

Your Wedding Workout – How to Look Great on Your Special Day

The wedding season has arrived and the brides to be are all set to impress the guests who they might not have seen in years or have a great photo album to reminisce over when they are old and grey. From the dress to the hair to the bouquet, every bride wants to look her absolute best on her wedding day. To achieve this wedding day dream, many brides-to-be look for an intensive workout program for weight loss and body toning.

If you're interested in getting fast and lasting results from a wedding workout, here's what you need to know: A



wedding workout should incorporate exercise and healthy eating, not just one or the other. Depending on the timeline, motivation and fitness goals you have, this workout may begin as early as 3 months or at least 4 weeks before the wedding.

Losing one kg each week is the healthiest approach to accomplishing your goals rather than crash dieting or exercising maniacally two weeks before the big day. Also exercising regularly will not only help you to lose weight, but will also help you to relieve stress and increase your energy levels.

SO HERE 'S THE ULTIMATE BRIDAL WORKOUT:

Each week alternate two days of cardio with three days of strength training to help tone your legs, back, abdominals, chest and arms

Monday: Back, biceps, and abs: Warm up with three to five minutes of cardio and stretching. Perform each move 10 to 15 times without stopping, rest one minute, do another set of 10 to 15 reps, rest, and repeat for a final set of 10 to 15 reps. after weight training, do 15 minutes of cardio, followed by a cool down and a few

minutes of easy stretching.

- ***Rowing:*** Stand facing a bench with your left foot forward and your right foot back. Lean over, placing your left hand and knee on the bench. Grasp a 5- or 7-pound dumbbell in your right hand, wrist in, then pull elbow up and back, as if rowing. Switch sides to complete one set.
- ***Bicep curls:*** Stand with feet shoulder-width apart, toes facing forward. Keep arms at sides, palms facing forward. Holding dumbbells, bend elbows and raise weights to chest. Return arms to sides.
- ***Standing abs 1:*** Standing on your left leg, extend right leg slightly to your right side, with toes touching the floor. Extend arms up to the left, forming a straight line with your extended leg. Keeping abs tight, pull hands down and right knee up to meet each other at your torso. Return to start. Do three sets on both sides.
- ***Standing abs 2:*** Standing on left leg, extend right leg behind you and slightly to the side, toes touching the floor. Extend right arm toward ceiling. With abs tight, lift right knee and pull right elbow down so they touch. Do three sets on both sides.

Tuesday: Skip the weight training today, and do cardio: power walking, jogging, jumping rope or cycling. Alternate activities each day, and do what you enjoy so you'll stick with it. Beginners should continue moving at their target heart rate for 20 minutes; intermediates, for 45 minutes; and advanced exercisers, for up to 60 minutes.

Wednesday: Chest, triceps, shoulders, abs: Warm up with three to five minutes of cardio and stretching

- *Push-ups*: Do as many traditional push-ups as you can (aim for three sets of 10 to 15). When it gets tough, do knee push-ups. Keep your back straight and your abdominal muscles pulled in.
- *Tricep dips*: Sit on the edge of a chair or bench, feet on the floor. Hold onto chair and lift buttocks forward and off the edge. Lower yourself toward the ground until your elbows are at a 90-degree angle, then push yourself back up.
- *Boxing jabs*: Stand with feet shoulder-width apart; step one foot slightly forward, holding fists at shoulder height. Alternating arms, punch out without locking your elbow, turning wrist so knuckles face up.
- *Overhead shoulder press*: Stand with arms out to the sides, elbows bent at a 90-degree angle. Holding dumbbells, straighten arms toward the ceiling. Return to start.
- *Repeat Abs exercises of Monday*

Thursday: Cardio: See Tuesday.

Friday: Legs, abs: Follow Monday's instructions for stretching, number of sets and reps, cardio and cool down.

- *Squats*: Stand with feet shoulder-width apart, toes facing forward, arms extended in front of you. Squat until thighs are parallel to the floor, while keeping knees directly over ankles. Return to start.
- *Reverse lunge*: Stand with feet together. Extend left leg behind you and drop into a lunge, keeping right knee over ankle. Return to start. Repeat with right leg behind.
- *Standard abduction*: Stand on left leg, toes forward. Lift right leg straight out to side, squeezing right buttock, and return. Repeat with left leg.
- *Single-leg dead lifts*: Holding dumbbells, stand on left leg, weight on heel, and extend right leg behind you with toes pointed. Keep arms at sides. Tip forward until your torso and right leg are parallel to the floor. Return to start. Repeat with left leg raised.
- *Frog diamond*: Lying on your back, extend legs straight into the air. Keep thighs and heels together and feet flexed. Open legs wide, bend knees and bring toes together to make a diamond shape. Extend legs while squeezing inner thighs, and press feet to ceiling.
- *Repeat Abs exercises of Monday*

Saturday: Yoga You can take a class or do it at home

Sunday: Spa day Reward yourself with a manicure, a massage, a facial or a bubble bath. A day of rest lets your muscles get stronger and helps prevent injuries that might throw you off schedule later.

Exercise first thing in the morning if you can. This helps you to keep up to the schedule.