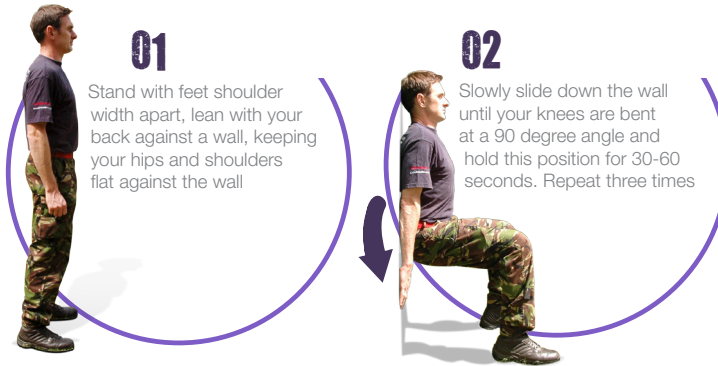


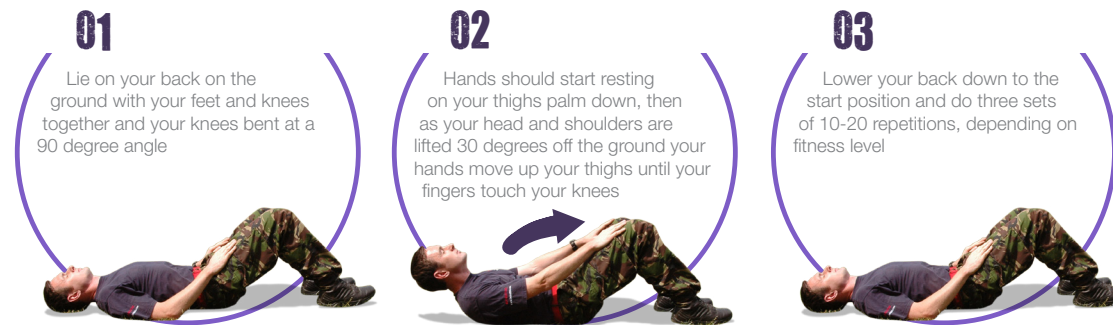
# Gut work-out

For a full gut work-out complete all these exercises or build up slowly by focusing on one at a time.

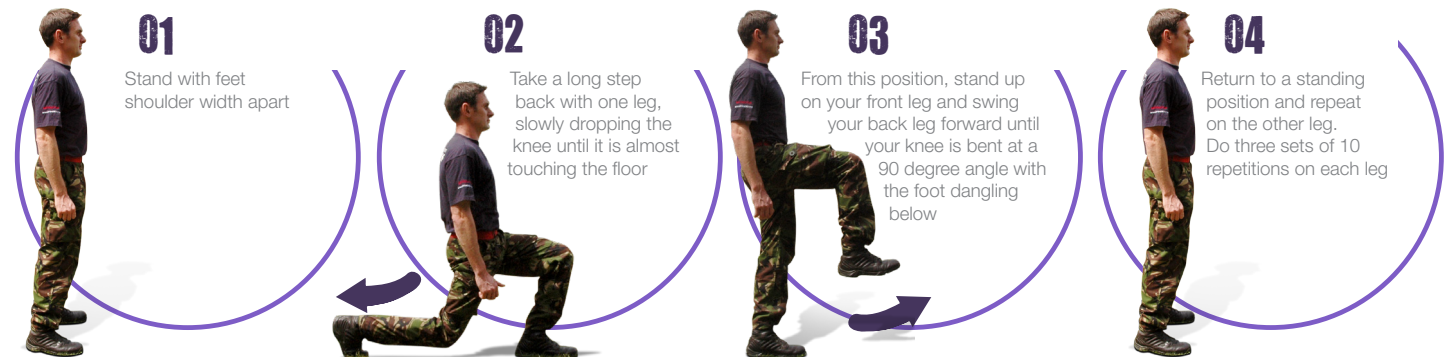
## Wall sit



## Half sit



## Lunge to a leg raise



### Disclaimer

Please seek medical advice before starting any new exercise programme; especially if you are pregnant or have a history of medical problems including back injuries.

For further help looking after your gut and more healthy digestive tips including recipes, diet and lifestyle advice, please visit [www.loveyourgut.com](http://www.loveyourgut.com)

# Gut work-out

For a full gut work-out complete all these exercises or build up slowly by focusing on one at a time.

## Plank position

01

Get on the floor with your knees bent and your forearms touching the floor, shoulder-width apart



02

Push up so you're balancing on your toes with your feet together and make sure that there is a straight line from your heels to your head and your head is down. Hold this position for 30-60 seconds and repeat three times



## One leg stand and reach

01

Stand with feet shoulder width apart. Lift one leg backward and put your weight on your front leg



02

Bend down and touch your foot that you're standing on with the opposite hand



03

Stand back up repeat on the other leg. Three sets of 10 repetitions on each leg



## All fours opposite arm and leg raise

01

Position yourself on all fours with your hands directly underneath your shoulders



02

Raise one arm in front of you into a Superman pose whilst raising and straightening the opposite leg. Return to the all fours position and repeat on the other arm and leg. Repeat the position 20 times on each side and repeat three times



03

For a harder version of this move, push up onto your toes instead of your knees



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