



Get fit

YOU DON'T NEED FANCY EQUIPMENT TO WORK OUT. MOST OF THESE EXERCISES USE ONLY YOUR BODY WEIGHT.

with Damien Kelly

PART 1

Body-weight WORKOUT

The question I get asked more than any other is: what exercises can I do at home? With the credit crunch hitting hard for most people, gym memberships are being scrapped and people want cheaper options. It's hard to do effective, intense programs at home, but I may have an option for you. You don't have

to buy equipment and it can be done at home or in the park. You just need a park bench and a low bar to do the pull-ups. Your aim for this program is two-fold. First, get the technique right so that you're getting the full benefit of each exercise. Secondly, you need to be working hard. The more intensity you train with, the better your results will be.



1 DEEP SQUATS

Try to descend your thighs to a point lower than parallel to the ground. Move with control and pause briefly at the bottom. Keep your gaze fixed on the horizon. Keep long in your torso by lengthening the distance between your sternum and bellybutton. If your heels come off the ground or you feel joint pain, don't go any further. Don't pause at the top of the movement. You should feel this exercise in your backside and thighs. **Reps: 50.**

Today's program style
You should perform these exercises in a Spartan style. Spartan training is a version of strength circuits. Spartan workouts have you moving quickly between different exercises, they usually they have a target or goal in mind and they are timed. Today's workout has you doing 300 reps (50 reps of each exercise) as fast as you can, alternating the exercises in groups of 10 reps. That means you do the entire circuit five times.



2 PULL-UPS

Find two parallel bars at about hip height and lie on your back between them, feet flat on the floor. Grab the bars with an overhand grip and raise your pelvis up so that your body is straight from head to toe. Your chest should be below the bar and your elbows straight. Pull your chest as close to the bar as you can before lowering. If you can't touch the bar with your chest, try to at least break 90 degrees in your elbows. **Reps: 50.**

EXERCISE ORDER

You've got six exercises, two targeting legs, two upper body, one abs and one a combination of abs and upper body. This means that if you do them in order you'll be spreading out the stress on the muscles instead of stressing the same groups consecutively, which diminishes the effectiveness of each exercise.



3 PUSH-UPS WITH TWISTS

Assume a push-up position (on knees or toes depending on your strength) with your feet slightly wider than shoulder-width apart. Perform a push-up, taking your chin, chest and hips to just off the ground. As you push back to the top, take one hand off the ground and sweep it up to the sky and, at the same time, twist your chest out to the side. Sweep the hand back to the ground, perform another push-up and then repeat with the other arm. **Reps: 50 push-ups (25 twists each side).**



4 STEP-UPS

Find a bench or chair that is about knee height. Plant your right foot on the bench. Push down through your right heel and stand up on the bench. Without stopping, continue to move the left thigh forward until the knee is hip height and at a right angle (in a running style). Balance for a moment before slowly lowering your left foot to the ground, touch down lightly with only your toes and spring back up for your next rep. Focus on maintaining your posture throughout and fix your gaze on the horizon in front of you. Do all the reps on one leg, then change legs. **Reps: 50 each leg.**



5 DIPPING SHOULDER PRESSES

Stand with your feet shoulder-width apart, facing a chair or bench that is about knee height, about a metre away from the bench. Place your hands on the edge of the bench, about shoulder-width apart. Your arms should be straight and your torso pointing down towards the bench. Bend your elbows and lower down, ducking your head under the bench. Go as low as you can pain-free. Push back in the same plane, using your shoulders as the driving muscles. Be careful not to push up towards the sky like a push-up. Your body should go in at an angle and come back out at the same angle. **Reps: 50.**



Manal wears Braus top, \$35, 0400 160 170; Adidas gym kick pant in phantom, \$70, 1800 801 891.



FREQUENCY

Try the same version of this workout every two to three weeks and see if you can complete the workout faster each time. Just ensure you're not getting faster because you're not getting technique slide. That is the most common mistake people make.

6 V SIT-UPS

Assume a sit-up position. Raise your feet off the ground and have your knees at 90 degrees. Crunch your thighs up towards your chest, and then simultaneously lower both your torso and legs (in opposite directions) until both are just off the ground. Pause, and then, squeezing through your abdominals, crunch back to the starting position. **Reps: 50.**

Guidelines

- Set your stopwatch when you start the workout.
- Do the exercises in order.
- Don't do more than 10 reps of any one exercise at one time.
- You're aiming to do 50 reps of each exercise, which is a minimum of five sets and has cumulative reps of 300.
- Only count reps that use a full range of motion and good technique.
- You may finish some exercises before others. This will happen if you can't finish the full 10 reps each time. If this is the case, keep going with reduced reps on the more difficult exercises until you finish the 50.
- Stop the clock and record your time once you have completed all 300 reps.

OUR MODEL Manal Garcia, 37, is a personal trainer specialising in aqua fitness and a mum to two boys. She teaches 15 fitness classes a week and also runs five times a week. "I love the sense of achievement fitness gives me – reaching my own goals and helping my clients reach theirs."

Reader question

Q It's winter; I'm cold and feeling thoroughly unmotivated. I need something to spark my training and give me purpose, otherwise I'll get to next summer and have done nothing and look and feel terrible. What can I do to turn my training around? **Debbie, St Kilda, Vic**

A I feel your pain and I may have something to lift you out of your winter training slumber: the Straddie Salute. Held on October 11 on North Stradbroke Island, Queensland (less than an hour from Brisbane), this is a triathlon like no other. Set in one of the world's most beautiful spots, it's a 600m ocean swim, 18km off- and on-road cycle and 8km coastal run. You can do it solo or in a team of three. Why not combine the event with a week of surfing and snorkelling? This is what sport and exercise should be about. Visit www.weekendwarriorevents.com.au

Damien is a qualified exercise scientist. For questions, visit www.damienkelly.com.au. If you'd like to train with Damien and his team at his Sydney Fitness Studio, call (02) 8086 2483. Due to the large volume of questions Damien cannot respond personally to each question.