

30  
day  
challenge



**D**read those squidgy bits at the top of jeans, around your bra and under your arms? We hear you. These stubborn areas can be tough to tone, especially for us ladies.

'We all store fat in different ways - but women tend to hold on to it in their arms,

chest and hips,' explains Chris (left), who's trained the likes of Rochelle Humes and Lisa Snowdon. 'As we get older we can lose elasticity in our skin and accumulation of fatty material creates a saggy appearance.'

But don't fret, Chris has created a 30-day plan to target these areas, helping you melt fat and firm up, so you can show off a sexy

silhouette. 'Just don't focus on the problem area with a single arm or joint movement,' advises Chris. 'Engage as many muscles as possible to burn more calories.' It's time to blitz that bulge...

## YOUR BULGE-BANISHING MOVES

'These are multi-joint movements, which increase heart rate and promote fat loss,' says Chris



### « Walkouts

Stand with your feet hip-width apart. Put your hands on the floor in front of your toes. Gradually walk your hands forwards into a plank position, then walk them slowly back to the start.



### « Lateral plank walks

Perform a plank, with your body weight resting on your hands and balls of your feet. Move your left arm out to the left side, along with your left foot. Then move your right hand and right foot to join them, still maintaining that plank position.

### BANISH BRA BULGE



### « Reverse snow angels

Lie on your front with arms stretched out in front of you, palms facing floor. Lift your chest, arms and legs slightly, so they hover over the floor. Bring your arms out to the side and down towards your hips, while simultaneously taking your legs out to each side. Then bring back to start.



### » Superman

Lie face down on the floor, keeping arms by your sides. Extend both arms out in front of you, keeping your elbows slightly bent and palms facing the floor. Lift your legs and arms simultaneously off the ground, keeping your core stationary. Hold for 2-5 seconds, then return to start.

### MELT MUFFIN TOP



### » Bicycle crunches

Lie on your back on the floor, with arms by your sides. Place hands behind your head, then bending your left knee lift it up towards your right elbow. Your thigh should be perpendicular to the ground and your calf should be parallel, while extending your right leg out in front of you (without touching the floor). Switch sides and repeat the exercise, to complete one rep.



### » Side plank twists

Perform a side plank, with right palm flat on the floor below shoulder. Lift your left arm up towards the ceiling. Then lower your left arm down and thread it underneath your body, between your torso and right arm, twisting as far as you can.

» Follow Chris on Instagram @zerogravitypilates

TURN OVER FOR THE CHALLENGE »

# BATTLE THE BULGE

IN 30 DAYS!

Celebrity trainer Chris Richardson helps blitz those bothersome areas of the body in just one month...



# 30 day challenge

## » HERE'S YOUR CHALLENGE CHART: GET TICKING!



**TIP**  
To get the most out of your workout, Chris recommends cutting just 100-200 calories a day

**1**

5 x Walkouts  
5 x Reverse snow angels  
5 x Bicycle crunches

**2**

6 x Walkouts  
6 x Reverse snow angels  
6 x Bicycle crunches

**3**

7 x Walkouts  
7 x Reverse snow angels  
7 x Bicycle crunches

**4**

8 x Walkouts  
8 x Reverse snow angels  
8 x Bicycle crunches

**5**

REST DAY

**6**

9 x Walkouts  
9 x Reverse snow angels  
9 x Bicycle crunches

**7**

10 x Walkouts  
10 x Reverse snow angels  
10 x Bicycle crunches

**8**

11 x Walkouts  
11 x Reverse snow angels  
11 x Bicycle crunches

**9**

12 x Walkouts  
12 x Reverse snow angels  
12 x Bicycle crunches

**10**

REST DAY

**11**

14 x Walkouts  
14 x Reverse snow angels  
14 x Bicycle crunches

**12**

16 x Walkouts  
16 x Reverse snow angels  
16 x Bicycle crunches

**13**

18 x Walkouts  
18 x Reverse snow angels  
18 x Bicycle crunches

**14**

20 x Walkouts  
20 x Reverse snow angels  
20 x Bicycle crunches

**15**

REST DAY

**16**

5 x Lateral plank walks  
5 x Superman  
5 x Side plank twists

**17**

6 x Lateral plank walks  
6 x Superman  
6 x Side plank twists

**18**

7 x Lateral plank walks  
7 x Superman  
7 x Side plank twists

**19**

8 x Lateral plank walks  
8 x Superman  
8 x Side plank twists

**20**

REST DAY

**21**

9 x Lateral plank walks  
9 x Superman  
9 x Side plank twists

**22**

10 x Lateral plank walks  
10 x Superman  
10 x Side plank twists

**23**

11 x Lateral plank walks  
11 x Superman  
11 x Side plank twists

**24**

12 x Lateral plank walks  
12 x Superman  
12 x Side plank twists

**25**

REST DAY

**26**

14 x Lateral plank walks  
14 x Superman  
14 x Side plank twists

**27**

16 x Lateral plank walks  
16 x Superman  
16 x Side plank twists

**28**

18 x Lateral plank walks  
18 x Superman  
18 x Side plank twists

**29**

20 x Lateral plank walks  
20 x Superman  
20 x Side plank twists

**30**

REST DAY



**TIP**  
'Eat your recommended intake of protein (that's 0.75g per kg of body weight) to help preserve the lean muscle you're creating,' says Chris

Words: Natalia Lubomirski Photos on page 25: Sam Riley/Wonderhatch For Fit & Well Magazine. Tank top, wellicious.com, leggings and sports bra, snowandrock.com. Other photos: Getty