

# 7 Simple Exercises That Will Transform Your Body in Just 4 Weeks

The new year has arrived, and with it, thoughts about getting fit and ready for the spring. However, these intentions tend to not last as long as we would like them to.

To get you in shape, we at **Bright Side** have come up with some simple exercises that will change how you look in as little as four weeks. You won't have to go to the gym or buy any special equipment – all you need is determination and ten minutes a day.

## Plank



A plank is a static exercise, which means you don't need to move while doing it, but simply hold your body in the correct position instead. To do it right, follow the example shown in the picture and prop yourself on your elbows, forearms, and forefeet. It's important to keep your back perfectly straight without your waist lowered or your bottom upraised. If you don't have difficulties keeping your body in the elbow plank, then something's not right. While in this position, the muscles that keep you straight are being worked, such as the abs, arm muscles, back, and anterior thigh muscles.

## Push-ups



To do a correct push-up, assume the plank as the initial

position, and then push yourself up with your arms. The most important thing is to keep your back, bottom, and legs in a straight line – this will strain your abs as well as your arms. The next step is to return to the initial position as slowly as possible.

## **Toning your thigh and bottom muscles**



Begin the exercise as shown in the picture, propping yourself on your hands and knees. Then, stretch one leg, trying to keep it straight and not letting it go to the side or bend while raising and stretching the opposite arm at the same time. After that, do the same for the other arm and leg.

## **Squats**



Squatting is all about balance – put your feet shoulder-width apart and stand on the soles of your feet. Then, begin squatting as if slowly sitting down on a low imaginary chair. Your knees and feet should form a straight line. Try to pull the small of your back in as far as you can. You may also help keep your balance by stretching your arms out in front of you, as shown in the picture. When you are down, start pushing yourself up as slowly as you can.

## **Ab exercises**



Lie on your back and stretch your arms up, then slowly raise one of your legs, bent at the knee, and touch it with your hand, as you can see above. Return to the initial position and repeat with the other leg and arm. Don't forget about the main

rule here – the left arm goes to the left leg, and the right arm goes to the right one.

## Abs and buttocks



First, prop yourself on your hands and feet so that your body forms a triangle above the floor. Raise one of your legs as high as you can, as seen in the first picture, and then lower it slowly and try to touch the tip of your nose with your knee. Return to the initial position and do the same with the other leg.

## Waist



Take up the initial position with your legs set widely apart and slightly bent at the knees and with your back propped against the wall. Then, lace your fingers or take a ball, as shown in the picture, and slowly move your hands from side to side, trying to touch the wall with them and, most importantly, keeping upright.

## The four-week plan

### Week 1:

Do the following for six days:

2 minutes plank;

1 minute push-ups;

1 minute abs and thighs;

1 minute abs;

1 minute abs and buttocks;

1 minute waist;

2 minutes plank.

Have a ten-second break between the exercises.

## **Week 2:**

Alternate the following sets for 6 days.

### **Set 1:**

3 minutes plank;

3 minutes abs;

3 minutes thighs and buttocks.

Have a 15-second break between the exercises.

### **Set 2:**

3 minutes waist;

3 minutes push-ups;

3 minutes abs and buttocks.

Have a 15-second break between the exercises.

**Week 3:** repeat the Week 1 set.

**Week 4:** repeat the Week 2 sets.

If you do everything correctly, you will achieve amazing results in just a month and, as a bonus, develop a habit of doing this simple ten-minute set of exercises every day. And if you want to improve your body even more, then doubling the effort is all you need to do!

Photo credit: popsuga

# **EFFECTUEAZA ACEST EXERCITIU TIMP DE 4 MINUTE PE ZI PENTRU O LUNA CA SA SCAPI DEFINITIV DE GRASIMEA DE PE ABDOMEN SI DE PE SPATE**

Un articol de Maya

Rareori se intampla ca un singur tip de exercitii fizice sa poata modela intreg corpul si intr-un timp relativ scurt! Dar iata ca exista totusi unul cu adevarat eficient!

Nici eu n-am crezut ca poate fi atat de eficient, asta pana acum!

Imi place faptul ca acest exercitiu iti permite sa te adaptezi treptat la dificultatea maxima, precum si ca nu promite rezultate peste noapte, asa cum se-ntampla cu o multime de programe de antrenament care, de fapt, nu ajuta la nimic.

Azi am bifat CITESTE IN CONTINUARE