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Glam-Uary

FITNESS & EXERCISE

This simple 4-week workout plan will kickstart your health and fitness regime without all the hassle (and all you need is a water bottle and resistance bands)

It's SO simple.



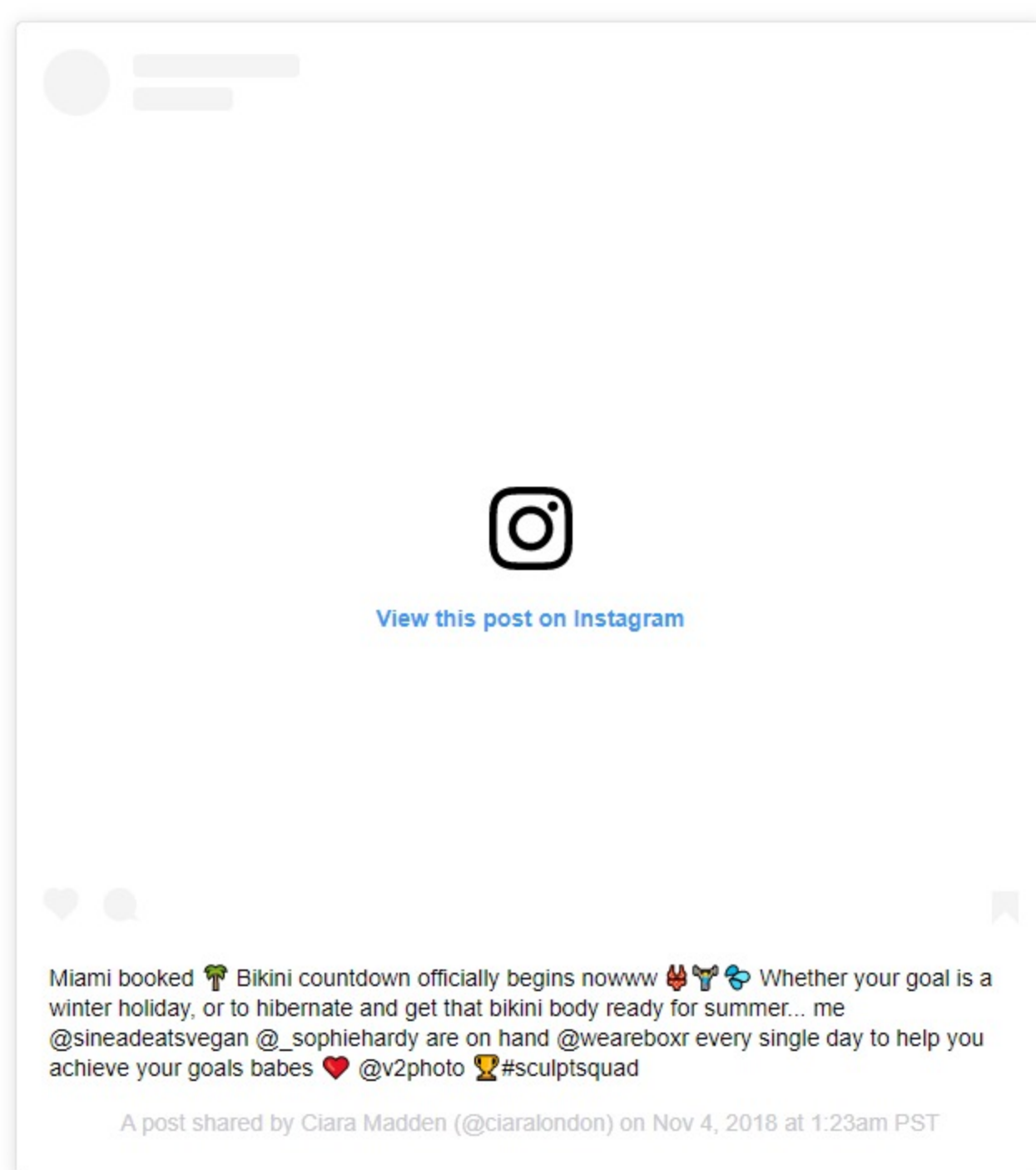
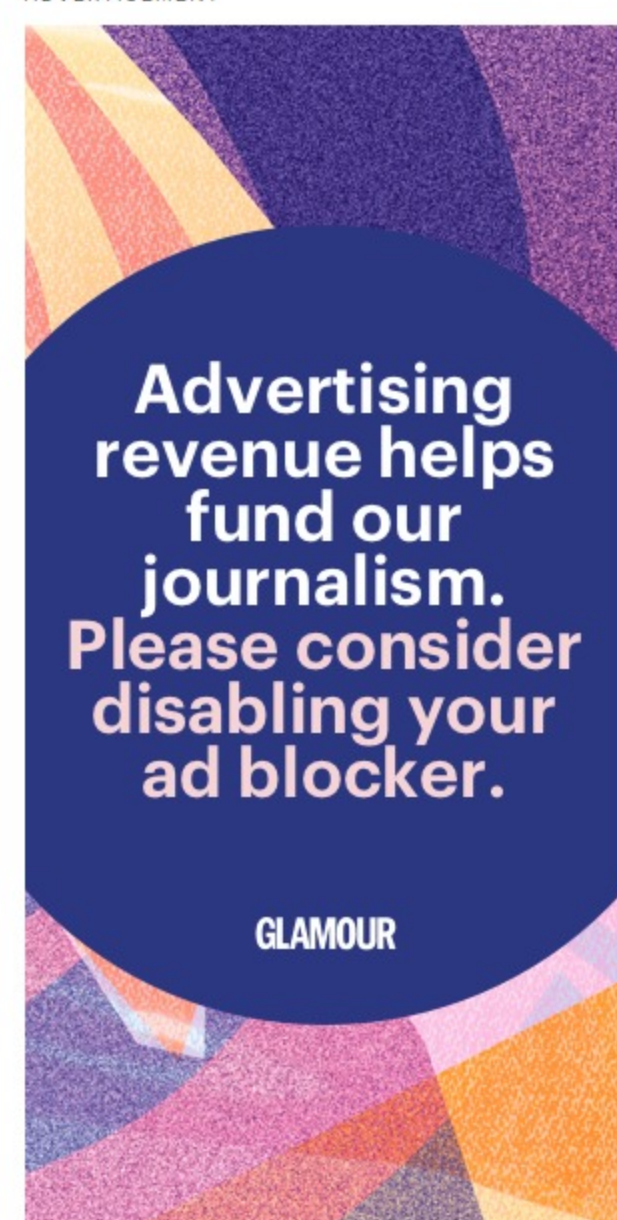
BY GLAMOUR
WEDNESDAY 2 JANUARY
2019

