



## DEFINE YOUR BACK BENT-OVER ROW

**1** **MAIN MUSCLES WORKED:** Rhomboids, rear deltoids and biceps.  
**VISIBLE RESULT:** Toned back and arms.  
You will need a set of dumbbells or a barbell for this exercise. With a dumbbell or barbell in hand, stand upright and slightly bend your knees. Slightly bend over (pushing your butt out and keep a straight back), squeeze your core and keeping your elbows tight to your body, smoothly bring the weight to your mid section and lower back down. Tip: Imagine squeezing your shoulder blades together at the top.  
**PROGRESSION:** Use heavier weights.  
**REPETITIONS:** 15 REPS, THREE TO FIVE TIMES.

## GET ELEGANT SHOULDERS STANDING SHOULDER PRESS

**2** **MAIN MUSCLES WORKED:** Trapezius, deltoids, triceps, core.  
**VISIBLE RESULT:** Toned shoulders and arms.  
You will need a set of dumbbells for this. Standing upright and keeping your feet shoulder width apart with the dumbbells at shoulder height, squeeze your core muscles and gluteals and push the weights straight up over your head, returning them back to their original position slowly. Make sure not to arch your lower back. If this happens, adopt a split stance which is putting one foot slightly in front of the other to avoid injury.  
**PROGRESSION:** Use heavier weights.  
**REPETITIONS:** 15 REPS, THREE TO FIVE TIMES.

# FIT FOR SUMMER

Bikini season is looming and a last ditch attempt to get body beautiful is underway. Dump the extreme diet and opt instead for these simple toners by Brian Cash and Patrick Jennings of Dublin Fit Club to give the illusion of a body that's been worked out year round.

## 3 GET A FLAT TUMMY PLANKS

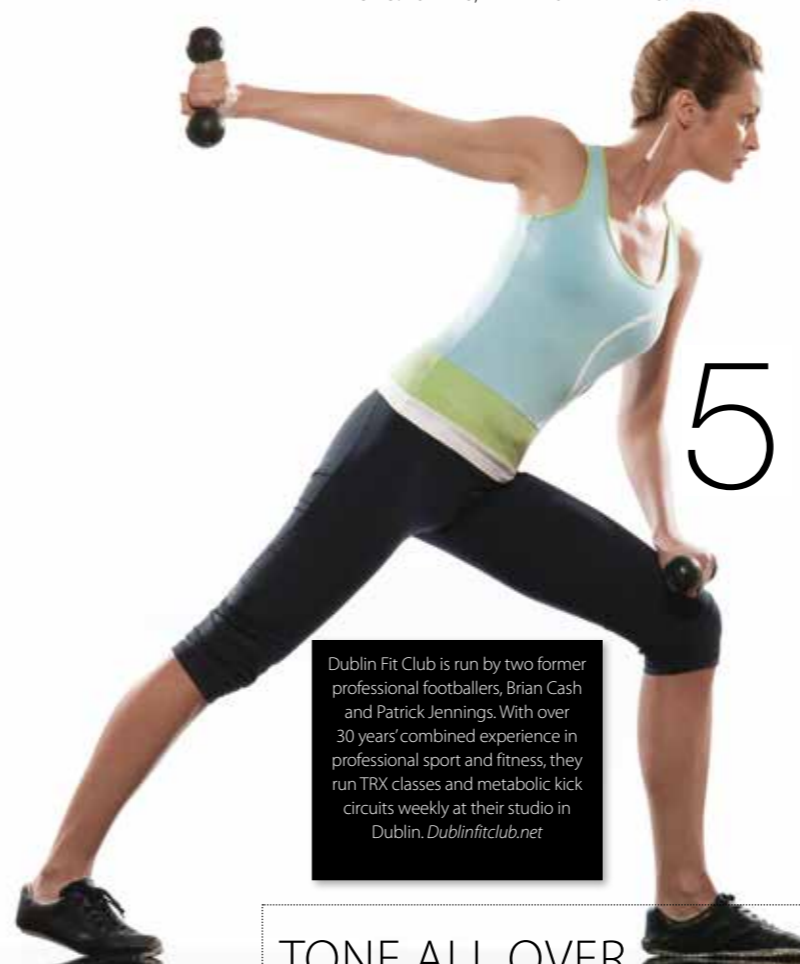
**MAIN MUSCLES WORKED:** Core.  
**VISIBLE RESULT:** Tight core muscles (abs).  
Face down on the floor with your forearms in contact with the floor. Keeping your feet close together and squeezing your gluteals and core (abs), push up into the 'plank' position. Make sure not to let your hips drop too low or alternatively raise too high. Maintain a neutral pelvis throughout (don't let your back arch).  
**PROGRESSION:** Hold for longer each time, or raise one foot slightly off the floor.  
**REPETITIONS:** HOLD FOR 10-30 SECONDS, THREE TO FIVE TIMES.



Make sure to warm up before and cool down after sessions. Spend 10-15 minutes on both. This is important to prevent injury.

