

The Lost Workout

This no-gym, no-prop workout targets your arms so you can rock every sleeveless item in your closet!

To see the best results, complete one circuit of all the exercises shown at right two to three times per week for six to eight weeks.

DOWNWARD FACING DOG

From a push-up position with your arms and legs fully extended (wrists directly under shoulders) contract your core and abdominal muscles (A). Slowly exhale and shift your weight backward by pushing your hips up and back. Continue moving until your body forms an inverted V, allowing your head to hang loosely between your shoulders (B). Keep your arms and legs extended, and be sure to maintain a neutral (flat) spine. Hold for 1 to 2 minutes.

MOVE 1



FORWARD LUNGE

Stand with your feet together, hands on your hips, and abs engaged (A). Step forward with your right leg into a lunge, slowly transferring your body weight onto your right (or front) foot. Focus on dropping your hips toward the ground rather than driving your hips forward. With your back straight, continue lowering your body to a comfortable position – or, ideally, until your front thigh is parallel to the ground (B). Firmly push off with your front leg to return to start. Switch legs and repeat. Eight to 12 repetitions per leg.

3 Sets
8 - 12 reps
30 sec rest **MOVE 2**



PUSH-UP

Lower yourself to your hands and knees. Position your hands flat on the ground, shoulder-width apart, with your fingers facing forward or slightly turned in (A). Straighten your arms and legs and contract your abs. Slowly lower your body toward the ground; your elbows will flare out slightly (B). Press up until your arms are fully extended. During the entire exercise, keep your head aligned with your spine, and do not allow your lower back to sag or your hips to hike up. Do 8 to 12 reps.

3 Sets
8 - 12 reps
30 sec rest **MOVE 3**



FOREARM SIDE PLANK

Lie on your left side with your legs extended, your left elbow directly under your shoulder, and your right hand palm down. Stack your right foot on top of the left (A). As you exhale, gently contract your abs and lift your hips and knees off the mat, keeping the side of your left foot and your left forearm and elbow in contact with the ground (B). Inhale and slowly return to start. Alternate sides and repeat. Hold for 15 to 30 seconds per side.

3 Sets
15 - 30 sec
30 sec rest **MOVE 4**



LIMB RAISE

Lie on your stomach with your arms extended overhead, palms facing each other and your head and neck in line with your spine (A). As you exhale, contract your abs to stabilise your torso and slowly raise one leg and the opposite arm a few centimetres off the ground simultaneously (B). Hold this position briefly before returning start. Alternate sides on each rep. Avoid arching your back or bending your neck. Do 8-12 reps.

3 Sets
8 - 12 reps
30 sec rest **MOVE 5**



BOAT POSE

Begin in a seated position with your knees bent and your feet resting lightly on the ground as you balance on your sit bones (A). With your core engaged, lengthen through your torso and recline slightly, avoiding any rounding of your back. Extend your arms straight out in front of you, then extend your legs, creating a V-shape with your torso and legs (B). Breathe comfortably throughout the move. Hold for 30 to 60 seconds.

3 Sets
30 - 60 secs
30 sec rest **MOVE 6**



PLANK-UPS

Starting on all fours, lower your forearms to the ground, keeping your elbows under your shoulders. Tuck your toes under and straighten your legs into a forearm plank position (A). Hold for five seconds, then extend your left arm straight in front of you (B). Lower your left arm back down to the forearm plank position and repeat with the right arm. That's one rep. Do 8-12 reps.

3 Sets
8 - 12 reps
30 sec rest **MOVE 7**

