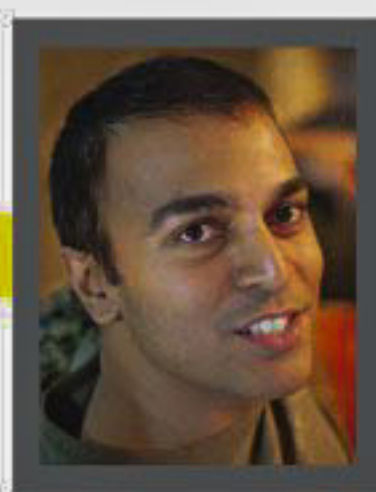
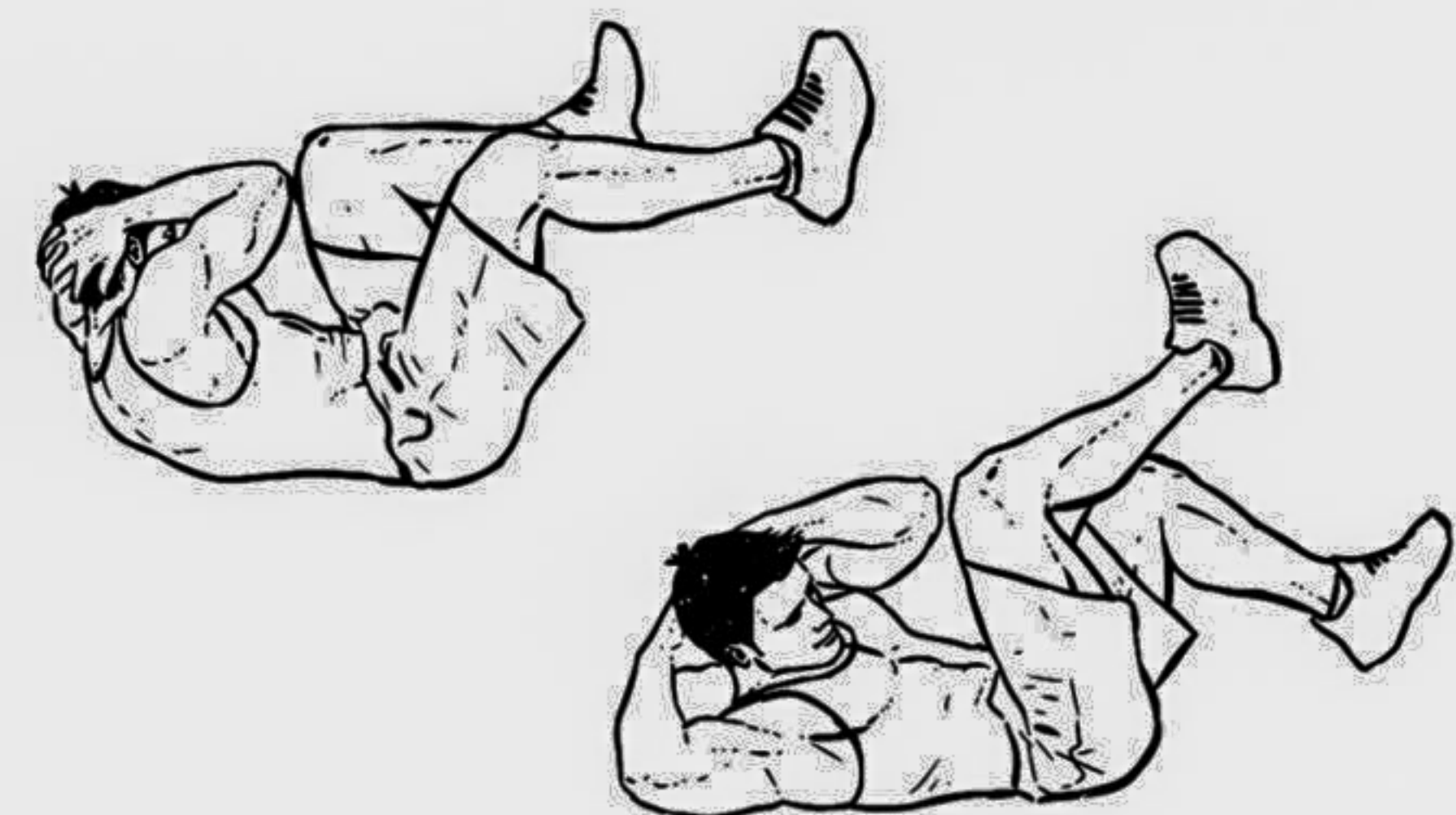


SKIP THE GYM...GET FIT
BY KARIM WAHEED



Workout for the homebody



You know what this column is called, and in keeping with that theme, let's go over some exercises you can do at home, without any equipment. This home workout targets major muscle groups in your body. All you need is a mat, your bodyweight, and some furniture that's solid enough to withstand your weight. This routine includes five exercises and you should be doing 15 reps of each. Stretch for 5-10 minutes and let's get started.

