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5 STEPS TO YOUR BEST LEGS TONED, TANNED & TRIM

AUGUST 2017 £3.50



YOUR *mini* HOTEL WORKOUT

Want to maintain your fitness while away, without spoiling the holiday fun? Try TwentyTwo Training founder Dalton Wong's quick and easy moves – all perfect for small spaces.

WHAT YOU NEED

All you need is a resistance band. Dalton Wong's Mini-Bands come in beginner, intermediate and advanced, depending on the level of resistance and are included when you buy his full workout guide (£30, twentytwotraining.com). The bands take up hardly any room in your suitcase so you can work out wherever you are.

THE POSTURE CORRECTOR

Standing tall is a great way to create the illusion of a slimmer silhouette – so perfect your look with this exercise for glutes, thighs, core and chest.

- Start in a semi-squat position with the band placed just above your knees, not around them. Position yourself with your knees slightly turned out to keep tension in the band.
- Hinge slightly at your hips, keeping your shoulders back and your chest up.
- Turn your right knee slightly in, making sure you keep your foot in the same place, then pull it back out into your starting position, or further if you can. Repeat this movement with your left knee.
- Then, bring both knees in and pull them both out simultaneously.
- Do each side for a minute, then another minute doing both legs at once.





THE CALORIE BURNER

The combo of cardio and the band in this move helps ramp up your calorie burn to reduce fat while improving leg muscle tone.

- Start off with the band around your ankles, with feet slightly less than shoulder-width apart to maintain tension in the band. Have your arms down by your sides, with palms facing forward, shoulder blades back and chest up.
- Jump out so both feet are wider, landing in a semi-squat position and with knees and hips aligned. Jump back to the start position.
- Jump as many times as you can within one minute and repeat four times, taking a short rest in between reps.

DALTON'S TOP TIP Make sure there's tension in the band at all times and that you keep your toes pointing forward.



THE OUTER THIGH TONER

Shape and slim your outer thighs with this move that also works your glutes.

- Place the band around your ankles with your feet slightly narrower than shoulder-width apart. Have your palms out, shoulder blades back and chest up.
- Hop to the right, landing in a single-leg squat position – there should be tension in the band as your left foot is away from you with the foot hovering slightly above the floor. Then hop to the left.

● Do the exercise for as long as you can, aiming for around five minutes and taking rests when needed.

DALTON'S TOP TIP Make sure you land softly and in a controlled way.

THE SHOULDER HONER

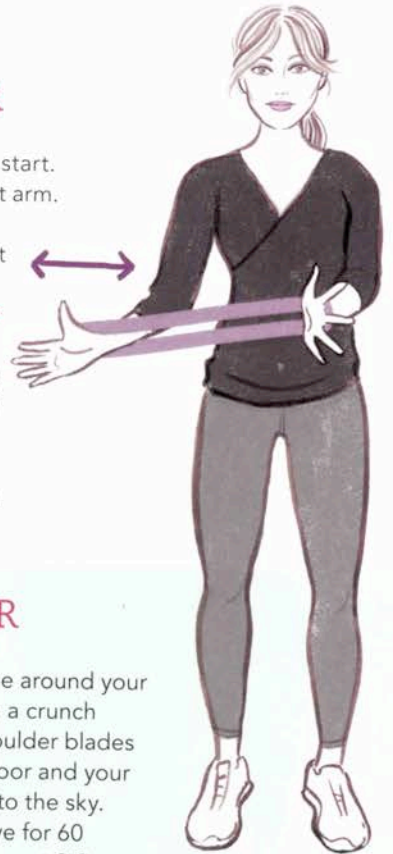
Look fantastic in off-the-shoulder tops and beach cover-ups with his sculpting move.

- Stand up straight with the band around your wrists, elbows bent and tucked in to your sides, hands out in front.
- Take your right wrist and forearm out and away from your body.

Slowly return to the start. Repeat with your left arm.

Try 60 seconds on each arm and repeat 2-3 times.

DALTON'S TOP TIP Think of the movement starting from your shoulder not your wrist so you work your shoulders properly.



THE AB CRUNCHER

A great abdominal workout, this exercise targets your obliques.

- Start off on your back with your hands on your temples, elbows back and the band around your feet.
- Engage your stomach and slowly bring your elbow and opposite knee up to meet at your body's midline. Lower back down and do the same again with the opposite elbow and leg.
- Next, move the band to above your knees and

put another one around your wrists. Perform a crunch where your shoulder blades come off the floor and your arms reach up to the sky.

- Do each move for 60 seconds and repeat 2-3 times.



THE BUTT LIFTER

This has to be one of the best exercises for a lifted derriere!

- Start on your back with knees bent, feet hip-width apart, hips up to create a bridge, and the band above your knees. Have your arms down by your sides or in the air to make it harder.
- Pull your knees out slightly to create tension in the band. Slowly lower your hips to the ground and then push them quickly back up to the start position.

● Perform the exercise for five minutes, resting when needed.

DALTON'S TOP TIP When going up, tense your bottom and push your heels down.