If your New Year's resolution is to get fit and enhance your wellbeing, you're in luck because GLAMOUR has partnered with one of the UK's best personal trainers to curate a health and fitness regime everyone can follow.

We've teamed up with Ciara Madden (also known as @ciaralondon) who has a particular talent for 'building a booty'. Ciara has created a four-week at-home workout plan especially for our readers. Her mantra is very much 'work hard play hard', as she encourages females to embrace moderate diets, killer workouts and consistency, for ultimate mind and body satisfaction.

Having trained everyone from celebs such as Maya Jama, model Neelam Gill and reality star Alexandra Cane, to stay at home mums and busy working women, she has really mastered her female niche, no matter the personal circumstances.

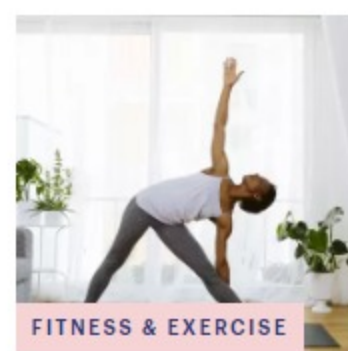
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This workout plan consists of four workouts a week, for four weeks, all under 30 minutes, with the only equipment needed being a 1.5litre water and some resistance bands.

The aim of the plan is to shed those Christmas pounds, while building that booty, without any gym membership required.

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2 DAYS AGO



HEALTH
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Utilising a series of exercises, from squat jumps, to resistance band kick backs, and kettle bell thrusts (with a water bottle), Ciara believes that this Glam-uary you can transform your body direct from your front room! No more excuses.

To keep Ciara in the loop please tag @bodybyciara #bodybyciara with your progress. Let's do this!

To read the workout in full, you can click here.

