

People are like colours. Some go together, some don't.

Related Channels: [Health](#) | [Food and Drink](#) | [Beauty](#) | [more ...](#)

You are here [iVillage.co.uk](#) [diet & fitness](#) [gym-free challenge](#)

Topics

- [Weight loss](#)
- [Diets A-Z](#)
- [Fitness](#)
- [Motivation](#)
- [Nutrition](#)
- [Body and soul](#)
- [Real life slimming](#)

What's new

- [Do you have 'fat' lifestyle?](#)
- [Mother's Day special](#)
- [Morning makeover quiz](#)
- [Celebrity survey](#)
- [Vitality Show ticket offer](#)
- [Lose weight now](#)
- [Irritable bowel syndrome](#)
- [Get fit online](#)


Promotions

- [Win winter sports holiday](#)
- [Feeling out of control?](#)
- [Constipation cures](#)
- [You Are What You Eat](#)

Message boards

Free Newsletters

i Diet & Fitness

 [Diet & Fitness home](#)

Gym-Free Challenge

[A beginner's guide to exercise wear](#)




[Do you need a personal trainer?](#)

[Gym dandies](#)

[Treadmills](#)

[Message Board: Fitness challenges](#)

[Quiz: Are your fitness goals realistic?](#)

-  [read this later](#)
-  [send to a friend](#)
-  [printer friendly](#)



80 per cent of us cancel our gym membership within the first eight weeks of joining. iVillage's latest fitness challenge is here to help you start a fitness programme - and stick to it. This four-week workout allows you to strengthen and tone your body from home.

This plan combines strength training and cardiovascular exercise to tighten your body, improve posture and help you burn fat and calories (even while you're resting). Followers of the workout include Billie Evans and Jordan, who love its convenience and results.

The Gym-free Challenge has been designed for busy women. The strength exercises only have to be performed once a week, plus cardio exercise of your choice two or three times in the same week. This system allows you to build muscle and helps increase bone density without putting stress on the body. In turn, it will boost your metabolism and burn plenty of fat and calories.

You only need a few items of equipment to get started.

You'll receive weekly newsletters with your exercise assignments and motivational support.

It's completely free and suitable for all fitness levels.

Ready to tone up? Just enter your email address below and watch your email inbox for your first weekly newsletter and tips to get you started.

EMAIL ADDRESS

Sign up to receive the Gym Free



Related Channels: [Health](#) | [Food and Drink](#) | [Beauty](#) | [more ...](#)

You are here ▶ [iVillage.co.uk](#) ▶ [diet & fitness](#) ▶ [gym-free challenge](#)

Topics

- [Weight loss](#)
- [Diets A-Z](#)
- [Fitness](#)
- [Motivation](#)
- [Nutrition](#)
- [Body and soul](#)
- [Real life slimming](#)

What's new

- [Do you have 'fat' lifestyle?](#)
- [Top workout videos](#)
- [Morning makeover quiz](#)
- [Lose weight now](#)
- [Irritable bowel syndrome](#)
- [Easter for dieters](#)

Message boards

- [Weight Watchers](#)
- [Post-baby shape up](#)
- [Gym-free challenge](#)
- [You can do it](#)
- [All message boards](#)

Tools & quizzes

- [Free diet profile](#)

i Diet & Fitness

[Diet & Fitness home](#)



Workout plan

Look and feel great in four weeks with this easy-to-follow toning routine that you can do in the comfort of your own home

[Article continues below](#)



advertisement



The key to this workout plan is that it combines **cardiovascular exercise** with strength training to [increase your metabolism](#) and help you burn more calories, even while you are resting.

Gym-Free Challenge

[A beginner's guide to exercise wear](#)

[Do you need a personal trainer?](#)

[Gym dandies](#)

[Treadmills](#)

[Message Board: Fitness challenges](#)

[Quiz: Are your fitness goals realistic?](#)

Sponsored Links from Yahoo!

What's this?

- [Equipment Fitness](#)
- [Equipment Exercise](#)
- [Chi Tai](#)
- [Fitness Training](#)

[Learn Meditation Effortlessly](#)

Try our revolutionary approach. Reduce stress and anxiety. Enhance focus and ...
www.centerpointe.com

[Quality UK Meditation CDs. Hear Samples](#)

Hear MP3 audio samples of these state-of-the-art hypnosis tapes and CDs, ...
www.hypnosisaudio.com

[AOQILI Slimming Soap £5.50](#)

Loose weight quickly and easily with AOQILI Slimming Soap, sounds too good to be ...
www.lookgr8.co.uk

[Slimming Pills.com](#)

