

8 ways to sculpt your body during your daily routine

Easy tips from the personal trainer who helps hone Maya Jama and Neelam Gill's physiques

BY BRIDGET MARCH / JUL 10, 2019

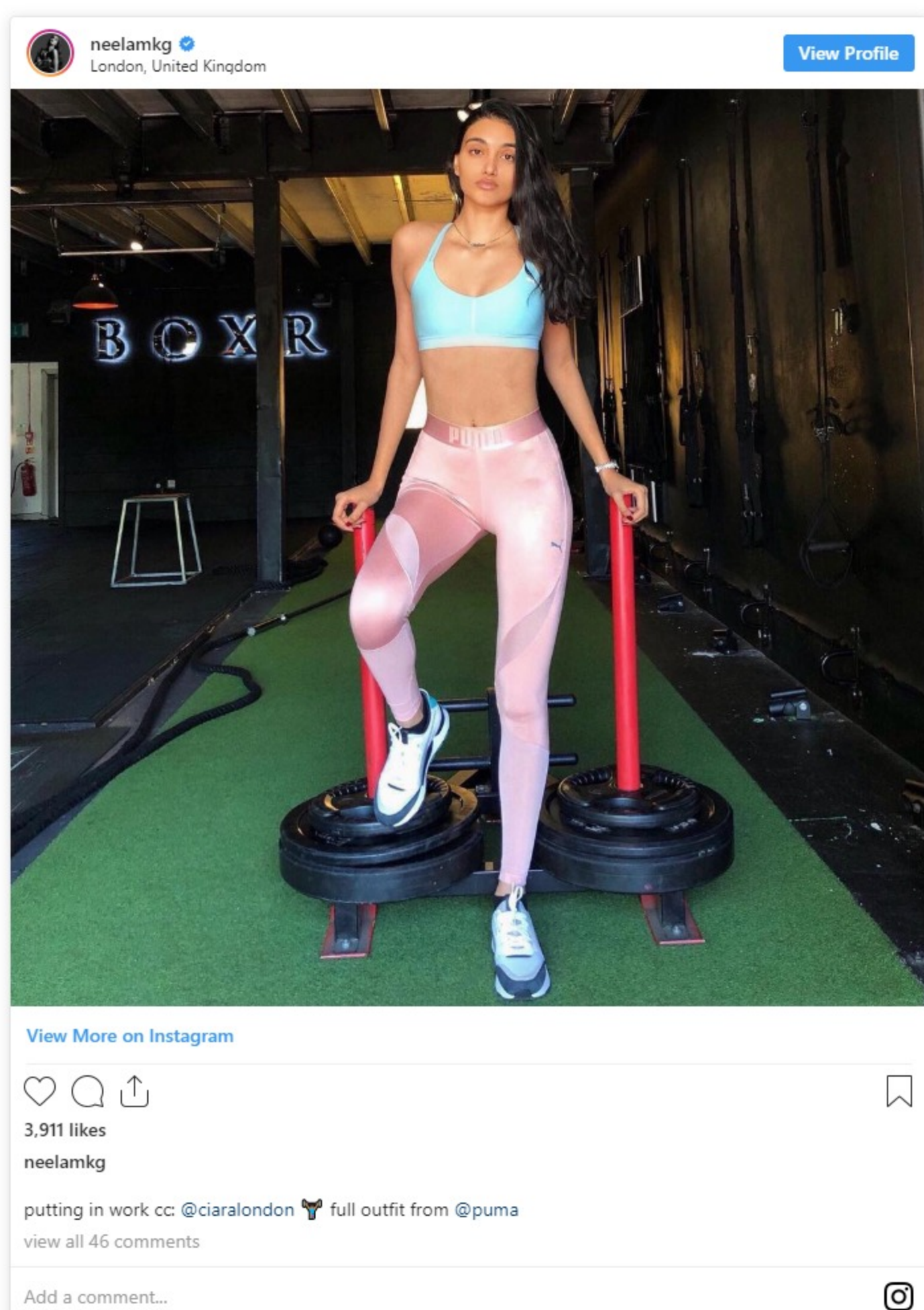


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Ciara Madden is a personal trainer and fitness influencer, specialising in sculpting and shaping the female physique with incredible results (Maya Jama and Neelam Gill are just two of her '#bodybyciara' clients).

She runs female-only fitness classes in a North London boutique gym and offers a six-week transformation plan that more than 5,000 women have taken part in – but, she tells *Bazaar*, you can easily sculpt your body and build muscle for free during your daily routine.

Below, Madden suggests some easy ideas to incorporate into your day, from squatting while you brush your teeth to planking while the kettle boils.



1. Squat hold while you brush your teeth

"Experts recommend a minimum of two minutes, twice daily, as optimum tooth brushing time. Do squat holds (where you sink into a squat and hold it, keeping the weight in your heels) while you do this twice a day to work your legs and butt."

2. Walk the elevators instead of standing

"Next time you get to the escalators on the way to work, walk them the whole way up. This movement creates a lunge like motion, great for the quads, hamstrings and glutes."

