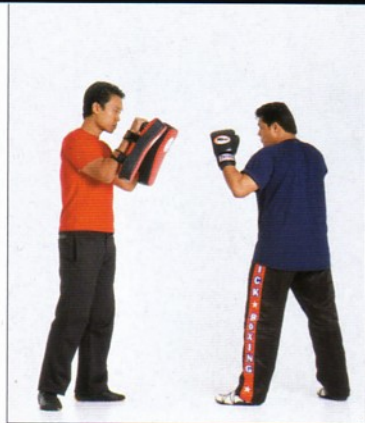


#8 Enhance Your Agility

Don't let your reflexes slow down with age.

Kickboxing is a great total-body workout and one of the best ways to train for agility, says Jason Lim, a fitness trainer from Beyond Extreme (www.bxfitness.com). He recommends this sequence that you can practise on a punching bag or with a partner. Start slow to achieve the correct technique and progressively increase the speed of your strikes. Note: Use padded gloves and pads to help absorb the impact of strikes and to prevent injuries.

Starting stance • Stand with your left leg forward and both feet pointed at 45 degrees to your right. Hold your left (lead) fist up at eye level and your right (rear) fist up at jaw level.



The Punches **JAB** • Strike forward with your left hand. **CROSS** • Lower your left hand to jaw level and strike with your right hand. **UPPER CUT** • Bend your body sideways to your right, draw your right fist back and punch upward.

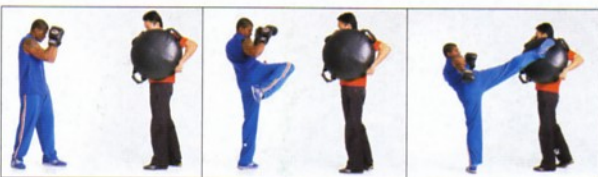


BACK FIST • Pivot backward and turn 180 degrees. • Strike with the back of your right hand.

The Kicks **FRONT KICK (A LINEAR KICK AIMED AT THE MIDSECTION)** • Raise the right (rear) leg up towards your chest. • Extend towards the target and strike with the ball of your foot.



SIDE KICK • Rotate your hips and raise your knee towards your chest. • Extend outward and strike the target with the side of your foot.



ROUND HOUSE • Rotate on the ball of your left foot as you bring your right leg towards the target. • Extend your right leg and strike the target with your shin or instep.

GET FRESH!

10 uppers for your downer workout

#9 SURPRISE YOUR SEQUENCE

Instead of working your fave body parts first, and leaving your least favourite bits to the half-hearted end of your workout, jumble up your workout sequence. It's more interesting and also helps you recharge when your energy is dipping.

#10 STRETCH BETWEEN SETS

Don't just stretch as a warm-up – do it between sets. That way, you increase your range of motion for each exercise, allowing you to work more muscle fibres.

#11 CLOSE YOUR EYES

Closing your eyes helps you visualize the muscles you're working, particularly useful for posterior muscle groups like your back, hamstrings, and butt. Feel free to open them whenever that cute girl in tights walks past.

#12 GET TWISTED

To get more out of your single-arm dumbbell row, rotate your wrist 180 degrees as you lower the dumbbell so that your thumb ends up pointing behind you when your arm is fully extended. This helps to achieve a fuller range of motion for added strength and size.

#13 STOP/START

Instead of raising and lowering the weight in one continuous motion, pause for a second about halfway up, continue the movement, and then pause again about halfway down. You'll exhaust your muscles faster using less weight this way.

#14 TWO LEGS UP, ONE LEG DOWN

The eccentric phase of an exercise – when you're lowering the weight – is a highly effective muscle builder. Try pressing or curling the weight up with both legs, then slowly lowering the weight back down using only one leg. You work your muscles even harder in the same amount of time this way.

#15 SPREAD 'EM

Change your hand spacing with each set of barbell curls, instead of keeping them placed at shoulder width for all you repetitions. Spreading your hands a few inches farther out stresses more of the inner portion of your biceps, while bringing your hands in a few inches builds more of the outer part.