## SCULPT YOUR ARMS PRESS-UPS

**4** **MAIN MUSCLES WORKED:** Pectorals, deltoids, triceps, core.  
**VISIBLE RESULT:** Toned chest, arms and core muscles.  
Kneel down on the floor with your palms down and hands directly under your shoulders. Keeping your feet close together squeeze your gluteals and core (abs). Keeping your elbows tight to your body and your knees in contact with the floor and your legs crossed at your ankles, push up off the floor using your hands for support. Make sure your back stays flat and your hips aren't too high in the air. Return to original position and repeat.  
**PROGRESSION:** Take your knees off floor (full push-up).  
**REPETITIONS:** 15 REPS, THREE TO FIVE TIMES.



Dublin Fit Club is run by two former professional footballers, Brian Cash and Patrick Jennings. With over 30 years' combined experience in professional sport and fitness, they run TRX classes and metabolic kick circuits weekly at their studio in Dublin. [Dublinfitclub.net](http://Dublinfitclub.net)

## TONE ALL OVER BURPEES

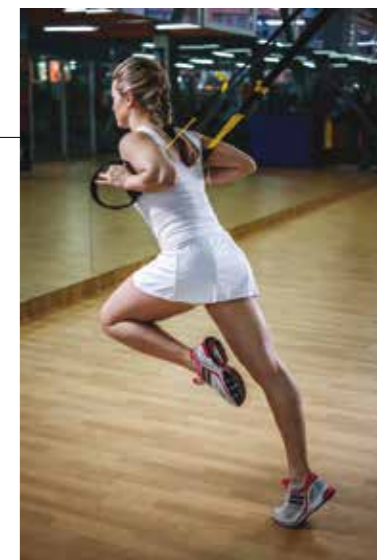
**MAIN MUSCLES WORKED:** Whole body.  
**VISIBLE RESULT:** Full body tone and cardiovascular fitness.  
Stand upright and drop into a squat position bringing both hands to the floor. Kick both feet out to the back until you're on all fours. Bring both knees back into chest at the same time and spring up into a high jump at the top. Tip: This exercise has to be done in a fast and explosive manner. It is designed to leave you short of breath and fatigued.  
**PROGRESSION:** Higher jump at top, bringing your knees to your chest.  
**REPETITIONS:** AS MANY AS YOU CAN FOR 30 SECONDS TO 1 MINUTE. REPEAT THREE TO FIVE TIMES.

## INTERVAL RUNNING

**MAIN MUSCLES WORKED:** Whole body.  
**VISIBLE RESULT:** Full body tone and cardiovascular fitness.  
Jog/walk for two minutes, then sprint/run for 30 seconds. Repeat. Tip: Make sure to be well warmed up and stretched beforehand, especially your hamstrings.  
**PROGRESSION:** Sprint for longer, rest for shorter periods.  
**REPETITIONS:** REPEAT FOR 20-30 MINUTES.

## NEW WAY TO WORK OUT

If you're jaded by Zumba and yogalates doesn't inspire you, try a new way to sculpt and define with TRX. Using special cables to maximise technique, TRX uses your own body weight to strengthen and give a whole body workout. Dublin's Fit Club holds TRX classes every week at their training base in Crumlin, Dublin and Irish model (and former Miss Ireland) Sarah Morrissey is already a regular.



"I train two to three times a week with the lads and have seen my fitness and strength improve dramatically over the past three months. I'm not a huge fan of lifting weights, so I love the fact I can train in a class environment with the others and skip the weights section of the gym. Every class is different and you can make it extra challenging if you feel like it. Crunches don't cut it when you've experienced suspended planks in the TRX cables!"

Dublin Fit Club's Brian Cash brought the workout technique to Dublin and says there is no better way to see quick results for specific body parts. "It is a total body workout and in particular challenges the core. We have seen seasoned pros get fitter and stronger, and also complete novices progress beyond belief in a matter of weeks.

You can also concentrate on isolating single limbs and target specific muscle groups within each session." [Dublinfitclub.net](http://Dublinfitclub.net)

## TONE YOUR BUTT, THIGHS AND HIPS SQUATS

**5** **MAIN MUSCLES WORKED:** Gluteals, hamstrings, quadriceps, core.  
**VISIBLE RESULT:** Toned butt, thighs and hips.  
Stand upright, feet shoulder width apart, toes slightly pointed out. Sit down until hips are level with knees trying to keep a straight back and chest up at all times. Return back to standing squeezing your gluteals at the top.  
**PROGRESSION:** Use a weight (dumbbells and/or barbells).  
**REPETITIONS:** 15 REPS, THREE TO FIVE TIMES.

## LUNGES

**MAIN MUSCLES WORKED:** Hamstrings, gluteals, quadriceps, core.  
**VISIBLE RESULT:** Toned butt, thighs and hips.  
Stand upright, step forward with your right leg, drop your left knee towards the floor keeping your chest up and back straight at all times. Push back to standing position and repeat with opposite leg.  
**PROGRESSION:** Use weights (dumbbells and/or barbells).  
**REPETITIONS:** 15 REPS, THREE TO FIVE TIMES.

### SAMPLE WORKOUT:

ADVICE: Try to use these exercises in a circuit style session.

- Squat (15 reps)
- Press-Ups (15 reps)
- Bent-over Row (15 reps)
- Burpees (30 seconds)
- Lunges (15 reps on each leg)
- Standing Shoulder Press
- Plank (30 seconds)
- Complete the above cycle, rest, then repeat three to five times.
- Complete interval running after the above exercises.

## 6