Waist-to-hip calculator

BMI calculator

Fitness finder

Print-and-go yoga

All tools and quizzes

Experts

The running man

Nutrition advice

Fitness expert

All experts

Services

Fun and games




Online dieting

Competitions

Whether you are a beginner or have lifted weights before, this workout will tone your whole body and improve your shape. But remember to focus on how good the exercise makes you feel, rather than how you would like to look. Accept your body and try to reduce the pressure you feel to look a certain way; concentrate on making it the best you can.

www.slimming-pills.com

This programme is a great kick-start to a healthier lifestyle. In four weeks you will be leaner, stronger, have more flexibility and improved posture. The plan has been designed to let you continue it for as long as you wish.

 read this later
 send to a friend
 printer friendly

Body benefits

- Stronger bones, muscles, tendons and ligaments
- More muscle mass. This is great because muscle tissue helps to burn up more calories and fat, even when you're resting
- A reduced risk of osteoporosis
- A leaner and more toned body shape
- Increased confidence and a greater sense of well-being

Healthy eating

In order to achieve your fitness goals, you must eat a nutritious, balanced diet and drink plenty of water. Without the right fuel, you won't get the full benefit of your workout, and your body will struggle to recover properly afterwards.

Try to eat small, regular meals every two to three hours, which include [complex carbohydrates](#) like vegetables and pasta, [protein](#) like pulses and red meat, and [essential fats](#) from oily fish. This will help keep your energy and metabolic rates high.

Check out our guide to when it's best to [eat and exercise](#).


Beginners - Use light to moderate weight (two kilos) dumbbells and a green Dyna-Band.


Intermediate - If you have been exercising for up to six months previously, use moderate weight (four kilos) dumbbells and a mauve Dyna-Band.


Advanced - If you have been training for longer than six months, use a weight so that when performing the first set of each exercise, the last four or five repetitions are quite difficult (five kilos plus), and use a grey Dyna-Band.

[NEXT: Breathing, warm-up, cool down and training tips](#) ►


In this article

 PAGE 1: page: 1


 PAGE 2: [Breathing, warm-up, cool down and training tips](#)

 PAGE 3: [Equipment needed and weekly assignments](#)

related links

 ARTICLE: [Six ways to find time to workout](#)

 ARTICLE: [Eating on the go](#)

 EXPERT: [When is the best time to eat?](#)

★ BOARD: [Talk to others on the Gym-free Challenge](#)

🔍 FIND [Gym-free Challenge sign-up page](#)

IT:

Sponsored Links from Yahoo!

What's this?

- [Equipment Fitness](#)
- [Fitness Training](#)
- [Chi Tai](#)
- [Equipment Exercise](#)

[Fitness Equipment UK from Powerhouse](#)

Powerhouse home and commercial fitness equipment UK - treadmills to multi-gyms, ...

www.powerhouse-fitness.co.uk

[Buying Fitness Equipment? Free Delivery](#)

We are one of the largest retailers of fitness equipment in the UK. Free ...

www.fitness-superstore.co.uk

[Innovative Educational Software](#)


Engage and inform all groups through our entertaining e-learning solutions.

www.delib.co.uk

[Food Hygiene and Safety Training](#)

Eskey's Food Safety Level One course is certificated by the RIPH. It covers all ...

www.eskyweb.com

RSS Get the latest iVillage news on your desktop 
Sign up for more [iVillage RSS feeds](#)

iVillage Channels

Beauty
Diet & Fitness
Food & Drink
Health
Horoscopes
Money

News & Showbiz
Parenting
Pregnancy & Baby
Relationships
Travel
Work & Career

Community

Join free
Message Boards
Member Centre

Services

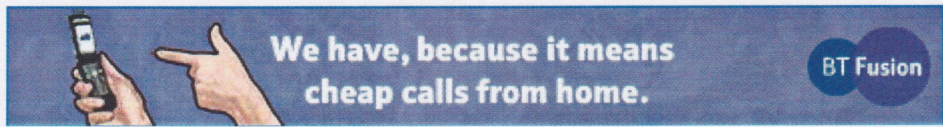
Competitions
eCards
Help
Newsletters
Online Dating
RSS

About iVillage

About Us
Privacy Policy
Site Map
Terms of Service

iVillage.co.uk

© iVillage Limited 2000-2006. All rights reserved.
© iVillage inc. 1995-2006. All rights reserved.



