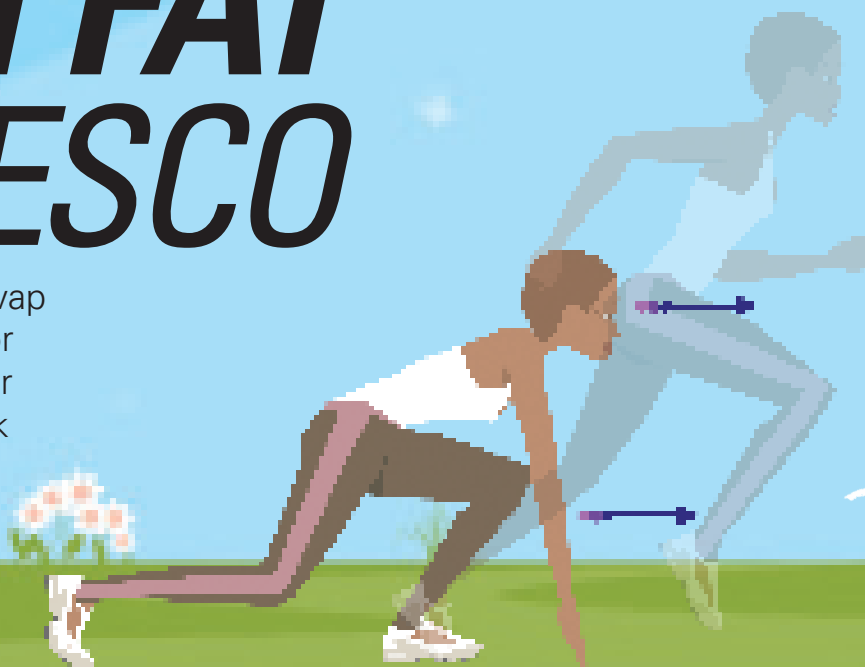


BURN FAT AL FRESCO

The sun's out, so why not swap your Spin class for an outdoor circuit designed to boost your metabolism and put you back in touch with nature?



'Outdoor workouts are better for you from both a physical and a mental point of view,' explains Julie Brealy, Personal Trainer and Fitness Leader at Brealy's Bootcamps (brealybootcamps.co.uk). They put you in touch with nature, which helps lift your mood and even raises self-esteem. 'What's more, people who exercise outside are more likely to stick with it, probably because they feel better doing it and there's lots going on to distract you.' So leave the stuffy gym behind while the temperature's pleasant and reap the benefits.

This circuit, designed by Brealy, will challenge both your cardio fitness and strength. It'll work your entire body but targets different parts during each exercise so you can carry on moving without stopping to recover between sets. This allows you to work at a high intensity, which raises your heart rate, firing up your metabolism to keep your body burning fat even after your workout.

How to do it

Perform the exercises in order and jog to each station, taking as little rest between exercises as possible. Do the circuit two to three times.

What you need

Don't leave home without a waterproof layer, just in case. Choose a lightweight, vented jacket, such as Nike's Cyclone Vapor running jacket. It has flocked material inside, which helps keep the jacket away from your body, improving ventilation. It costs £72; nike.com.

This workout will take around 45 minutes and burn up to 500 calories if you're working to your maximum capacity.

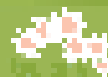
1. SHUTTLE RUNS

Reps: 6

◆ Set up two cones 10m apart and run as fast as you can from one cone to the other.

It's working when...

...your heart's racing and your legs feel wobbly!



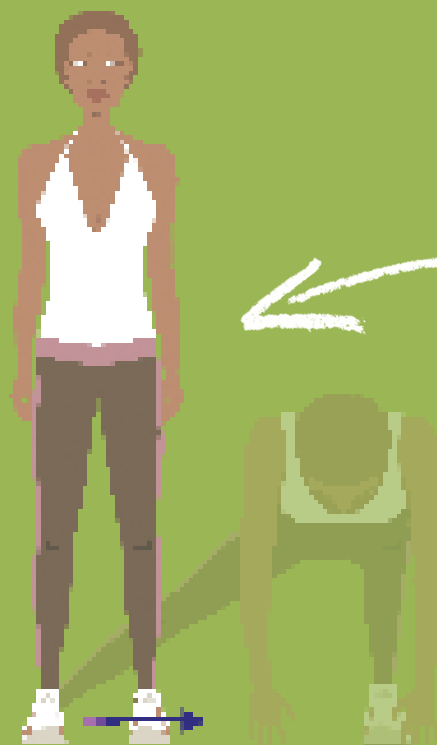
7. LATERAL LUNGES TO TOUCH

Reps: 20

◆ Stand with your feet shoulder-width apart, then take a big step to your left, bending your left knee so you can reach down and touch the floor with your fingertips. With your back straight and feet facing forwards, dynamically push back through your heel to the starting position. Repeat by lunging to the right.

It's working when...

...your thighs, hamstrings and gluteals are tired as you lunge from side to side in a fluid motion.



