

# GLAMOUR

## Body by Glamour Bonus Workout: Improve Your Posture

Good posture makes you look slimmer instantly! Add these three moves from Body by Glamour celebrity trainer **Ramona Braganza** to the end of any workout and start standing tall.



### WHAT YOU'LL NEED FOR THIS WORKOUT:

No equipment—just you!

### WHAT TO DO:

- Do one set of each move, then go back to the beginning and do another set, so you end up doing two sets of each exercise. (This is called a circuit).
- Log your workout in your fitness journal.



### Bridge

(works your back, abs, butt and backs of thighs)

A. Lie on the floor with knees bent and feet flat, arms by sides, as shown.

B. Pull abs in tight, inhale and slowly lift hips off floor as high as you can; exhale and hold for a few breaths, then slowly lower back to the starting position. Do three reps.



### Single arm and leg balance

(works your core and back)

A. Get down on all fours, arms directly under shoulders and knees under hips, as shown; keep back flat and abs pulled in tight.

B. Inhale and slowly extend left arm and right leg, reaching them as long as you can; exhale and hold here for a few breaths, then lower arm and leg to the starting position. Switch sides, extending right arm and left leg. That's one rep; do three reps.



### Spine extension

(works your back and shoulders)

A. Lie face down on floor with legs straight and hip-width apart, arms by sides, palms facing thighs, as shown.

B. Inhale and slowly lift chest, arms and legs off floor as high as you comfortably can, as shown; exhale and hold here for a few breaths, then lower to the starting position. Do three reps.

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