Related Channels: [Health](#) | [Food and Drink](#) | [Beauty](#) | [more ...](#)

You are here ▶ [iVillage.co.uk](#) ▶ [diet & fitness](#) ▶ [get fit](#) ▶ [sports & activities](#)

i Diet & Fitness

[Diet & Fitness home](#)

Topics

- [Weight loss](#)
- [Diets A-Z](#)
- [Fitness](#)
- [Motivation](#)
- [Nutrition](#)
- [Body and soul](#)
- [Real life slimming](#)

What's new

- [Do you have 'fat' lifestyle?](#)
- [Top workout videos](#)
- [Morning makeover quiz](#)
- [Lose weight now](#)
- [Irritable bowel syndrome](#)
- [Easter for dieters](#)

Message boards

- [Weight Watchers](#)
- [Post-baby shape up](#)
- [Gym-free challenge](#)
- [You can do it](#)
- [All message boards](#)

Tools & quizzes

- [Free diet profile](#)

[Free Newsletters](#)

Before you start your workout



Ensure you drink lots of water and have a proper stretch before you start to [exercise](#). Read the following tips for maximum results.

Make time to stretch

[Article continues below](#)

advertisement

Vital before and after any [workout](#).

- [Get stretching](#)

- Keep moving...
- [Walking assignments](#)
 - [Before you start your workout](#)
 - [Perfect walking form](#)
 - [The perfect walking trainer](#)
 - [Daily meditations](#)

Sponsored Links from Yahoo! [What this?](#)

- [Running](#)
- [Cycling](#)
- [Football](#)
- [Swimming](#)

[Buy Footballs at Prom Football](#)

Promo Footballs supply promotional footballs for the corporate gift market in ... [www.promofootballs.co.uk](#)

[On the Road to the 2006 FIFA World Cup™](#)

Find your winning strategy at [avaya.com](#). Avaya supports FIFA with Intelligent ... [fifaworldcup.avaya.com](#)

[Taste of the Vine - Fun Wine Tasting](#)

Fun, interactive wine tasting shows for corporate entertainment in the UK and ... [www.tasteofthevine.co.uk](#)

[Fun Wine Tasting Events and Games](#)

Enhance your conference, meeting or away day with our fun

Waist-to-hip calculator

BMI calculator

Fitness finder

Print-and-go yoga

All tools and quizzes

Experts

The running man

Nutrition advice

Fitness expert

All experts

Services

Fun and games

Online dieting

Competitions

Maintain good form

It's not rocket science but technique is everything.




- Four steps to [perfect walking form](#)

Drink plenty of water






Stay hydrated throughout your workout.

- How much water [should you drink?](#)

www.eventus.co.uk

-  read this later
-  send to a friend
-  printer friendly

related links

-  ARTICLE: [Daily meditations](#)
-  ARTICLE: [10 secrets of exercise motivation](#)
-  QUIZ: [Is your outfit flattering?](#)
-  TOOL: [Print-and-go yoga](#)
-  FIND IT: [Body Boost Diet](#)

Sponsored Links from Yahoo! What's this?



- [Running](#)
- [Cycling](#)
- [Football](#)
- [Swimming](#)

Rugby Hotels
Compare prices, read user reviews of hotels and search for travel deals to ...
www.tripadvisor.co.uk

6 Nations Hospitality and Autumn Inters
Entertain at the world's major rugby events. Whether it is entertaining clients ...
www.hospitalityfinder.co.uk

Taste of the Vine - Fun Wine Tasting
Fun, interactive wine tasting shows for corporate entertainment in the UK and ...
www.tasteofthevine.co.uk

Fun Wine Tasting Events and Games
Enhance your conference, meeting or away day with our fun wine tasting events ...
www.eventus.co.uk

 Get the latest iVillage news on your desktop 
Sign up for more [iVillage RSS feeds](#)

iVillage Channels

Beauty
Diet & Fitness

News & Showbiz
Parenting

Community

Join free
Message Boards

Services

Competitions
eCards

About iVillage

About Us
Privacy Policy



Related Channels: Health | Food and Drink | Beauty | more ...

You are here ▶ iVillage.co.uk ▶ diet & fitness ▶ gym-free challenge

i Diet & Fitness

Diet & Fitness home

advertisers

Topics

- Weight loss
- Diets A-Z
- Fitness
- Motivation
- Nutrition
- Body and soul
- Real life slimming

What's new

- Do you have 'fat' lifestyle?
- Top workout videos
- Morning makeover quiz
- Lose weight now
- Irritable bowel syndrome
- Easter for dieters

Message boards

- Weight Watchers
- Post-baby shape up
- Gym-free challenge
- You can do it
- All message boards

Tools & quizzes

- Free diet profile



continued from [page 1](#)

Water

Water is essential when working out. Drink small amounts every fifteen minutes if you can. It will replace fluids lost through sweating and help fuel your [metabolism](#) to breakdown food and turn it into energy. If you don't drink enough, you won't burn as many calories.

