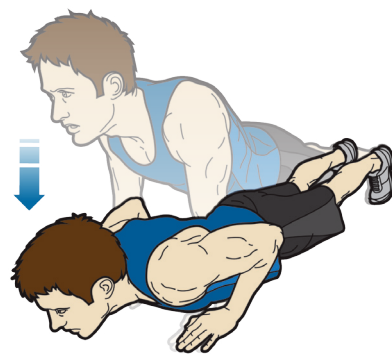


SUPERSET 1 Complete Exercises 1 and 2 without stopping, rest for 30 seconds, then repeat the sequence four times before moving to Superset 2.

1 PUSH-UPS

- **Reps: 15**
- **Muscles used: shoulders, chest, triceps, abs**

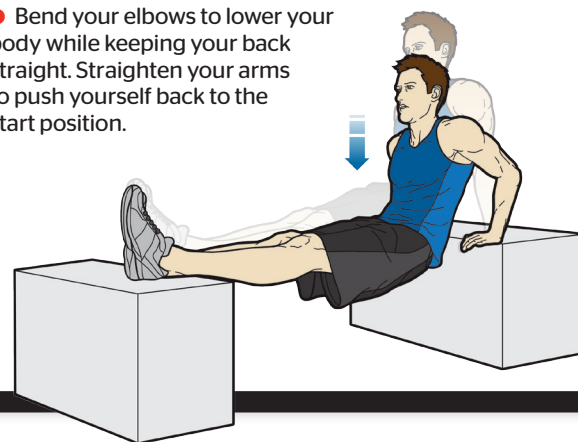
- With your hands on the floor shoulder-width apart, rise onto your toes so your body weight is distributed between your hands and your feet. Flex your abdominals to keep your torso in a straight line and try not to arch your back.
- Bend your elbows, keeping them tucked to your sides, to lower yourself. When your chest touches the ground, straighten your elbows to push back up to the start.



2 BENCH DIPS

- **Reps: 15**
- **Muscles used: triceps, abs**

- Hold onto a bench or the seat of a sturdy chair behind you. Straighten your legs in front of you, then prop them up on another chair or raised platform the same height you're holding on to. Your elbows should be locked and your body diagonal to the floor.
- Bend your elbows to lower your body while keeping your back straight. Straighten your arms to push yourself back to the start position.



SUPERSET 2 Complete Exercises 1 and 2 without stopping, rest for 30 seconds, then repeat the sequence four times before moving to Superset 3.

1 JUMP SQUATS

- **Reps: 15**
- **Muscles used: quads, hamstrings, glutes, abs, calves, lower back**

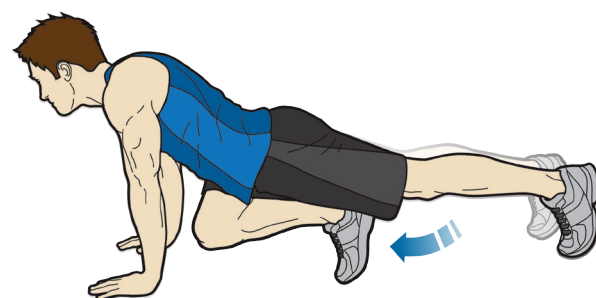
- Stand with your feet shoulder-width apart and bend your hips and knees to lower yourself as far as you can while keeping your heels on the ground.
- Explode upwards so that your feet leave the ground. Land with bent knees and go again immediately.



2 MOUNTAIN CLIMBERS

- **Reps: 15 on each leg**
- **Muscles used: abs, quads, glutes, hamstrings, calves, triceps**

- Get on all fours on the ground. Support your body with the balls of your feet and place your hands shoulder-width apart. Keep your arms straight, but not locked.
- Alternate between bringing your right knee towards your right elbow and left knee towards your left elbow. This will create a running motion.



SUPERSET 3

1 BICYCLE CRUNCHES

- **Reps: 15 on each leg**
- **Muscles used: core**

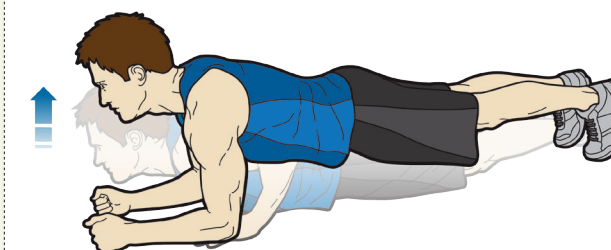
- Lie on your back with your feet in the air and your knees bent to 90 degrees. Lace your fingers behind your head. Bring the knees towards the chest and lift the shoulder blades. Straighten your left leg so it's at 45 degrees to the ground while turning your upper body to the right, bringing the left elbow towards the right knee.
- Switch sides, bringing the right elbow towards the left knee. Continue to alternate sides and pump your legs in a cycling motion.



2 PLANK

- **Hold for: 30 seconds**
- **Muscles used: abs**

- Lie face-down with your legs straight and together. Set your hands beneath your chest so your body weight rests on your forearms.
- Raise your body onto your elbows and the balls of your feet so your body forms a straight line from ankles to shoulders. Don't let your hips sag. Hold that position for 20 seconds.

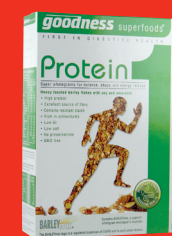


YOUR BEST BREAKFAST

To improve recovery and build muscle without adding body fat, eat one of the following meals after early-morning training.

1. Barleymax protein cereal (30g) with 200ml of low-fat milk

You can add one teaspoon of psyllium husk, available from health-food stores, to the cereal. "The milk provides the protein that aids recovery, while the psyllium husk is rich in fibre that'll have you feeling fuller for longer," says Coudounellis.



2. 200g of plain yogurt and 1 apple (sliced) and 1 banana (sliced)

"The protein-rich yogurt will help you build muscle, while the sugars in the fruit will replenish the energy you've spent during training without creating an energy surplus that can cause you to gain weight."



3. Breakfast burger

Cut a toasted English muffin in half and fill it with one poached egg and 1-2 lean rashers of bacon. "The best time to eat fast-digesting carbs — such as the muffin — is after training, because your body craves instant energy for recovery while the bacon and egg aid with muscle-building."

