



Heather Smith

07967 995416

heather@fitbiztraining.co.uk

Recipe of The Month November 2015

So I've had a few emails complaining about the aches which followed after last months workout! Sorry about that, it was a bit of a tough one! That said - and I know I've said this before - there's nothing wrong with working hard, as long as its not a million miles outside your comfort zone, and as long as you're not stressed out from whatever source.

It is tricky to write generic workouts to suit everyone, so while the workouts I send are always safe if you follow the guidelines, they're not tailored to your unique situation - I could write you a program which fully takes into account your goals, the time commitment you're able to make, your posture and any injuries, and your current fitness level.



▪
I've been offering Online Training for about 18 months now, and the feedback has been great. It is as close to weekly 1-2-1 personal training as its possible to get without actually getting together.

It works out about half the price of weekly 1-2-1, but of course the pay off is that you have to take the advice and put it into action without me standing over you. This is easy for some people and not so easy for others. If you think Online Training might appeal to you, lets have a chat and discuss it in more detail. There are FIVE WEEKS to Christmas, lets make them count.

This months workout of the month is one which incorporates a moving exercise with a not-moving exercise. This is brilliant for increasing your strength, and while you will get out of breath, its not specifically an aerobic workout. Its a pretty short one, about 15 minutes at most.

Take about 15 seconds rest between each line. Rest for a minute when you've done the whole workout, then repeat. You could do three rounds if you're feeling super-fit, and of course you can make this easier or harder by adjusting the times for each exercise.

15 seconds SQUATS.... 15 seconds SQUAT HOLD

15 seconds SPIDER PLANKS.... 15 seconds PLANK HOLD

15 seconds REVERSE LUNGES LEFT... 15 seconds REVERSE LUNGE HOLD LEFT

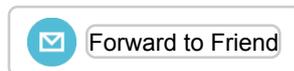
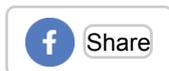
15 seconds PRESS UPS.... 15 seconds PLANK HOLD

15 seconds REVERSE LUNGES RIGHT... 15 seconds REVERSE LUNGE HOLD RIGHT

I have videos of these exercises if you need to see them, so please ask.

Until next time, enjoy staying healthy!

Best wishes,



[unsubscribe from this list](#) [update subscription preferences](#)