

5 pre-wedding workouts for a major confidence boost



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It's the biggest of 'Big Days'. The day when all eyes are on the bride and groom, most of them on the bride! A wedding is [the day when everybody wants to look their very best](#).

Some prepare for many months by eating sensibly and hiring the services of fitness professional.

But what if you only have 12 weeks until your big day, with several dress fittings to go? That gorgeous Cinderella gown can hide your bottom half, but it is likely to expose your shoulders and arms and hug tightly to your tummy. And maybe you haven't got time to research and locate a great PT or perhaps there just isn't money in the budget with all the other costs attached to a wedding day.

Don't panic! If you can spare just 30 minutes a day, that's one full episode of EastEnders, then this workout is for you.

You know the old saying that you look like the food you eat? So, start by [cutting out sugar](#) and drink 1-2 litres of [water to flush out any unwanted toxins](#). Exchange those fry-ups for grilled foods, also eat your fruit and vegetables as these contain nutrients that are essential for the body to function at its best.

I find exercising in the morning boosts energy levels preparing you for the day, so start by waking up at least 40 minutes earlier, before having

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About the Author



Helena Philippou

Personal Trainer



Helena is fully accredited Personal Trainer including: advanced nutrition. In addition, teaches various group-fitness classes, also, master trainer (Flexi-Bar). Helena is a sitting council member for REPS (exercise professional register). With 20 years experience in the fitness industry and still to date, updating with additional knowledge keeping on top of the game. Helena comes from a boxing background over 15 years, competing in the past both in boxing & kickboxing, recently at the WBFF in bikini category. Helena's versatile approach and experience has lead her to work with, boxers, obese population to competition prep as well as children's fitness & older population. My mission is to deliver the real deal lasting results and making the best investment You.

breakfast have a glass of water with a slice of lemon to begin with each day, then exercise:

Always begin with a warm-up. Try skipping for 5 minutes followed by a good stretch

Sculpting the arms, forearms, shoulders and biceps:

Stand with your feet hip width apart, knees slightly bent and extend both your arms side/outwards keeping the whole arm straight, then begin rotating both your wrists at the same time back/forth keeping your palms outward and fingers straight do 2 x 1min



Press-Up:

You can do press-ups in three ways: a full press-up using your complete body weight or a standing up press-up using the wall as your resistance, place both feet hip width, place your palms on the wall 1 times away from your shoulders, or a box-press coming onto your knees, place your hands shoulder width apart, kneel forward so not so much pressure is placed on the knees, lower your chest to the floor. This will work your pecs, enhance your bust as well as working the biceps and deltoids and if doing a full press-up will switch your core on. Start with 4x10 always-adding 1 rep each time (making it harder).

Triceps-Dips:

Sit with your back to a bench or chair, place your hands on the bench, so your fingers are pointing to you and lift your buttocks off the ground and straighten your legs so only your heels are on the floor.

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Bend your elbows out behind you to lower your buttocks towards the floor, push back up until your elbows are straight.

Variations & progression

Perform with the feet raised up on another chair or bench to increase the difficulty.

Muscles worked: [Triceps Brachii](#) & [Pectoralis Major](#).

Start with 4x10 always-adding 1 rep each time (making it harder).

Followed by Crunches:

Lay on your back, bend your knees placing your hands at the top of your thighs, slide them up as you lift yourself from the stomach, always keeping the neck straight and facing the ceiling to avoid stiffness in the neck. Start with 50 and build it up.

Skip for another 10min & Stretch.

* Just take note going on a quick fix diet will result in quick failure, so be good to yourself and eat a good portion when you are more active and less when not.

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