PUSHUPS

Despite being overly familiar and very basic, pushups are great for developing strong pecs. This exercise also works your shoulders and triceps as secondary muscle groups. If you are a beginner and find regular pushups too difficult, try doing them on your knees. Place your hands on the floor shoulder-width apart and lower your chest so that it gently touches the floor. Push back up, and feel the tension in your chest muscles.

BICYCLE CRUNCH

This is perhaps the best move for targeting the rectus abdominis (aka the 'six pack') and the obliques (waist). Lie face up on your mat and place your hands behind your head, lightly supporting it with your fingers. Bring your knees in to the chest and lift the shoulder blades off the floor without pulling on the neck. Rotate to the left, bringing the right elbow towards the left knee as you straighten the other leg. Switch sides, bringing the left elbow towards the right knee. Once you are done with both sides that's one rep.

LUNGES

This is one of the best bodyweight exercises for your glutes (in hip) and thighs. The calf muscles in your lower legs, abdominal muscles and back muscles act as stabilisers. Start by placing your left foot out in front of you and make sure to keep your back straight. Slowly lower yourself and try to feel the tension in the front of your leg (quadriceps). Keep your posture solid throughout the entire movement and your head straight. Do 15 reps and switch to your other leg.

ONE LEG DEADLIFTS

These are great for working your quadriceps, hamstrings and calves. They also train your body for overall coordination and balance. Bend forward on one leg and slowly lower your upper body to about waist level. This isolates one leg at a time and is excellent for toning your leg muscles. Do 15 reps and switch to your other leg.

TRICEPS PRESS

This exercise targets the back of your arms (triceps). Using a piece of furniture – like a dining table or a couch – place your hands shoulder-width apart and slowly lower your upper body to the bottom position while keeping your elbows tucked into your sides to maximise the tension in your triceps. Push yourself back up to the top and focus on squeezing your triceps as you extend your arms.

Photo: Collected

REVIEW

Men's grooming with Trim: Salon and Spa

In the world of fashion and self-care, the salon does not only belong to women. With time and trends changing, men have established their range of fashion. After all, prepping oneself to the best is for everyone!

For men who significantly love taking care of themselves, Trim: Salon and Spa is the just the right place to revel in the luxury of taking the time off to relax. If the name of the spa seems similar to that of the one in Hawaii, then do not mistake this spa as a mere branch, for they have their individuality and different services for the men in Dhaka!

Trim: Salon and Spa is a men's grooming salon, which provides everything starting from a haircut to manicure, pedicure, massages, and so on. They serve a VIP room service, which is believed to be a facility that sets them apart. Their idea is to provide top-notch quality service including complimentary drinks and unforgettable grooming. There are personalised washrooms and smoking zones for convenience.

The VIP room service is a package, which brings various services together. There is also an executive package

with which it is possible to pick grooming you would prefer. The Trim: Salon and Spa have named this package the 'Complete Grooming'!

At Trim: Salon and Spa, they believe that massages and spa have destressing and rejuvenating properties. Therefore, if you are having a tough week, a proper massage is the right thing to do!

The management of the Salon find it extremely important to recognise men's grooming and self-care. They believe that the significance of men's grooming cannot be overemphasised. As stressful as every day that passes by, it is important for them to relax after a busy week.

So, if you are looking for a good massage or someone to groom your precious beard properly with a soothing facial, then wait no more and visit this salon.

By Sumaiya Tasnim

Find them on Facebook for queries and details:

www.facebook.com/TrimSalonSpa

Look up on GPS for their location at House No. 13, Road No. 35, Gulshan-1, Dhaka.

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BOTOX is a safe medication administered for cosmetic improvement of wrinkles. It can be used on various areas of the face, ranging from the forehead to the



BEFORE

AFTER

frown lines between the eyes and the crows feet. It is an incredibly useful tool and, in the right hands, can accentuate the eyes and make them look much more attractive. While most

people out there do a limited amount of BOTOX, if you go to someone who is an expert, they will typically know how to do the other areas without side effects. It is an excellent tool for eye brows lift, gummy smile reduction, Nasal flare reduction, lifting up the corners of the mouth and tightening the jawline. In Laser Medical Center we are doing BOTOX successfully since 2006. We can ensure you a more natural, attractive and expressive look by BOTOX.

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