Breathing

Don't hold your breath when you [exercise](#). As a general rule, you should exhale when your muscles contract (on the effort or exertion), and inhale when they lengthen, and as you return to the starting position of the exercise. Sometimes the confusion over when to breathe out comes from not knowing which phase (contraction or lengthening) we are in when we exercise. Here is a breakdown of [how to breathe](#). Correct breathing patterns will become second nature with a little experience.

Warm-up and cool-down

Before you start a [strength training](#) or cardiovascular workout, it's vital that you [warm-up](#) for 5-10 minutes. This process will gradually increase your heart rate and body temperature, get your joints ready for activity and prepare your body for the upcoming workload.

After your workout, you should stretch in order to [cool down](#), lower your heart rate and help prevent injury and muscle soreness.

Training tips

Gym-Free Challenge

- [A beginner's guide to exercise wear](#)
- [Do you need a personal trainer?](#)
- [Gym dandies](#)
- [Treadmills](#)
- [Message Board: Fitness challenges](#)
- [Quiz: Are your fitness goals realistic?](#)

- read this later
- send to a friend
- printer friendly

LOSE
10
POUNDS
in five weeks!



Start Here

- Waist-to-hip calculator
- BMI calculator
- Fitness finder
- Print-and-go yoga
- All tools and quizzes

Experts

- The running man
- Nutrition advice
- Fitness expert
- All experts

Services

- Fun and games
- Online dieting
- Competitions

- Perform each exercise with controlled and slow movements. Quality is more important than quantity. You should feel every point of the movement.
- Each repetition should take about four seconds to complete: two seconds to lift the weight (or stretch the band) and two seconds to lower it. Moving any faster uses momentum rather than muscle power, and it makes the exercise less effective.
- Start with 90 seconds rest between sets. You need enough time to allow your muscles to completely recover, but not too much time that you lose focus on the workout. The fitter you get, the less rest time you will need. Gradually cut your between-set rest periods down to 30 seconds, then 15.
- Always listen to your body. It'll tell you loud and clear how and when to proceed. Never overdo it.

NEXT: [Equipment needed and weekly assignments](#) ▶

In this article

- 📄 PAGE 1: [page: 1](#)
- 📄 PAGE 2: [Breathing, warm-up, cool down and training tips](#)
- 📄 PAGE 3: [Equipment needed and weekly assignments](#)

related links

- 📄 ARTICLE: [Six ways to find time to workout](#)
- 📄 ARTICLE: [Eating on the go](#)
- 🗣️ EXPERT: [When is the best time to eat?](#)
- ★ BOARD: [Talk to others on the Gym-free Challenge](#)
- 🔍 FIND IT: [Gym-free Challenge sign-up page](#)

How can I reduce my cancer risk?
[Click here](#) to find out!



CLICK HERE and LOSE 10LBS IN JUST 5 WEEKS!



www.fesco-lets.com

Sponsored Links from Yahoo!

What's this?

- [Equipment Fitness](#)
- [Equipment Exercise](#)
- [Fitness Training](#)
- [Chi Tai](#)

[Re-Vitalise Yoga Weekend Retreats](#)

Full board Yoga weekend breaks and retreats. The perfect introduction to this ...
www.re-vitalise.co.uk

[Yoga Class Classes at Triyoga](#)

London's prime yoga destination - Time Out. Pristine studios, great teachers, ...
www.triyoga.co.uk

[Free Advice as on the BBC and The Times](#)

Friendly advice on your options - free debt management proposals based on what ...
www.financialhelpline.co.uk

[Debt Management at Baines and Ernst](#)

Baines and Ernst can provide debt management help without the need for a loan.
www.bainesandernst.com

RSS Get the latest iVillage news on your desktop
 Sign up for more [iVillage RSS feeds](#)





Related Channels: [Health](#) | [Food and Drink](#) | [Beauty](#) | [more ...](#)

You are here ▶ [iVillage.co.uk](#) ▶ [diet & fitness](#) ▶ [gym-free challenge](#)

Topics

- Weight loss
- Diets A-Z
- Fitness
- Motivation
- Nutrition
- Body and soul
- Real life slimming

What's new

- Do you have 'fat' lifestyle?
- Top workout videos
- Morning makeover quiz
- Lose weight now
- Irritable bowel syndrome
- Easter for dieters

Message boards

- Weight Watchers
- Post-baby shape up
- Gym-free challenge
- You can do it
- All message boards

Tools & quizzes

- Free diet profile

i Diet & Fitness

Diet & Fitness home

advertisers



continued from [page 2](#)

Frequency

You should do the toning workout once a week, as well as three 30-minute sessions of cardiovascular exercise each week.

What you'll need

These products are available from leading sports shops.

