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## Workout of The Month July 2015

I've had some great feedback from those of you who have been using these short workouts over the last few months, its brilliant to hear you're seeing improvements in your figure and fitness.

Do keep me posted with how you're getting on with these - I can always make a suggestion or two to help you modify it for whatever reason too.



For this months workout, here's a variation on the pyramid I showed you last month.

You can fit this to your fitness levels pretty easily. If you find what's here too easy, then start at 20 reps and go to 10 (or even to 0 if you've got lots of time and are feeling keen!).

If this is a bit too much for you right now, you could start at 10 and go down to 0 - its entirely up to you where you start, and a great way to watch your progress.

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For all the EVEN numbers in the first half of this pyramid, you're going to do PRESS UPS, and you're going to do LUNGES for all the ODD numbers in the pyramid; it'll end up looking like this:

14 Press Ups

13 Lunges (do either 13 on your left and 13 on your right, or count each lunge as one - make your decision based on your fitness)

12 Press Ups  
11 Lunges  
10 Press Ups  
9 Lunges  
8 Press Ups  
7 Lunges

Then, take a 2 minute rest, and go back up the pyramid doing HIGH KNEES for all the EVEN numbers and GET UPS for all the ODD numbers. It'll look like this:

7 Get Ups  
8 High Knees (do these on both your left and right leg)  
9 Get Ups  
10 High Knees  
11 Get Ups  
12 High Knees  
13 Get Ups  
14 High Knees

I have videos of all the exercises if you need - just ask - but here are some key things to remember.

### **Press Ups**

Do these leaning against the back of the sofa or kneeling on the floor if you need to. Remember to keep your back straight and your chest tall.

### **Lunges**

Remember to keep your front heel on the floor and to aim for a straight line from your head down to your back knee as you lunge forward.

### **Get Ups**

Lie down on the floor then stand up to straight, then lie back down.... And keep going until you've stood up the required number of times!

### **High Knees**

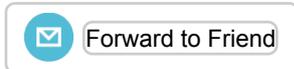
Just run on the spot lifting alternate knees as high as you can. You'll find "leaning back" helps you lift your knees higher.

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Until next time, enjoy staying healthy!

Best wishes,

Heather



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