

TRIM AND TONE IN 30 DAYS



Get a stronger, firmer body with our slimming and sculpting weights workout from trainer Chris Richardson

Want a stronger body without spending hours in the gym? Yes, please! Celebrity trainer Chris Richardson has created an at-home total body-strengthening workout with a difference. Say hello to eccentric training! 'Eccentric training refers to the force a muscle produces as it lengthens, as opposed to (what most people do in the gym) the force when a muscle shortens,' explains Chris. For example, focusing on the movement of lowering a dumb-bell back down, rather than the curling up part. 'This downward phase of exercises has the greatest impact on muscle development. And thanks to the intensity, it ramps up your afterburn too,' adds Chris. In a nutshell, this workout will boost muscle strength in double-quick time. Let's get started!

CHRIS' SIX SCULPTING MOVES

Expect big changes in 30 days with this total-body workout. 'Your strength will improve first, then you'll notice more tone and definition,' says Chris.

30
day
challenge

« Split squat

Stand with your back facing a chair. Extend your left leg back and place the top of your foot on the chair. Squat down by flexing the knee and hip of the front leg until the knee of your rear leg is almost touching the floor. Push back up, switch legs and repeat on other side to complete one rep.



Best for
lower
body

Best for
shoulders



« Push press

Stand with feet shoulder-width apart, holding a pair of dumb-bells. Bring weights up towards your ears, so elbows point down and palms are facing inwards. Push the weights above your head, then lower back to shoulders.

Best for
back and
biceps



« Bent-over row

Stand with a dumb-bell in each hand. Hinge forward at your waist, so your chest is over your feet and your arms are hanging down. Lift dumb-bells in towards your chest, pointing elbows out to the sides. Slowly lower back down.

Keep your
back straight
and shoulders
back.

Best for
bum and
thighs

« Goblet squat

Stand holding a light kettlebell close to your chest. Squat down until your hamstrings are on your calves. Pause, then return to standing.



Best for
core and
hamstrings

« Single-leg dead lift

Grab a dumb-bell or kettlebell in your right hand and let it hang down at arm's length in front of your thigh. Lift your left leg a few inches off the floor behind you. Hinge forwards at your hips and lower your torso until it's almost parallel to the floor. Let your left leg stretch out behind you with toes pointed down to the floor. Return to starting position and repeat on other side.



Hold your non-dumb-bell arm out to the side for balance.

Keep your
head and chest
up and your
back straight.



« Dumb-bell sit-up

Lie down with knees bent and feet flat on the floor. Place a dumb-bell in your hands and hold to your chest. Engage your core to roll up, so that your dumb-bell touches your knees. Lower back down in a controlled move.

Best for
abdominals



Good luck with your challenges and let us know how you're getting on with them on our Facebook page. You can also discover more inspiring fitness videos to help you get into shape at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)

TURN OVER FOR THE CHALLENGE »

30 day challenge

» HERE'S YOUR CHALLENGE CHART: GET TICKING!

TIP
"Once you're able to complete the full range of motion on each exercise, you can increase the weight," says Chris.



1 <input type="checkbox"/> 3 x Split squat 3 x Bent-over row 3 x Push press	2 <input type="checkbox"/> 4 x Split squat 4 x Bent-over row 4 x Push press	3 <input type="checkbox"/> 5 x Split squat 5 x Bent-over row 5 x Push press
4 <input type="checkbox"/> 6 x Split squat 6 x Bent-over row 6 x Push press	5 <input type="checkbox"/> 7 x Split squat 7 x Bent-over row 7 x Push press	6 <input type="checkbox"/> 8 x Split squat 8 x Bent-over row 8 x Push press
7 <input type="checkbox"/> 9 x Split squat 9 x Bent-over row 9 x Push press	8 <input type="checkbox"/> REST DAY	9 <input type="checkbox"/> 10 x Split squat 10 x Bent-over row 10 x Push press
10 <input type="checkbox"/> 11 x Split squat 11 x Bent-over row 11 x Push press	11 <input type="checkbox"/> 12 x Split squat 12 x Bent-over row 12 x Push press	12 <input type="checkbox"/> 13 x Split squat 13 x Bent-over row 13 x Push press
13 <input type="checkbox"/> 14 x Split squat 14 x Bent-over row 14 x Push press	14 <input type="checkbox"/> 15 x Split squat 15 x Bent-over row 15 x Push press	15 <input type="checkbox"/> 16 x Split squat 16 x Bent-over row 16 x Push press
16 <input type="checkbox"/> 3 x Goblet squat 3 x Single-leg dead lift 3 x Dumb-bell sit-up	17 <input type="checkbox"/> 4 x Goblet squat 4 x Single-leg dead lift 4 x Dumb-bell sit-up	18 <input type="checkbox"/> 5 x Goblet squat 5 x Single-leg dead lift 5 x Dumb-bell sit-up
19 <input type="checkbox"/> 6 x Goblet squat 6 x Single-leg dead lift 6 x Dumb-bell sit-up	20 <input type="checkbox"/> 7 x Goblet squat 7 x Single-leg dead lift 7 x Dumb-bell sit-up	21 <input type="checkbox"/> 8 x Goblet squat 8 x Single-leg dead lift 8 x Dumb-bell sit-up
22 <input type="checkbox"/> 9 x Goblet squat 9 x Single-leg dead lift 9 x Dumb-bell sit-up	23 <input type="checkbox"/> REST DAY	24 <input type="checkbox"/> 10 x Goblet squat 10 x Single-leg dead lift 10 x Dumb-bell sit-up
25 <input type="checkbox"/> 11 x Goblet squat 11 x Single-leg dead lift 11 x Dumb-bell sit-up	26 <input type="checkbox"/> 12 x Goblet squat 12 x Single-leg dead lift 12 x Dumb-bell sit-up	27 <input type="checkbox"/> 13 x Goblet squat 13 x Single-leg dead lift 13 x Dumb-bell sit-up
28 <input type="checkbox"/> 14 x Goblet squat 14 x Single-leg dead lift 14 x Dumb-bell sit-up	29 <input type="checkbox"/> 15 x Goblet squat 15 x Single-leg dead lift 15 x Dumb-bell sit-up	30 <input type="checkbox"/> 16 x Goblet squat 16 x Single-leg dead lift 16 x Dumb-bell sit-up

TIP
"Don't ignore the upward phase of the exercise," says Chris. "Be explosive with this part to get your muscles firing and burning fat."



Compiled by Natalia Lubomirski Photos Getty, Anne-Marie Bickerton