

YOUR PERKY PLYOMETRICS MOVES

These energising jumps will firm up your glutes (your bum), quads and hamstrings (your thighs). To perfect your technique, Chris advises you to: 'Use your arms to fire downwards, flex your knees, hinge through your trunk and drive up from there.'



JUMP TO IT!

Get fitter and firmer in just 30 days with the one move that will to help you burn fat AND tone your bum...

Want to put a spring in your step this month and bag yourself a perky bottom? Forget complicated exercise

routines, all you need is one move - a jump! Not just a playground throwback, jumping can also boost energy levels and firm up your derriere in no time.

Plyometrics - the snazzy word for jumping - will increase your power and strength. 'This is because plyometrics focuses on your fast muscle twitch fibres (which are used in dynamic bursts of movement like sprinting and lifting weights),' explains celebrity trainer Chris Richardson. 'This type of training can also boost weight loss and help tone and define your muscles,' he adds. Plus, the post-training boost, will keep you burning calories long after you've unlaced your trainers. But, jumping doesn't just make you look good, it helps you feel good too. It can help improve bone density - which decreases after age 25 - plus the explosive movements will rev up your metabolism and leave you raring to go. For the ultimate bum (and mood!) lift, look right...

« Star jump

Stand with knees soft, feet shoulder-width apart and arms relaxed at your sides. Bend your legs and jump up as high as you can, while extending your limbs out fully to create a star shape mid-air. Return to the start position.

LAND SOFTLY WITH KNEES BENT



MAINTAIN A SLIGHT BEND IN YOUR KNEE



THIS IS A GREAT CARDIO EXERCISE TOO

« Frog jump

Start in a standing position. Slowly squat down all the way to the ground and place both hands in front of you, but try not to use them for balance. Explode up into the air, throwing arms back, before landing as quietly as possible back into the low squat.

KEEP YOUR WEIGHT INDIVIDUALLY DISTRIBUTED



« Long jump

Stand in a partial squat stance, with feet shoulder-width apart and arms by your side. Using a big arm swing upwards, jump forwards as far as you can, reaching with your legs. Land softly with knees bent.

« Squat jump

Stand with feet shoulder-width apart. Engage your core and lower into a squat position bringing your hands together at chest level, palms face-down, before jumping up as high as you can, releasing your hands and throwing them behind you. Lower back into the squat position to complete one rep.

USE YOUR WHOLE FOOT TO JUMP, NOT JUST YOUR TOES



« Tuck jump

Stand with feet shoulder-width apart, arms out at chest level, palms facing the floor. Engage your core and lower into slight squat position, before jumping up as high as you can, pulling your knees towards your chest, aiming to touch the palms of your hands.

FOCUS ON YOUR TECHNIQUE FIRST, RATHER THAN ON THE HEIGHT



« Ice skater

Stand with feet shoulder-width apart. Start by hopping onto your right foot, while sweeping your left leg behind your right. From this position, hop back to your left foot, sweeping your right leg around, behind your left leg.



TURN OVER FOR THE CHALLENGE »

30 day challenge

» HERE'S YOUR CHALLENGE CHART: GET TICKING!

TIP
To avoid straining muscles, always warm up and stretch before jumping. This is crucial!



1 **2** **3**

5x Star jump
5x Squat jump
5x Long jump

6x Star jump
6x Squat jump
6x Long jump

7x Star jump
7x Squat jump
7x Long jump

4 **5** **6**

8x Star jump
8x Squat jump
8x Long jump

9x Star jump
9x Squat jump
9x Long jump

10x Star jump
10x Squat jump
10x Long jump

7 **8** **9** **10** **11** **12** **13**

11x Star jump
11x Squat jump
11x Long jump

REST DAY

12x Star jump
12x Squat jump
12x Long jump

13x Star jump
13x Squat jump
13x Long jump

14x Star jump
14x Squat jump
14x Long jump

15x Star jump
15x Squat jump
15x Long jump

16x Star jump
16x Squat jump
16x Long jump

14 **15** **16** **17** **18** **19** **20**

18x Star jump
18x Squat jump
18x Long jump

20x Star jump
20x Squat jump
20x Long jump

5x Frog jump
5x Ice Skater
5x Tuck jump

6x Frog jump
6x Ice Skater
6x Tuck jump

7x Frog jump
7x Ice Skater
7x Tuck jump

8x Frog jump
8x Ice Skater
8x Tuck jump

9x Frog jump
9x Ice Skater
9x Tuck jump

21 **22** **23** **24** **25**

10x Frog jump
10x Ice Skater
10x Tuck jump

11x Frog jump
11x Ice Skater
11x Tuck jump

REST DAY

12x Frog jump
12x Ice Skater
12x Tuck jump

13x Frog jump
13x Ice Skater
13x Tuck jump

26 **27** **28** **29** **30**

14x Frog jump
14x Ice Skater
14x Tuck jump

15x Frog jump
15x Ice Skater
15x Tuck jump

16x Frog jump
16x Ice Skater
16x Tuck jump

18x Frog jump
18x Ice Skater
18x Tuck jump

20x Frog jump
20x Ice Skater
20x Tuck jump

TIP
Strengthen glutes with squats and lunges to generate more power in your jump and to stop putting stress on your joints



Words: Natalia Lubomirski Photos: Getty, Sam Riley/Wonderhatch/Silverhub, Leggings and sports bra by Lorna Jane (lornajane.co.uk)