

ALL THE RIGHT MOVES

Looking for some new exercises to add to your workout repertoire? Four top personal trainers invite you to try out their favourites

Words **Andrew Dalton** Photography **James McGovern**

Sets: 2
Reps: 10-15

A Hold a medicine ball (use one with handles if available) in front of you. Engage your abdominal muscles and bend your knees. Bring the ball to the outside of your thighs, rotating your torso in that direction but keeping your back straight.

B Stand up powerfully and bring the ball up and across your body. The motion should be powerful enough for you to jump up and turn through 180°. You should aim to have your arms at full extension at the top of the jump.

C As you land, bend your knees and bring the ball down and across your body to reset the move.

180° jumping woodchop

by Jason Anderson, personal trainer and director of GIM-UK (gim-uk.com)

Anderson says, 'Tag this move on the end of your normal workout for a powerful way to finish, or do 30-second bursts when you are looking for something a bit different to liven up your routine.'

'Jumping will develop power in the quads [thighs], and by forcing your body to decelerate the rotational movement each time you jump, you'll also build strength

in your obliques [side abs]. It will also get your heart pumping to burn off calories.'

'Any activity that requires dynamic movements and endurance will benefit from this exercise, especially skiing and racquet sports.'

Before you do it: 'Do some standard cable woodchops to prepare yourself for the more

explosive movement. Remember to keep your chest up to stabilise your spine, and aim to rotate around an upright axis.'

'When you land after the jump it should be with only a slight toe-to-heel movement, and flex your knees to absorb the impact. Keep the weight fairly light - it's more important to maintain good form than to hurl heavy weights around.'