- [Exercise mat](#) from £8.95
- [Dumbbells](#) from £5.95 a set
- [Swiss ball](#) from £10.99 or [bench](#) for core stability work from £69.00
- [Dyna-Band](#) priced £9.99

Let's get started

- [Week one](#)
- [Week two](#)
- [Week three](#)
- [Week four](#)

Good luck, train hard and enjoy!

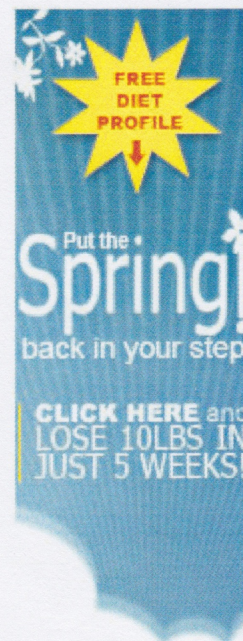
In this article

- PAGE 1: [page: 1](#)
- PAGE 2: [Breathing, warm-up, cool down and training tips](#)
- PAGE 3: [Equipment needed and weekly assignments](#)

Gym-Free Challenge

- [A beginner's guide to exercise wear](#)
- [Do you need a personal trainer?](#)
- [Gym dandies](#)
- [Treadmills](#)
- [Message Board: Fitness challenges](#)
- [Quiz: Are your fitness goals realistic?](#)

- read this later
- send to a friend
- printer friendly



Related Channels: [Health](#) | [Food and Drink](#) | [Beauty](#) | [more ...](#)

You are here ▶ [iVillage.co.uk](#) ▶ [diet & fitness](#) ▶ [gym-free challenge](#)

Topics

- [Weight loss](#)
- [Diets A-Z](#)
- [Fitness](#)
- [Motivation](#)
- [Nutrition](#)
- [Body and soul](#)
- [Real life slimming](#)

What's new


- [Do you have 'fat' lifestyle?](#)
- [Top workout videos](#)
- [Morning makeover quiz](#)
- [Lose weight now](#)
- [Irritable bowel syndrome](#)
- [Easter for dieters](#)

Message boards

- [Weight Watchers](#)
- [Post-baby shape up](#)
- [Gym-free challenge](#)
- [You can do it](#)
- [All message boards](#)

Tools & quizzes

i Diet & Fitness

 [Diet & Fitness home](#)



Cardiovascular exercises



Although this is a once-a-week resistance workout, it's important to include two or three 30-minute sessions of cardiovascular (cardio) exercise during the same week

Cardio exercise involves continuous activity, increases endurance and helps your body to use oxygen more effectively. Your lungs work harder to bring in more oxygen and your heart pumps harder to send blood to the muscles.

This process strengthens your lungs, heart, and muscles.

Aerobic activities that increase cardiovascular fitness include:

- walking briskly
- swimming
- running
- jogging
- climbing stairs
- using a stationary bicycle
- bicycling
- vigorous dancing
- ice skating or roller skating
- aerobics, regular or low impact
- cross-country skiing
- rowing
- aerobic [exercise videos](#)

Here are a few suggestions on how to keep on top of your fitness during that week. The important thing is to keep that heart pumping!

Gym-Free Challenge

[A beginner's guide to exercise wear](#)

[Do you need a personal trainer?](#)

[Gym dandies](#)

[Treadmills](#)

[Message Board: Fitness challenges](#)

[Quiz: Are your fitness goals realistic?](#)

Sponsored Links from Yahoo!

What this?

- [Equipment Fitness](#)
- [Equipment Exercise](#)
- [Fitness Training](#)
- [Chi Tai](#)

[Lifetime Fitness Training](#)

Fitness training - RSA/YMCA certification for fitness instructor (gym, circuits, ...)
www.lifetimehf.co.uk

[Fitness Training Online](#)

Fitness Industry Education is committed to providing progressive online fitness ...
www.fitnessindustryeducation.com

[Innovative Educational Software](#)

Engage and inform all groups through our entertaining e-learning solutions.

- Free diet profile
- Waist-to-hip calculator
- BMI calculator
- Fitness finder
- Print-and-go yoga
- All tools and quizzes

Experts

- The running man
- Nutrition advice
- Fitness expert
- All experts

Services

- Fun and games
- Online dieting
- Competitions

Jumping rope

Stand up straight. Grasp the [jump rope](#) handles so that the rope is still touching the floor, when your forearms are at right angles to your upper arms. Start with the rope behind your heels. Swing the rope in an arc over your head. Jump over the rope as it passes under your feet. Either jump simultaneously with both feet, or skip over the rope. Repeat the movement in a continuous motion. Jump vigorously to create deep breathing and continue for one to five minutes.

