

Ali's FITNESS CORE SECRETS

THIS WEEK FITNESS GURU ALI HUSSAIN IS LOOKING AT HOW WE CAN ALL USE LOCAL FACILITIES IN PARKS TO GET OURSELVES FIT THIS SUMMER



THIS WEEK WE LOOK AT PRIMROSE HILL PARK, LONDON

The weather may be getting colder but there is no excuse for you not to put on your trainers and head to the park. These core exercises are perfect for working your own body strength. The fitness challenge for achieving a greater core starts here.

Inside Primrose Hill Park, Regents Park, Paddington rec park means there is hundreds reasons for you take your workout outside and work these abdominal muscles.

The benefits of feeling the fresh air, change of environment, and boosted energy levels can all contribute to results faster, feeling slimmer than ever around the core.

The Primrose Hill Park is the new potential gym waiting to be used. These core exercises are the ultimate's trim for the stomach muscles, it only takes 30 minutes to complete, every day and will make slim you for life!

TOP TIP OF THE WEEK

Instead of regarding snacks as a treat in order to lose weight, regard them as a filler.



TOP FOOD TIPS

EAT BREAKFAST

Studies have shown that people who eat breakfast regularly are actually more easily able to control their weight than those who skip breakfast.

DON'T DRINK CALORIES

Sweetened beverages such as juice, coffee drinks, coffee drinks and tea may satisfy your thirst, but you are taking in empty calories.

SNACK SENSIBLY

Instead of regarding snacks as a treat in order to lose weight, regard them as a filler.

FILL YOUR PLATE WITH VEGETABLES

Vegetables are loaded with vitamins and antioxidants and will help you lose weight.

STOP WHEN YOU ARE FULL
Our body is capable of sending safety signals, so stop eating when you are full.

Ali's FIVE MINUTE ABS EXERCISES

TIP ONE

COMPLETE ABSOLUTE CORES
1. Using core stability ball and the ball rolling back straight and top slightly in a heel position.
2. Crunch so you are strong enough making your top on abdominals with the upper body.
3. Repeat the sets until the pressure goes perfect.



TIP TWO

LONG STRETCH PRESS
1. Stand upright position with feet shoulder width apart. Raise one leg up off the floor.
2. Start position: Position 90° to the floor with an overhead grip.
3. Press hands up above head keeping neck over the uppermost and wear position to body.



TIP THREE

PERSONAL STABILITY BALL
1. Lie face down with chest on the ball.
2. Take your hands and walk forward until the legs are bent and supported by the ball.
3. Start position: Place your hands slightly wider than shoulder width.



Team Reveal

Ali's FITNESS SECRETS

THIS WEEK OUR FITNESS COLUMNIST IS LOOKING AT MOTIVATION

Personal trainer Ali reveals the core secrets to celebs. Celebs work constantly on diet and fitness regimes to make the headlines on the red carpet.

The secret is simple, effective and productive, exercise the body in the correct way otherwise the wrong medicine will enter your body.

Core exercises as demonstrated on the left are simple however the technique must be done correctly, the breathing during the exercises controls the tempo of the exercises which therefore slows down the exercises making your technique more fit focus and effective. In the long run, the exercises that you do will be productive and results last longer forever.

Results can come about in just two weeks if the diet is controlled and the exercises are done six days a week. Ali explores his secret to training outside is better for the celeb because entering gyms can increase publicity whereas training outside is a disguise and that's why Ali has demonstrated the perfect core exercises in the park for the celeb.

The fundamentals of achieving a slimmer core is reducing alcohol, refined sugars and processed food. Increasing water intake and having small regular meals throughout the day, and ultimately following Ali's top core exercises can make you have the perfect A-list celebrity body.

