

## Skip Your Way to Fitness

Being close to the holiday period, I'm always asked for a fitness routine that achieves maximum results in 4 weeks. A short program like this needs 100% commitment, a steely focus on eating good food and reducing alcohol, and just a skipping rope! I specialize in training ladies of all shapes and sizes and what they want is usually the same thing – thinner legs, less wobbly bits (thighs and arms) and to banish the tummy bulge. And of course we want it to happen yesterday!

All my programs focus on achieving visual changes. If you're making changes that impact the look and shape of your body, you have to make sure your heart and lungs etc are getting a good workout too.

I also try to get ladies thinking about their pelvic floor. It doesn't matter what your situation is – most daily activities and certainly during working out, these muscles need to be strengthened as often as possible. Work out a system like every ad break when watching TV, when you open a new email, when you're cooking, when you're resting between sets to achieve as many 'pulses' as you can.

**Pelvic Floor Pulses:** Squeeze and draw in the muscles around your anus and vagina and lift up inside as if trying to stop passing wind and urine simultaneously.

Try to hold the muscles as strong and tight as you can and count to 8. Now let them go and relax. You should have a distinct feeling of releasing.

So here's my quick results program ready for the festive season. A 20 minute skip program 3 or 4 times a week will deliver results but you must put in everything you have for the whole duration otherwise you may as well not bother. You will see your legs change shape, your waistline whittle, and your energy and fitness levels improve tenfold.

Obviously the more you put in effort wise, the more you get in return. How badly do you want to look and feel great? Now put that muffin down, turn your iPod to your high energy playlist and get outside!

**20 minute skip workout:** 2 minutes each set allowing only 30 seconds between variations. Always remember to keep within a sharp-pain-free range of movement.

- 1: Skip taps – lay rope vertically on the floor in front of you and alternate tapping on the far sides of the rope with your feet.
- 2: Rope jumps – with rope still on the floor, jump over the rope landing both feet together in the middle, and then jump back. Then land on the left, jump back, then on the right jump back – repeat.
- 3: Alternating step – skip at a quick pace on the spot.

**4:** Running skip – run at a slow pace with a wide stance bringing your knees up as you do.

**5:** Bell skip – with each jump either jump forwards or backwards.

**6:** Skier skip – jump from side to side as if you were a slalom skier.

**7:** Straddle – alternate between landing legs apart and legs together.

**8:** Twist – twist from side to side with each jump.

**9:** Ab rope 1 – get into a sit-up position and lay rope under your knees. Reach for the rope, draw tummy muscles towards your spine and complete crunch.

**10:** Ab rope 2 – using the same technique as Ab rope 1, alternate reaching for the rope from side to side with both arms on the side you are reaching towards.

Do this 3-4 times a week and you'll look sensational in that New Year's Eve dress – enjoy!

Claire Clark is a Personal Trainer specialising in Outdoor Fitness Programs for women and runs FitChick sessions in Melbourne. For more information go to [www.operationfitness.com.au](http://www.operationfitness.com.au)