Inverted bicycle

Lie flat and lift both legs upward. Raise your hips off the floor and support your weight on your shoulders by placing one hand on each side of your waist. Extend both legs vertically. Bend your legs alternately in bicycle fashion. Breath normally throughout the exercise. Continue to pedal for one to five minutes.

Jumping jacks

Stand with your legs shoulder-width apart. Stick both arms straight up in the air. This is the starting position.

As you jump, bring your legs together and move your arms by your sides keeping them straight. Jump into the starting position again. Repeat these motions slowly until you get your own jumping rhythm and then you can increase your speed. Bend your knees slightly with each jump to soften your landing. continue for one to five

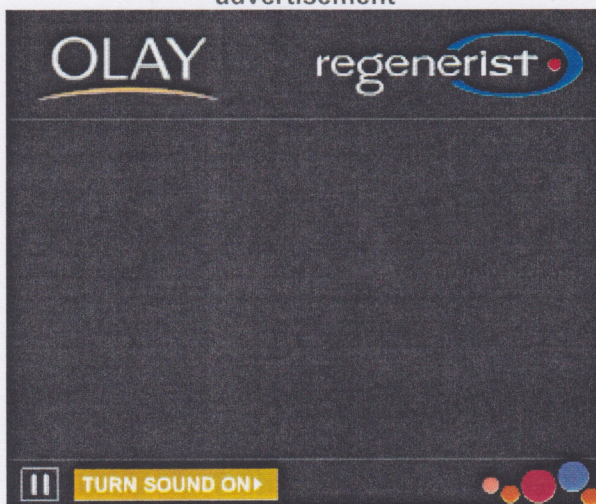
[Article continues below](#)

Food Hygiene and Safety Training

Esky's Food Safety Level One course is certified by the RIPH. It covers all ... www.eskyweb.com

- read this later
- send to a friend
- printer friendly

advertisement



minutes.

related links

- ARTICLE: [Circuit training](#)
- ARTICLE: [The ultimate leg, bum and tum](#)
- TOOL: [Find a cardio exercise for you](#)



Related Channels: [Health](#) | [Food and Drink](#) | [Beauty](#) | [more ...](#)

You are here ▶ [iVillage.co.uk](#) ▶ [diet & fitness](#) ▶ [gym-free challenge](#)

Topics

- [Weight loss](#)
- [Diets A-Z](#)
- [Fitness](#)
- [Motivation](#)
- [Nutrition](#)
- [Body and soul](#)
- [Real life slimming](#)

What's new

- [Do you have 'fat' lifestyle?](#)
- [Top workout videos](#)
- [Morning makeover quiz](#)
- [Lose weight now](#)
- [Irritable bowel syndrome](#)
- [Easter for dieters](#)

Message boards

- [Weight Watchers](#)
- [Post-baby shape up](#)
- [Gym-free challenge](#)
- [You can do it](#)
- [All message boards](#)

Tools & quizzes

- [Free diet profile](#)

i Diet & Fitness

[Diet & Fitness home](#)



Week one



Schedule

- Day 1: Cardio workout**
- Day 2: Rest**
- Day 3: Gym-free toning workout**
- Day 4: Cardio workout**
- Day 5: Rest**
- Day 6: Cardio workout**
- Day 7: Rest**

Goal

This week you will target your entire body. Working all muscle groups in one session will lessen the chance of doing too much or too little for one particular body part. At the same time, you will have initiated the repair and growth cycle for all your major muscle groups. It's best for overall general conditioning.

[Article continues below](#)

advertisement

Gym-Free Challenge

[A beginner's guide to exercise wear](#)

[Do you need a personal trainer?](#)

[Gym dandies](#)

[Treadmills](#)

[Message Board: Fitness challenges](#)

[Quiz: Are your fitness goals realistic?](#)

[Sponsored Links from Yahoo!](#)

- [Equipment Fitness](#)
- [Fitness Training](#)
- [Chi Tai](#)
- [Equipment Exercise](#)

Fitness Equipment UK from Powerhouse

Powerhouse home and commercial fitness equipment UK - treadmills to multi-gyms, ...
www.powerhouse-fitness.co.uk

Buying Fitness Equipment? Free Delivery

We are one of the largest retailers of fitness equipment in the UK. Free ...
www.fitness-superstore.co.uk

TEFL Courses in the UK

Get a certificate in TEFL and teach English professionally abroad and in the UK.

Waist-to-hip calculator
BMI calculator
Fitness finder
Print-and-go yoga
All tools and quizzes

Experts

The running man
Nutrition advice
Fitness expert
All experts

Services




Fun and games
Online dieting
Competitions



www.tefl.co.uk

Tesol Tefl teacher training

Christian TESOL-TEFL teacher training. International qualification. Five-week ...
www.itnuk.com

 read this later
 send to a friend
 printer friendly

You only need to do this [strength training](#) workout once this week, then rest for six days before doing week two's programme on the seventh day. For example, you can train from Saturday to Saturday.