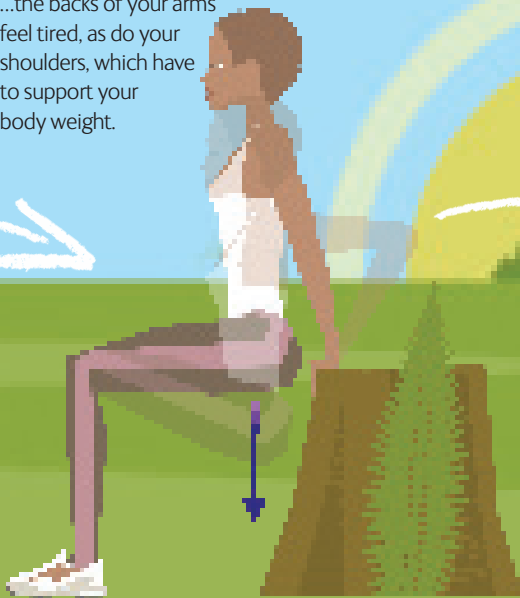
2. TRICEPS DIPS ON BENCH

Reps: 20

◆ Sit on the edge of a bench or tree stump, gripping the front edge with your hands. Move your feet away from you a little, then slowly bring your bottom off the seat and lower your body down until elbows are at a right angle. Push back up to the start position and repeat.

It's working when...

...the backs of your arms feel tired, as do your shoulders, which have to support your body weight.



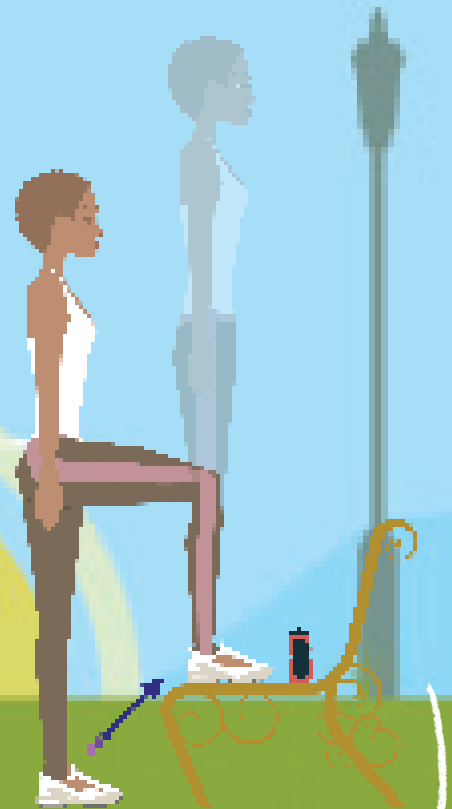
3. BENCH STEP-UPS

Reps: 20

◆ Stand in front of a bench and step your right foot up onto it. Lift your left foot up next to it so you're standing on the bench, then lower your right leg back down to the floor and lower the left one to join it.

It's working when...

...your gluteals, quads and hamstrings start to tire.



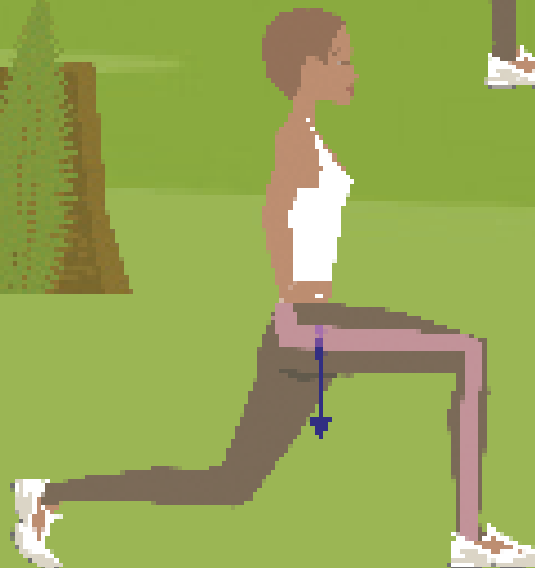
4. ALTERNATE LUNGES

Reps: 20

◆ From standing, take a big stride forwards, lowering yourself into a lunge until your back knee nearly touches the floor and your front knee stays at a right angle. Push back up through your front foot to the start position, keeping your core braced. Repeat by lunging forward with the opposite leg.

It's working when...

...you feel a burn on your front thigh.



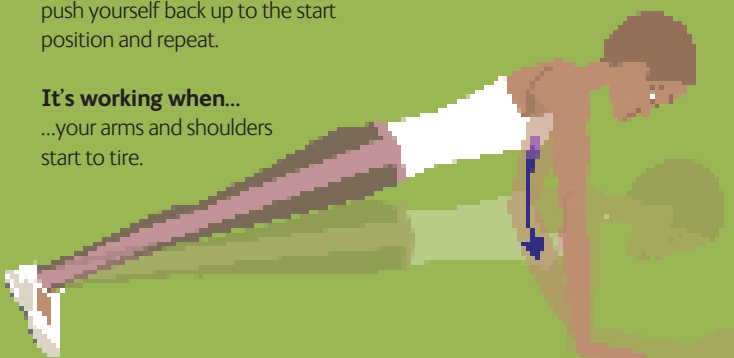
6. COMMANDO PLANKS

Reps: 20

◆ Go into the top press-up position with your arms straight, feet together and your body in a straight line from head to heels. With your elbows under your shoulders, look down as you lower yourself one arm at a time so you're in a full plank position, with forearms on the ground. Pause, then, one hand at a time, push yourself back up to the start position and repeat.

It's working when...

...your arms and shoulders start to tire.



5. HIGH-KNEE RUNS ON THE SPOT

Reps: 20

◆ Run on the spot, lifting your knees as high as possible and driving your arms.

It's working when...

...your heart's racing and you're out of breath.

