

Fitness Tip of the month

Looking to burn more calories with your existing workout?

Then try training in unstable environments.

It sounds complicated but it's really simple.

Just try:

Standing

Perform your exercise standing up instead of sitting down on a bench.

Or try standing on one leg instead of 2.



This will increase the activation of your core muscles and the main musculature in the legs and glutes. Increasing the amount of calories burnt as well as toning and strengthening more areas at the same time

Sitting

Sit on a Swiss ball instead of something solid i.e. the bench.

Once you are used to this try sitting on the ball with only 1 leg on the floor.



This will make your core muscles work harder to control your position and balance and again increase the amount of calories burnt.