

FIT IN 5 WORKOUT



Helen is here to take you through 5 simple exercises which will help you improve your running, as well as toning your legs, tums and bums!

Aim to spend 20 seconds on each exercise, with a 5–10 second recovery in between. When you're ready you can increase this to 30 seconds, and then 45 to really push yourself.

01 DOUBLE LEG SQUAT



Stand with your feet hip-width apart and your fingertips to your ears. Make sure your hips, knees and toes are all pointing forward at all times. Push your bottom out as if you are trying to sit down, keeping your chest up and your back straight. This activates your glutes, quads and hamstrings to give your lower body a real strength workout.

Training plan created by



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02 SUPERMAN



Start on all fours with your face down and a straight back. At the same time raise one leg and the opposite arm, keeping them straight.

Replace them and repeat with your opposite arm and leg.

Complete this exercise slowly and aim to hold each position at the top for 2–3 seconds.

03 BRIDGE



Lying on your back with your knees bent and your arms flat on the floor beside you, keep your tummy muscles pulled in tight and push your hips up so there's a straight line between your shoulders and your knees. Keep your shoulders on the floor and push your bottom up.

Take it to the next level: Make this tougher by crossing your arms over your chest. When you feel confident, you could try extending one leg at a time, trying to keep your hips high and level.

04 PLANK



Lift your body up with your weight on your elbows and toes. Keep a straight line from your neck down through your legs and to your ankles. Engage all your core muscles by pulling your belly button up to the ceiling. Keep your chest over your elbows.

Hold for 30–60 seconds.

05 3/4 PRESS UP



Start on all fours. Place your hands a shoulder and a half's width apart and slightly raise and cross your ankles.

Lower your chest to the floor and push back up, not just pushing through your chest and arms, but also through your tummy.

Take it to the next level: When you're ready, try a full press up by straightening your legs so you have a straight line from your neck down through your legs and to your ankles.

