 20 to 30 seconds. As you build strength, challenge yourself to hold the squat for a minute or more.



Overhead press: This exercise is performed while seated in a straight-back chair. With your back pressed firmly against the seat back, press the dumbbells over your head with your upper arms positioned in a straight line from elbow to elbow. Extend the arms fully without locking the elbow, pausing momentarily before returning to the starting position. Do two to three sets of 10 to 12 reps.

Seated Overhead Dumbbell Press



Step 1
Lift the dumbbells up to the level of your shoulder

Step 2
Exhale and press the dumbbells straight overhead

For an added twist, you can add dumbbells to the exercises of the beginner's workout. For example, you can hold a dumbbell in each hand as you do a set of lunges or squats.

NCI – Biggest loser challenge

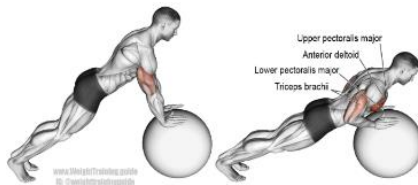
Advanced Home Workout

In this advanced workout program, you will need a set of resistance bands and an exercise ball, resistance bands are \$6-\$10 from Kmart and balls are \$8.



These tools can help further strengthen the muscles used for stability. There are four exercises you can slowly add to the plan:

Stability ball push-ups: If you can complete a standard push-up with good form, try performing the exercise with your lower body positioned on the ball. Start with the ball under your knees and, as you get more comfortable with the exercise, move the ball closer to your feet. Or put ball under your hands.



Lunges with overhead extension: Step forward into a lunge position, placing your front foot on the middle of the band. With one handle in each hand, raise the arms to your shoulders, and when you advance you can reach into an overhead press while sinking into a deep lunge. Return to the starting position. Do five reps on each side to complete a set. Rest and repeat for two to three more sets. If you don't have a band, use dumbbells or homemade equipment.



NCI – Biggest loser challenge

Banded side steps: If you have a resistance band with 2x handles, Step on the middle of the resistance band and grab one handle in each hand (if it is too long, cross it across your hips and then hold the handles). The band should be looped under your feet. Now, step to the side with your right foot while keeping your left foot on the band. Do five steps to the right and five steps to the left to complete a set. Rest and repeat for three to four more sets. Otherwise if your band is a circle, put the band at your ankle or knee level, and step sideways that way.



X-band walk



Lat pulldowns: For this exercise, you will need to hitch the centre of your resistance band to a hook on the door. Place the ball against the door. Grabbing a handle in each hand, take a seat facing away from the door. Slowly pull the bands down until your elbows are fully pressed to your sides. You will feel the effort in the back muscles adjacent to your armpits, called the latissimus dorsi. Raise to the starting position and repeat, aiming for two to three sets of 10 to 12 reps each.

