

# 12 EXERCISES OF CHRISTMAS

WITH LIAM MCFARLANE PERSONAL TRAINER AT PURE GYM IN COLNE

'Tis the season to be fat...sorry, I mean jolly. If you're like me I tend to pile the pounds on over the yuletide season, so in true 12 days of Christmas style we've teamed up with Pure Gym in Colne to bring you the ultimate Christmas keep fit, not fat guide.



**1 JUMPING JACKS**  
20 REPS - UPPER BODY  
Begin in crouch position. Elevate into a star shape. Return back to the crouching position and repeat.

## BURPEES

10 - UPPER BODY

Begin in a low squat with hands on the floor in front of your feet. Jump back into a push-up position. Return to the squat position. Jumps up into the air while extending the arms overhead.



## MOUNTAIN CLIMBERS

40 - (20 EACH LEG) LOWER BODY

Assume a push-up position with straight arms, shoulder width apart and your body in a straight line from head to your ankles. Drive your right knee into your chest and place your foot back on the ground behind you. Switch to the other leg and repeat.



## 4 BODY WEIGHT SQUAT

20 LOWER BODY  
Stand with your feet slightly wider than your hips and place arms across chest. Send your hips backwards and as your knees begin to bend, squat down ensuring your back is straight. Drive your knees out the same way you did on the way down and return to your starting position.



## 5 REVERSE LUNGE

10 (EACH LEG) LOWER BODY

Stand tall with your arms crossed at the chest. Take a large and controlled step backward with your left foot. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Push up through thighs and bottom, ensuring that your upper body is straight.



6

## 6 STANDING CALF RAISE

20 LOWER BODY  
With a straight back, while looking forward lift as high as you can onto your toes. Then lower your heels down back to the floor. Push evenly through the entire width of your foot and repeat. You may find it easier using a wall or chair for support.



7

## 7 PRESS UPS

15 UPPER BODY

Lie on the floor with your face looking forward. Place your hands shoulder width apart while holding your torso up at arms' length. Lower yourself downward until your chest almost touches the floor as you inhale. Now breathe out and press your upper body back up to the starting position while squeezing your chest. After a brief pause at the top, you can begin to lower yourself downward again. Please note: If you are unable to attempt a full press-up, then try a half press-up. For more details got to [northernlifemagazine.co.uk/12-exercises](http://northernlifemagazine.co.uk/12-exercises).



8

## 8 TRICEP DIPS

15 UPPER BODY

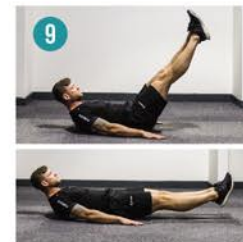
Position your hands shoulder-width apart. Straighten your arms, keeping a little bend in your elbows to keep

tension on your triceps and off your elbow joints. Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Once you reach the bottom of the movement, press down into the floor to straighten your elbows, returning to the starting position. Keep your shoulders down as you lower and raise your body. You can bend your legs to modify this exercise.

## 9 LEG RAISES

20 LOWER BODY

Lay down with your hands to your sides for support. Raise your legs so they are off the ground, keeping the abdominals tight. Slowly raise your legs to a 45 degree angle, contracting the abdominal muscles. Slowly return to starting position. Do not touch the floor with your feet.



9

## 10 PLANK JACKS

20 CORE  
Bring your body into a plank position placing the elbows directly below the shoulders. Stretch out the legs backwards ensuring the feet are together and on the tiptoes. Keep the abs braced and spread the legs with a jumping move landing on your toes. Pause shortly in the final position and jump back



10



## 11 CRUNCHES

20 CORE

Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Place your hands gently on your temples with your eyes fixed at the ceiling. Pull your abdominals inward and curl up and

11

forward so that your head, neck, and shoulder blades lift off the floor. Hold for a moment at the top of the movement and then lower slowly back down.

## 12 WALL SIT

60 SECONDS LEGS AND CORE

Start by standing about two feet away from a wall with your back against it. Slide your back down the wall until your hips and knees bend at a 90 degrees angle. Keep the shoulders, upper back and the back of the head against the wall. Both feet should be flat on the ground with the weight evenly distributed.



12

