

PERSONAL TRAINING #11

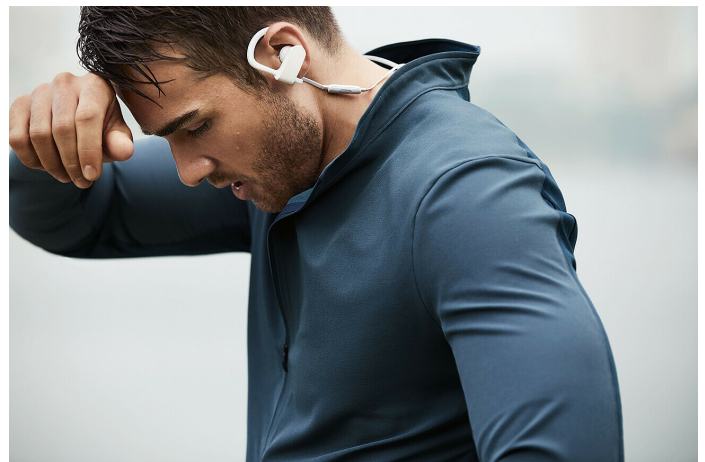
Preparation
Begin standing with a kettlebell in each hand. The weight of the kettlebells should be challenging but still allow you to maintain good form.

Burpee
Maintain a flat back, bend knees and push hips back until thighs are parallel to the floor. Place kettlebells on floor just outside feet. With hands on floor, jump feet backward and perform one perfect push-up. Then jump feet forward between hands.

Deadlift
Take a moment to pick up the kettlebells. Ensure back is flat and head is up. Drive through the hips and thighs, keeping back straight. Perform deadlift to return to start position.

Wake up, be present

Christmas is a wonderful time: we get to kick back, hang out with our families and celebrate the joy of life. For many, work stops for what seems like an eternity and yet others of us go back feeling exhausted and unfulfilled. Festivities are packed with traditions, things we do in the same way year in, year out. It's what makes Christmas. But it's also what often makes it a rather empty experience. It is estimated that we live around 80 per cent of our lives on autopilot, which is triggered when we do things that are familiar or habitual. It's the brain's way of saving energy. When it comes to something we have experienced before, such as driving a car, our brain assumes it's exactly the same and therefore demands you do what you did last time. The downside is that our brain slips on to autopilot when we don't need it. As Christmas is charged with routine, it therefore welcomes autopilot. In this time, we revert to childhood habits in the bosom of our loving family and friends, as well as overeating and drinking much more than we should. We may as well feed ourselves tranquillisers. To stay awake this year, break the rules. Make a pledge to feel fitter after the holiday than before. Don't give presents, give time. Don't have a big roast, eat shellfish. Don't watch TV, make something creative. Don't stay in, go for an adventure. This year, wake up and make memories. **Chris Reade-Brown** uppingyourlevel.com



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