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## Workout of The Month May 2015

Its been great hearing how you got on with last months workout, thank you for getting in touch with me... Its been great to hear how much the distraction helped you with your evening sugar cravings! I hope you enjoy this months workout just as much - if you have any questions about it, give me a shout and I'll do my best to help!

This months workout is timed. We've got five exercises, which you're going to do until the time runs out. Take as much rest as you need, but each time you do the workout, try to do more exercises than the last time you did the workout.



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**Set your timer for 15 minutes** (yes, that's plenty of time to do something pretty effective) then get going!

I have videos of all these exercises if you need - just ask.

### **Sprinting On The Spot X 30**

Count your feet touching the floor about 30 times. Make sure you're running as fast as possible here; get close to the floor and sprint!

### **Squats X 10**

Remember to keep your heels down, and to sit as if you're sitting at the very back of a seat.

### **Stick Up X 10**

Stand against a wall, with your feet about 6 inches away, then just slide your arms up overhead, trying to keep your shoulders, elbows and wrists in contact with the wall the whole time. Slide them back down to the start position to complete one rep.

Try not to let your lower back excessively arch.

**Press Ups X 10**

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

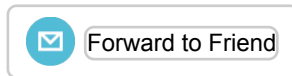
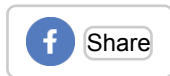
**Get Ups X 10**

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

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Until next time, enjoy staying healthy!

Best wishes,



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