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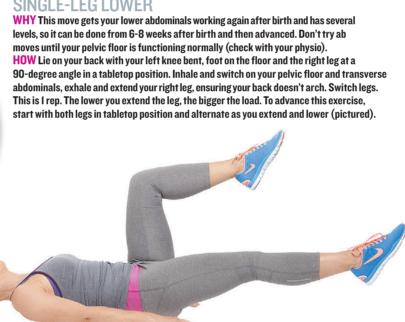
TRICEP DIP

WHY This strengthens the back of the arms and gets rid of the "tuck shop arms" that wobble when you wave. **HOW** Sit on the edge of a firm chair or bench, hands by your hips, fingers facing forwards and elbows back. Inhale as you move your butt forwards off the chair. keeping your back straight and shoulderblades down. With control, lower until your arms are at 90 degrees. Push back up using your arms. To advance this move. lift and straighten one leg (image 2). HOW MANY 2 sets of 20 reps, with alternate leg lifts.

THE NEW MUM WORKOUT

From carrying your new baby to handling a pram and picking up toys, you're always on the move. These exercises help you build up the strength you need

SINGLE-LEG LOWER



SQUAT & OVERHEAD PRESS

WHY This functional move uses a bend and lift pattern that's common throughc... motherhood. Don't try tl move if you have neck is **HOW** Stand with your le shoulder-width apart, h 3kg hand weights in fro your shoulders. Draw yo bellybutton in and your floor up to activate your muscles. Keep your weig even in your heels as you to a 90-degree angle, m sure your knees don't ex past your toes. Exhale a you stand up and extend arms overhead, pushing weights into an overhea press. Don't hunch and l your shoulderblades do Return to the start posit HOW MANY 2 sets of 2



We Beat any Price!