Your cardiovascular training should consist of a 30-minute [workout](#), training at 65-80 per cent of your [heart rate max](#). Try and vary your workouts, so that you include activities such as walking, cycling and swimming.

This workout will target your:

Thighs, bottom, back, chest, shoulders, arms, abdominal muscles and lower back.

How will you feel?

After working muscles that you don't usually use, you will probably experience some muscular soreness and stiffness. The upcoming six-day rest period will allow any minor tears in your muscles to heal.


Muscle fibres regenerate when the body is at rest. If too much resistance work is performed during the week, the fibres don't have time to recover fully from the physical stress.

Don't forget


- [Warm-up](#)
- [Cool down](#)

This week's strength routine






1. [Dumbbell squat](#)
2. [Suitcase lift](#)
3. [Dyna-Band lat pull-down](#)
4. [Flat dumbbell fly](#)
5. [Kneeling Dyna-Band lateral raise](#)
6. [Seated bicep curl](#)

NEXT: [Dumbbell squat and Suitcase lift](#) 

In this article

 PAGE 1: page: 1

related links

-  ARTICLE: [Relax your way to a better body](#)
-  ARTICLE: [Is stress making us fat?](#)
-  EXPERT: [Ask all your fitness questions](#)
-  BOARD: [Talk to others on the Gym-free Challenge](#)
-  FIND IT: [Gym-free main sign-up page](#)

What's this?

Sponsored Links from Yahoo!



- **Equipment Fitness**
- **Chi Tai**
- **Fitness Training**
- **Equipment Exercise**

Stress Management
 AXA PPP Healthcare can help reduce the cost of sickness absence. Get expert help ...
www.axapphealthcare.co.uk

Manage Stress at Work
 Improve productivity and performance - workplace well-being pays dividends. ...
www.lifecraft.co.uk

Home Insurance
 Competitive buildings and contents insurance from Home Direct. Professional and ...
www.a-home-insurance-plan.co.uk

Low-Cost Home Insurance from Lloyds TSB
 Let us do the legwork. We'll search a panel of some of the top UK home insurers, ...
www.insurance.co.uk

 **RSS** Get the latest iVillage news on your desktop  **add to YAHOO!**
 Sign up for more [iVillage RSS feeds](#)

iVillage Channels		Community	Services	About iVillage
Beauty	News & Showbiz	Join free	Competitions	About Us
Diet & Fitness	Parenting	Message Boards	eCards	Privacy Policy
Food & Drink	Pregnancy & Baby	Member Centre	Help	Site Map
Health	Relationships		Newsletters	Terms of Service
Horoscopes	Travel		Online Dating	
Money	Work & Career		RSS	

iVillage.co.uk

Single? Find a date with *iVillage Dating*



iVillage.co.uk
the website for women

iVillage - 3 million readers a month

Search iVillage for:

Go

[Home](#) [Join free](#) [Message boards](#) [Horoscopes](#) [Quizzes](#)

Related Channels: [Health](#) | [Food and Drink](#) | [Beauty](#) | [more ...](#)

You are here ▶ [iVillage.co.uk](#) ▶ [diet & fitness](#) ▶ [gym-free challenge](#)

i Diet & Fitness

[Diet & Fitness home](#)

advertisers

Topics

[Weight loss](#)
[Diets A-Z](#)
[Fitness](#)
[Motivation](#)
[Nutrition](#)
[Body and soul](#)
[Real life slimming](#)

What's new

[Do you have 'fat' lifestyle?](#)
[Top workout videos](#)
[Morning makeover quiz](#)
[Lose weight now](#)
[Irritable bowel syndrome](#)
[Easter for dieters](#)

Message boards

[Weight Watchers](#)
[Post-baby shape up](#)
[Gym-free challenge](#)
[You can do it](#)
[All message boards](#)

Tools & quizzes

[Free diet profile](#)



continued from [page 1](#)

1. Dumbbell squat

You will need

- [Dumbbells](#)

What to do

- Stand with a dumbbell in each hand and your feet shoulder-width apart. Your toes should be pointing slightly out to the side.
- Squat down so that your thighs are parallel to the floor, keeping your back straight and your abdominal muscles held in firmly at all times. Make sure your knees don't travel beyond your toes.
- Hold that position for a second.
- Now push up from your legs until your body is upright in the starting position.
- You should squeeze the muscles in your thighs and bottom throughout the movement.
- Breathe in as you squat down and breathe out as you push back to standing. Avoid holding your breath.

Repetitions

Do three sets of 10-12 repetitions.

