

**CRISS CROSS**



Lie on your back and lift your upper body slightly off the mat as you keep your fingers behind your head. Inhale, lift your left knee up to your chest as you twist your upper body and bring the right shoulder towards the left knee.

Keeping both elbows wide open, turn your head and look at your left elbow. Hold for a count of three, exhale, return to starting position. Inhale and repeat with left knee and right elbow.

Repeat this at least 10 times with each leg to complete one set. Aim to do three sets.

**TIP:** Work within the frame of the body, making sure that only the upper body twists.

**DOUBLE LEG LIFT**



Lie on your side, legs together, inhale and lift them about 10cm off the ground. Hold for a count of three and lower them as you exhale. On the third repetition, keep the top leg up and still as you lower and lift your lower leg 10 times. Do this eight to 10 times and then repeat on the other side. Aim to do three sets on either side.

**TIP:** Keep the abdominals engaged, your hips aligned with your upper body and lift your waist off the floor.



**PERSONAL TRAINER**

/Pradeep Paul

# SPOT CHECKS

Target those problem areas by putting them through these four new exercises

**Y**ou have been told a thousand times that there is no magic bullet when it comes to spot reduction. You have to combine cardio workouts with dedicated exercises and a sensible diet to lose weight in any part of the body.

But Amore Fitness instructor Jenni Goh says you can zoom in on some trouble spots by breaking the muscles out of their comfort zone. Most people tend to have a regular workout routine which puts the muscles through the same motions day after day. Muscle memory being strong, your muscles adapt to those movements.

So, if you are looking to target a specific region, Goh recommends that you do some new exercises for that spot. Of course, if you are looking to lose weight — overall or in any specific area — you have to do at least 30 minutes of cardio at least three times a week. This could be either in the form of brisk walking, jogging, cycling or a group exercise class.

This will raise your metabolism and burn more calories. You also need to eat sensibly, consuming less calories than you burn.

Here are four exercises recommended by Goh to target those love handles. You can add them to your normal exercise routine or use them to replace some of the abdominal work you are doing.

You can contact Amore Fitness on 6335-5882 or log on to [www.amorefitness.com](http://www.amorefitness.com)



**MODIFIED TWIST**



Get on all fours, left hand on the mat directly below your left shoulder. Raise the right leg straight out as you extend your right arm towards the ceiling. Inhale, lift your mid-section and twist your body to scoop your right arm under your body. Exhale, return to starting position and repeat three times on either side.

**TIP:** Keep your hips lifted throughout the movements. The control in this exercise should come from the abdominal/lower back region, especially the obliques.

**LIFT AND TWIST**



Lie on your back with one leg bent and the other extended straight up at a 45 degree angle. Press your knees together and raise your arms above your head. Inhale, bring your arms alongside your ears and roll up as you reach your fingers towards your toes.

Add a twist after rolling up by reaching the arms in the opposite direction from the extended leg. Exhale and twist to the other side. Keeping the upper body strong, return to centre and roll down. Repeat with the other leg extended, twisting to the side away from the extended leg. Do eight to 10 repetitions with each leg. Aim for three sets.

**TIP:** Keep your knees pressed together for stability.

URBAN & LANCASTER PRESENT

**Win Lancaster gift sets worth \$1,110**

Simply answer this question: **The Lancaster Precious Sun product also contains a unique technology to boost the skin's repair process. True or false?**

Six readers each stand to win a gift set with Precious Sun SPF30 and Tanning Lotion SPF15 worth \$185.

E-mail your entries with your full name, NRIC, address and contact details to [sturban@sph.com.sg](mailto:sturban@sph.com.sg)

Indicate URBAN/LANCASTER in your header. Closing date is June 27, noon.

**CONGRATULATIONS!**

The winners of the URBAN/SPA ESPRIT contest last week are:

1. Chia Su Hong Alice
2. Georgina Pang
3. Benjamin Chua Boon Chye
4. Soh Kok Leong
5. Pong Pao Ling Theresa
6. Nur Fitri Muhammad Syafiq
7. Chua Chee Yoong
8. Haslindawati Mohamed
9. Lim Teck Boon Kelvin
10. Goh Jia Yan Christie
11. Wong May Peng
12. Cherie Chin
13. Ho Thing
14. Sam Chong
15. Andrea Koh

You will be contacted about your prize shortly.



**Photographer:** SHAHRIFA YAHAYA; **Trainer:** CHERYL NG from Amore Fitness