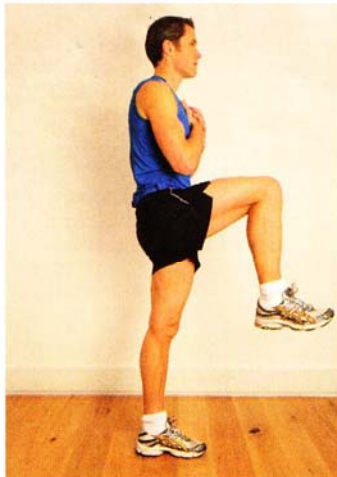


15 MINUTES TO HILL-WALKING SUCCESS!

Personal trainer **Matt Roberts** has devised this daily circuit for peak hill fitness...

"Perform these six exercises one after another without a break. Take a 30 second rest, then repeat. It will take up just 15 minutes of your day but lead to great hill fitness," says Matt.



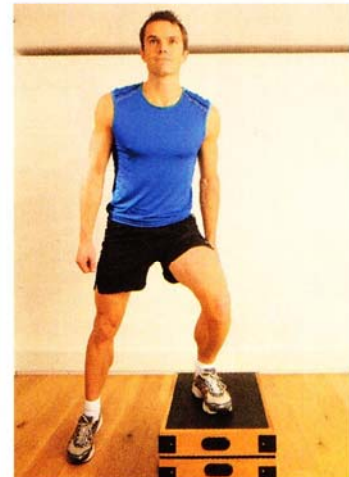
Single leg squat

Start from a seated squat position with one foot on the floor and the other one raised. Bring yourself up to a standing position, then slowly lower yourself down. Do 15 reps on each leg. While you build leg strength, you may need to hold onto something.



Raised plank with wide feet

Start in a press-up position with your hands shoulder width apart. Hold the body tight across the mid section. Bring one foot as high up to the side as you can, as if taking your foot towards the outside of one of your hands. Keep the hips low. Bring the leg back and repeat on the other side. Do 15 reps.



Hop-overs

Use a step or bench about 30cm high. Stand on top and then with speed put one foot down to touch the floor and then swap to the other side. Do 30 quick reps.



Bench step-ups

Using a bench or step that is just under knee height, place one foot on top and then step up onto the bench. Do 15 reps, then change legs. If this is too easy, try holding a dumb-bell in each hand to add more resistance.



Press-ups

Start in a press-up position with your hands slightly wider apart than shoulder width. Keep your body straight and lower your weight down to about 90 degrees at the elbows then push back up. If this is too hard, put your knees on the floor. Aim to perform 15-20 reps,



Reverse flies with exercise band

In a standing position, with knees slightly bent, mid-section held tight, hold an exercise band out in front of you at chest height. With elbows slightly bent, aim to pull the band wide apart and your elbows back behind you at chest level. Do 15 reps.



Matt Roberts is the UK's leading celebrity personal trainer. There's more info at www.mattroberts.co.uk

TIP

Having a rubbish PE teacher and a miserable time in PE lessons can put you off sport for life, says new research from the University of Alberta. Another reason to get your kids into the hills!