Equipment needed:

- Water bottle
- Resistance band
- Plus

Introduction

Time summary:

- 4 workouts a week
- 2 months per workout
- 45 seconds on
- 15 seconds off
- Repeat 30 second breaks between sets each round

30 min workout in total

Sets included:

- HIT Workout
- Fireweight Leg and Bum
- Core and Glut
- Resistance Band Workout

Diet Tips

- 45 small meals throughout the day
- 3 litres of water
- No sugar apart from fruit
- All food seasoned no sodium
- 8 days a week
- 1 cheat meal

(45 secs on 15 off)

- 1-4 = 30 seconds break
- 5-8 = 30 seconds break
- 9-11 = 30 seconds break
- 12-14 = 30 seconds break
- 15-17 = 30 seconds break

Equipment needed:

- Water bottle
- Resistance band
- Plus

Day One

Exercise = 21 minutes
Rest = 6 minutes
Stretch = 3 minutes
Total = 30 minutes

1. Jumping Lunges
2. Squat Jumps
3. Burpees
4. Burpee hops
5. Water bottle squats
6. Water bottle curls
7. Water bottle pelvic thrusts
8. Calf raises with water bottle
9. Resistance band walks
10. Resistance band crab walks
11. Resistance band side walks
12. Plank Hold
13. Side Plank Left
14. Side Plank Right

Repeat one more time

End of workout

3 min cool down stretch

Active (45 secs on 15 off)

- 1-4 = 30 seconds break
- 5-8 = 30 seconds break
- 9-12 = 30 seconds break
- 13-16 = 30 seconds break
- 17-19 = 30 seconds break

Equipment needed:

- Water bottle
- Resistance band
- Plus

Day Two

Exercise = 21 minutes
Rest = 6 minutes
Stretch = 3 minutes
Total = 30 minutes

1. Mountain climbers
2. Box Jumps
3. Squat Stepjumps
4. Step Ups
5. Pelvic Thrust
6. Buro water bottle squats
7. Water bottle Deadlifts
8. Squat Side Walks
9. Resistance band kicks (left leg)
10. Resistance band kicks (right leg)
11. Resistance band side kicks (left leg)
12. Plank Thrust w/ resistance band
13. Hip Dip
14. Crunches

Repeat 7 more time

End of workout

3 min cool down stretch

(45 secs on 15 off)

- 1-7 = 30 seconds break
- 8-9 = 30 seconds break
- 10-12 = 30 seconds break
- 13-14 = 30 seconds break
- 15-17 = 30 seconds break

Equipment needed:

- Water bottle
- Resistance band
- Plus

Day Three

Exercise = 21 minutes
Rest = 6 minutes
Stretch = 3 minutes
Total = 30 minutes

1. Tuck jumps
2. Donkey kicks straight (left leg)
3. Donkey kicks straight (right leg)
4. Donkey kicks bent (left leg)
5. Donkey kicks bent (right leg)
6. Donkey kicks side (left leg)
7. Donkey kicks side (right leg)
8. Lunge walks with water bottle
9. Wide Lunges with water bottle
10. Squat hold w/ resistance band
11. Side to side squats w/ resistance band
12. Pelvic Thrust w/ resistance band
13. Weighted sit ups
14. Crunch hold

Repeat 7 more time

End of workout

3 min cool down stretch

(45 secs on 15 off)

- 1-4 = 30 seconds break
- 5-8 = 30 seconds break
- 9-11 = 30 seconds break
- 12-14 = 30 seconds break
- 15-17 = 30 seconds break

Equipment needed:

- Water bottle
- Resistance band
- Plus

Day Four

Exercise = 21 minutes
Rest = 6 minutes
Stretch = 3 minutes
Total = 30 minutes

1. Step up into back lunge
2. Military Plank Hold
3. Squat Hold
4. Squat Touch Down
5. Squat Shuffle w/ Water Bottle
6. Bulgarian Split Squats w/ Water Bottle
7. Squat Shuffle w/ Resistance Band
8. Bent Leg Donkey Kick w/ Resistance Band (left leg)
9. Bent Leg Donkey Kick w/ Resistance Band (right leg)
10. Straight Leg Donkey Kick w/ Resistance Band (left leg)
11. Straight Leg Donkey Kick w/ Resistance Band (right leg)
12. Crunch Hold Touch Down
13. Russian twists
14. Leg Raise

Repeat 7 more time

End of workout

3 min cool down stretch

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