

CB Fitness

November Newsletter

Welcome to the November version of the CB Fitness Newsletter, this newsletter can be downloaded from the CB Fitness website or if you subscribe then you will receive a promotional code attached.

What happened in November?

Now we are in November we are saving for Christmas so need to find cheaper ways to exercise and keep fit. We also have a recipe for a smoothie using winter fruits.

The Cheaper way to Exercise.

In all childrens' play parks are climbing frames and benches. Why not walk (or if your feeling energetic) jog to your local park. Here you will find everything you need to complete your very own fitness workout. Using benches you can perform Step Ups to work your heart and lungs also you can perform Tricep Dips to tone your triceps. Also using the grass you will be able to complete Press Ups to work your chest and arms, Sit Ups to strengthen those abs and Lunges and Squats to work those legs.

Try mixing up your strength and conditioning exercises with some aerobic exercises, pick two trees in the park and jog across and walk back as a recovery. If you are feeling more energetic try sprinting across and jogging back.

This will complete your very own workout. If you would like to take part in either an Exercise Walk or Fitness Bootcamp contact CB Fitness for more details.

Product Review, Resistance Bands.

A Resistance Band is a very useful piece of equipment for everyone of any ability. Given its lightweight you are able to take them anywhere with ease. Resistance Bands come in several different difficulty levels, most cost in the region of £5-£6 but you can pick up a set of 3 for about £15 from most sports shops. Use them with your outdoor exercise routine to add variety to your exercise regime.

Winter Fruits Smoothie Recipe

Winter Fruits Smoothie

Ingredients:

- 1 cup apple juice
- 1 ½ cups lemonade
- 1 cup frozen raspberries
- ½ cup frozen strawberries
- 1 cup raspberry sorbet

Serves: 3/4

Method:

1. Place all ingredients in blender.
2. Blend to desired consistency.
3. Pour to serve.

Exercise of the Month.

V-Sit Ups, this is a great exercise to work the Rectus Abdominals (6 Pack Muscles). Start the move sitting upright with your knees bent and feet on the floor and put your hands next to your hips with fingers facing forwards. Lower your shoulders back so you finish with your forearms on the floor, as you do this extend your legs to straight in front of you keeping your feet off the floor. Then return to the starting position.