



# David Fairlamb

## THE FIT FACTOR

### LIFESTYLE CHANGE

A regular combination of basic exercises executed well with different speeds, reps, rest periods and exercise order will give you a great platform for keeping active and strong.

### FITNESS TIP

For an exercise which raises your heart rate and is safe for your joints, a mini trampoline is one of the best and cheapest pieces of equipment on the market.

Don't miss David's tips every Saturday in your Journal

**W**HETHER you are struggling for time, limited in mobility or prefer to workout on your own, a home workout can be extremely effective.

Performing simple, yet effective exercises on a consistent basis works and having a regular routine can also have a real positive impact on your daily mood and focus.

A combination of raising your heart rate and targeting big muscles, such as your thighs, bum and core, works. You also do not need to train for long to have the desired effect. The short term goals will ultimately lead to a drop in body fat and change in body shape.

Key to your workout is having a set routine; starting with no structure is often de-motivating and can lead to a lack of focus.

Here are a few exercises i believe are the best and most effective for raising your heart rate and targeting big muscles.

#### MINI TRAMPOLINE

For an exercise which raises your heart rate and is safe for your joints, a mini trampoline is one of the best

and cheapest pieces of equipment on the market. I have three in my gym and use them in most sessions.

Build your own routine - low knees, high knees, quick/slow speeds, work on your arm power as well. Interval-based workouts, such as going quickly for 20 seconds then slow for 20 and replicating that 10-15 times, are a great way to boost fitness.

#### SQUATS

These should definitely be added to your routine.

If you are a beginner, build up from sitting onto a seat and standing up, as your confidence improves remove the chair and concentrate on sitting into your heels, keeping your head up and shoulders back.

Doing sets of 10 to 20, in addition to your trampoline work, or a few

*The only bad workout is the one that didn't happen*

**Motivational quote of the day**

times on a regular basis through your week will work wonders for your legs, bum and general strength.

#### PRESS-UPS

Press-ups are excellent for upper-body strength. An easy version is to press up against the wall making sure you keep your body all in line.

You can then progress by pushing against a table, this will allow you to take more of your body weight.

Try to avoid nose diving, make sure your hips come with you and your body stays level.

#### THE PLANK

Most of our day-to-day movements involve our mid-section or core therefore it's important we know how to strengthen and engage it. The plank is a good way to isolate this area.

Lay on the floor with your elbows under your shoulders, hands flat on the floor and core engaged. Keeping your forearms and knees on the floor slowly raise yourself upwards until your body is in a straight line from your knees to your head.

Build on the length of hold or, to



> Squats should be added to your routine

your shoulders; this will keep a full range of movement at all times. This not only works your shoulders but performed with speed is an excellent heart raise exercise.

#### LUNGE

Another strong compound exercise (in other words, one works multiple muscle groups at a time).

Stand up straight, shoulders relaxed with your chin up. With one leg forward, lower your hips until both knees are bent at 90 degrees. Make sure your front knee is directly on top of your ankle and the other stays off the floor. Keep your weight on your heels and keep upright.

Try to perform this exercise smoothly placing your foot on the floor rather than a heavy thud.

I'm a great believer in keeping things simple and executing the exercises correctly. It's more effective performing 10 exercises correctly rather than 50 incorrectly.

Combining these exercises with different speeds, reps, rest periods and orders will give you a great platform for keeping active and strong.

make it tougher, you can move your elbows further away therefore more strain is taken through your core.

#### SHOULDERS

Simple but effective, drive your arms up and down, starting and finishing with your thumbs touching