3. Plank hold while the kettle is boiling

"Some kettles take up to four minutes to boil depending on how full they are, so give this a go and strengthen that core."



4. Walk the distance of one extra stop on the tube on your journey to and from work

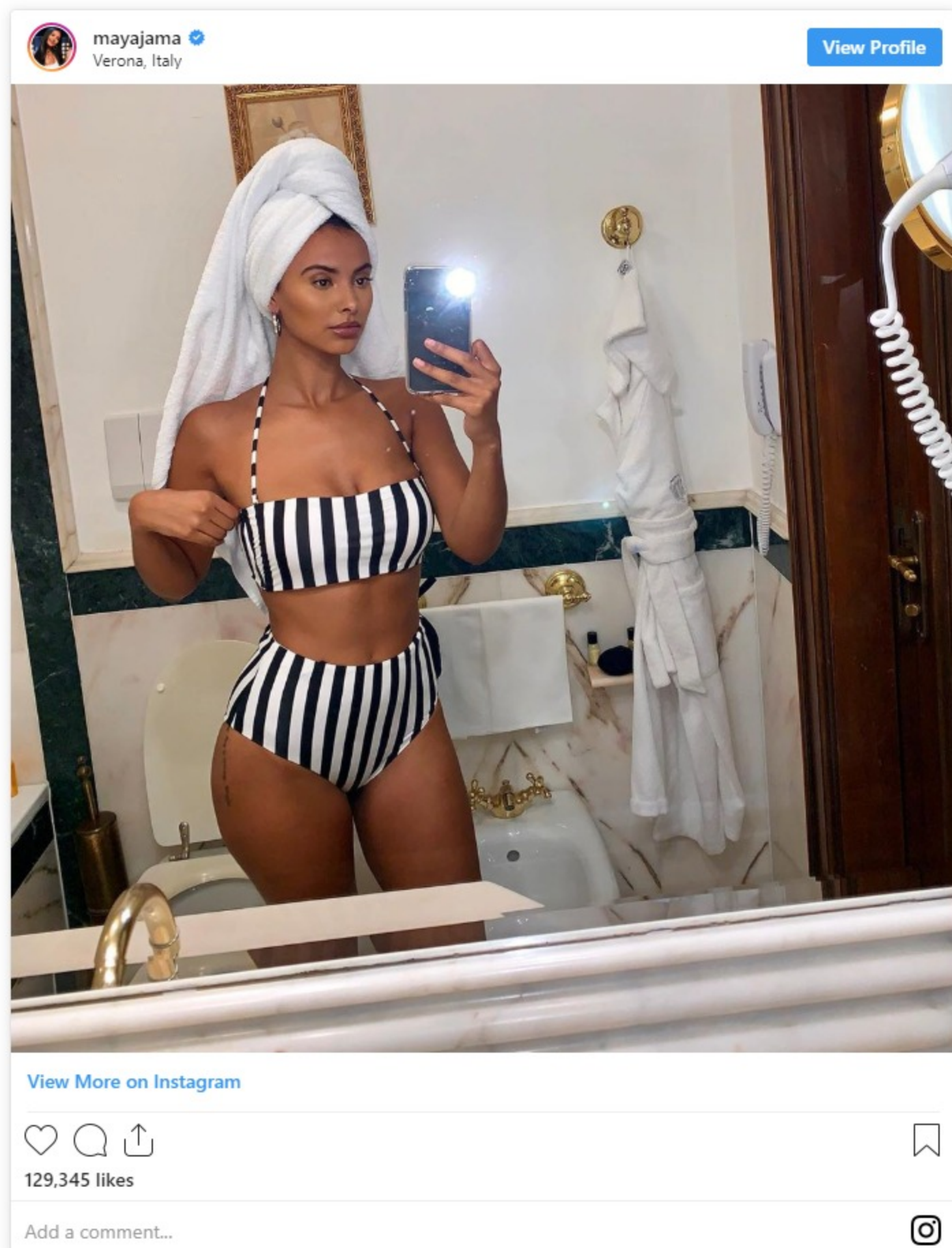
"Most tube stations average around a 10-to-15 minute walk between stops, add that in twice a day and that's 20-30 minutes of cardio done. Create a great playlist or listen to your favourite podcast and it becomes (almost) fun."

5. Do 100 crunches next to your bed when you first wake up in the morning

"Wake up, hop out the bed and do your 100 crunches. Your abs will thank you for it for the rest of the day and beyond."

6. Walk for a minimum of 10 minutes on every lunch break

"Once you've finished that Pret sandwich, get up and go for a walk around the block for a minimum of 10 mins. Add that to your 20-30 minute tube stop cardio, and you will have an impressive step count every day."



7. Do tricep dips on the ad breaks

"Next time that annoying ad break flicks on, don't switch over. Get to the edge of the sofa and tricep dip off it 30 times. If you do this when watching an hour-long programme you you will have done between 100 and 120 tricep dips a day."

8. Switch one cup of tea or coffee for a green tea every day

"Green tea increases fat burning and improves physical performance, while the antioxidants are said to lower the risk of some forms of cancer, plus compounds may also increase brain function. Great for fat loss and brain gains."