2. Suitcase lift

You will need

- [Dumbbells](#)



Gym-Free Challenge

[A beginner's guide to exercise wear](#)
[Do you need a personal trainer?](#)
[Gym dandies](#)
[Treadmills](#)
[Message Board: Fitness challenges](#)
[Quiz: Are your fitness goals realistic?](#)

[read this later](#)
 [send to a friend](#)
 [printer friendly](#)



Does my bum look big? in this!

[Get a Free Diet Profile](#)

height: ft in

weight: st lbs

[Go!](#)

www.fesco-diet.com

Waist-to-hip calculator

BMI calculator

Fitness finder

Print-and-go yoga

All tools and quizzes

Experts

The running man

Nutrition advice

Fitness expert

All experts

Services

Fun and games

Online dieting

Competitions

What to do

- Stand in an upright position with your back straight and the dumbbells on either side of you on the floor.
- Bend down to pick up the dumbbells.
- When you bend your knees, make sure they are not travelling past your toes.
- Your arms should be straight down by your side.
- Pick up the dumbbells and push up from your legs and stand upright, breathing out as you do so.
- Contract the muscles in your thighs and bottom.
- You will feel your lower back gently tighten.
- Remember to keep your spine in a neutral position and breath normally throughout the movement.

Repetitions

Do three sets of 10-12 repetitions.

NEXT: [Dyna-Band lat pull down and Flat dumbbell fly](#) ►

In this article

📄 PAGE 1: [page: 1](#)

📄 PAGE 2: [Dumbbell squat and Suitcase lift](#)

📄 PAGE 3: [Dyna-Band lat pull down and Flat dumbbell fly](#)

📄 PAGE 4: [Kneeling Dyna-Band lateral raise and Seated bicep curl](#)

related links

📄 ARTICLE: [Relax your way to a better body](#)

📄 ARTICLE: [Is stress making us fat?](#)

🗣️ EXPERT: [Ask all your fitness questions](#)

🌟 BOARD: [Talk to others on the Gym-free Challenge](#)

🔍 FIND IT: [Gym-free main sign-up page](#)

How can I reduce my cancer risk?
[Click here](#) to find out!



CLICK HERE and LOSE 10LBS IN JUST 5 WEEKS!



www.fescofit.com

Sponsored Links from Yahoo!

What's this?

● [Equipment Fitness](#)

● [Fitness Training](#)

● [Chi Tai](#)

● [Equipment Exercise](#)

[Fitness Equipment UK from Powerhouse](#)

Powerhouse home and commercial fitness equipment UK - treadmills to multi-gyms, ...

www.powerhouse-fitness.co.uk

[Buying Fitness Equipment? Free Delivery](#)

We are one of the largest retailers of fitness equipment in the UK. Free ...

www.fitness-superstore.co.uk

[Visit Dell for LCD Digital TV Deals](#)

Save up to 20% on LCD TV's for a limited time only at Dell.

www.dell.co.uk

[Digital Television Offers](#)

Find offers on digital television at Blueyonder, the shopping price comparison ...

www.kelkoo.co.uk

comfortable temperature, and have plenty of water to hand.

If you plan to do your cardiovascular work outside, please read these [safety tips](#) for outdoor exercise.

And finally, as you train, remember that muscles weigh more than fat. So, as you progress through this challenge, measure your success by how you feel rather than by what the scales say.

Get motivated

Feeling excited? Chat to other iVillagers on the [Gym-free Challenge](#) message board, and tell us what made you decide to sign up.

Benefits of the strength programme

- Strengthens bones, muscles, tendons and ligaments
- Develops more muscle mass. This is great because muscle tissue helps to burn up more calories and fat, even when you're resting
- Reduces the risk of osteoporosis
- You'll have a better body shape
- Increased confidence and a greater sense of well-being

! Top tips

- Remember, the key to losing weight is to burn more calories than you consume
- Busy? Squeeze some cardio work in at lunchtime with a brisk walk
- Find a workout buddy to give you moral support
- Listen to your body and take it easy if you need to
- Plus, ten secrets of [exercise motivation](#)



Manage Subscriptions

You are subscribed as curlyji2@hotmail.com.

To unsubscribe from this challenge or to sign up for additional iVillage newsletters, please [click here](#).
To view the privacy policy, please [click here](#).

[iVillage.co.uk](#): Where Women Find Answers

© iVillage (UK) Limited 2000-2002. All rights reserved.

© iVillage Inc. 1995-2002. All rights reserved.

[iVillage.co.uk](#) CHANNELS

Computers & Internet
Diet & Fitness
Food & Drink
Travel

Horoscopes & Astrology
Money
Motoring
News & Entertainment

Pregnancy & Baby
Relationships
Shopping
Work & Career