

MAX

SPORTS **STRESS**

CUP DRIVEN

ANAHEIM DUCKS
PROVE HARD WORK
PAYS OFF

**BEAT
STRESS**
WITH EXERCISE

**IMMUNE
BOOSTERS**
FIGHT PESKY GERMS

**Holiday
Gift Guide:**
What's Hot on
Santa's List

**WINTER
WORKOUTS**
THE SNOW IS CALLING



12-MINUTE
WORKOUT



GOT 12 MINUTES?

With the holidays upon us, it's easy to get caught up in all the hustle and bustle and forget to take time to take care of ourselves.

However, you only have one body and there are no trade-ins or returns, so 12 minutes of exercise is better than nothing. Just about everybody can find 12 minutes for their overall health. At least you'll be able to maintain what you've got while you're busy shuttling kids to all their activities and heading to various holiday parties and get-togethers. And, you'll help stave off those dreaded colds by keeping your immune system strong with regular exercise.

I suggest you do this quick and effective routine in the morning before starting your day. That way, you've taken care of the one thing you shouldn't do without. Health is everything. If you're sick, you won't be able to accomplish much lying in bed.

We don't have a lot of time, so, most of these exercises, blocked into four groups, incorporate several moves at once.

This time of year might be hectic, but everyone should have at least 12 minutes to spare for these simple exercises that will work your entire body. Try them at home or at the gym. — By John Platero, CPT, RTS

LATERAL RAISES WITH SQUAT

STANCE With a light dumbbell in each hand, start in standing position, feet shoulder-width apart.

STEP 1 As you squat, raise the dumbbells out from your sides (keep a slight bend in your elbows).

*Perform about 20-30 reps.

1

PRESS, LUNGE, CURL

STANCE Grab 10 – 15 pound dumbbells and stand with your feet shoulder-width apart.

STEP 1 Press the dumbbells over your head and keep them there while you step forward and place the front foot at a distance that will allow you to go down into a lunge. Your front knee shouldn't go below 90-degree angle.

STEP 2 Lower the dumbbells to your sides at the same tempo as you lower into the lunge position. The dumbbells should be at your sides wrists facing forward as you reach the bottom of the lunge.

STEP 3 Curl the weights upwards as you lunge back to a standing position with both legs together.

STEP 4 Standing still, press them over your head and return to the starting position.

*Repeat on alternating legs for a total of 10 reps each leg.

2

SIT-UPS, BRIDGE, ALTERNATING LEG, WHEEL

STANCE Lie on your back with your knees bent and your feet fairly close to your buttocks.

STEP 1 Perform 10 sit-ups and return to the same start position.

STEP 2 With your feet still on the floor, raise your pelvis to the ceiling.

STEP 3 While keeping your pelvis level, straighten and lift one leg off the ground but don't allow your pelvis to rotate.

STEP 4 Keeping that leg straight, lower and raise your pelvis for 10 reps, then alternate legs.

STEP 5 Return to your back in the starting position, place your hands over your head and raise your entire body so that only your hands and feet are touching the ground (in yoga, this is called "the wheel"). Hold for a few seconds and return to the floor.

*Repeat 4 times.

3

SUN SAL, SQUAT, PUSH-UP TWIST, D-DOG, SQUAT

STANCE Stand with your hands at sides and feet shoulder-width apart.

STEP 1 Squat down first and as you rise, raise your hands from your sides like a bird (shoulder abduction) and clap them over your head.

STEP 2 Bend at the waist and the knees and move into a push-up position by placing your hands on the ground and throwing or placing your feet backwards and perform a push up.

STEP 3 When you return to the top of the push-up, twist to one side and point one arm towards the ceiling.

STEP 4 Return the arm towards the ground, perform another push-up and twist to the other side pointing the opposite arm towards the ceiling.

STEP 5 Return to the top of the push up and draw your feet closer to your head and move into downward facing dog for a nice stretch. Hold for about five seconds, then inch your hands towards your feet until you're standing on your feet.

STEP 6 Slowly move into a partial squat. As you return to the standing position, reach for the sky by abducting your arms from the sides.

*Repeat 10 times.

4

PERSONAL TRAINER CERTIFICATION



TWO DAYS!

The National Council for
Certified Personal Trainers

offers In Home Certifications
& live TWO DAY Courses

(800) 778-6060

NCCPT.com

 **NCCPT**
Educate. Motivate. Elevate.