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BIKINI-TASTIC EXERCISES

Looking hot in a heatwave has never been easier

Yes, it's that time of year again – pre-bikini season. But don't panic, because we've got the toning exercises to help you start to look beach beautiful within a month. Train regularly to see results.

Single leg hip lifts

Works bum and legs

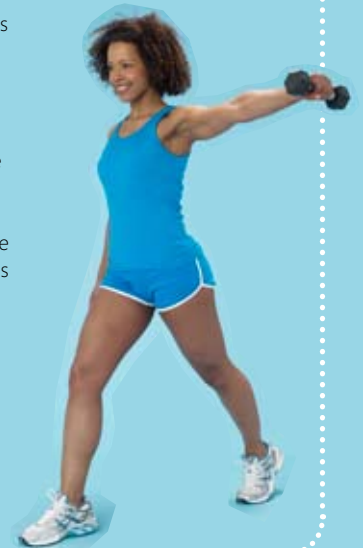
1 Hold a light dumbbell in each of your hands. While standing on one leg, simultaneously bend your standing leg and bow from the hips, ensuring that your back is kept straight. Return to the upright position, keeping your other foot off the floor throughout. Repeat this 10-20 times on each leg. This exercise is great for toning your bum and legs in preparation for the beach.



Split squat and lateral raise

Works bum, legs and shoulders

2 With a light dumbbell in one hand, step forwards with the opposite foot into a split stance position. Raise the dumbbell to one side. Drop down into a split squat while allowing the dumbbell to drop to your side, then return to the split stance position while lifting the dumbbell back to the horizontal position. Throughout this exercise, ensure your hips are level, your knees are aligned over the middle of your foot, and that your tummy muscles are engaged to prevent excessive arching of the lower back. Once you have performed 10-20 reps, swap the dumbbell and foot position and perform 10-20 on the other side.



Bentover row on the ball

Works upper back, biceps, rear of shoulder, bum and legs

3 Stand on one leg while holding a dumbbell in the opposite hand. Bow forwards from the hips, bending your standing knee and straightening out your opposite leg behind you. Ensure your hips aren't twisted, and your lower back is straight. Use the ball for extra balance by placing your spare hand on top. Stay in this position while you pull the dumbbell up to your waist and lower it down again 10-20 times. Only your arm should move. Align the knee on your standing leg over the middle of your foot.



Side squats

Works bum and legs

4 Stand tall, then step to the side and drop to a wide squat. Return to the standing position with your feet together, then step and squat to the opposite side. Ensure that your weight is evenly distributed during the squat, and that your knees align over the middle of your foot, floor and hips level. Hold for 1-2 minutes, and repeat on the opposite side.

