

The Board of the RGBB would like to welcome the new members that have joined the Group since the issue of the last magazine.

**WELCOME
NEW
MEMBERS**

Philip Atkinson	General Dynamics	Julia Courgeau	Courgeau Property Serv.
Jonathan Brooker	Trans Telecom	Edward Driver	Vosper Thornbycroft
Julian Cottenden	BIS	Richard Groves	SABB
Ibrahim Hassan	Kirnaf Instalment & Investment Company	Alan Burnage	ANWAL
Richard Kent	Dalkia Saudi Arabia LLC	Tim Dearden	British Embassy
John Lawton	Green Vista	Dave Finlayson	Juffali Automotiv Co.
Mark Pearson	MOD	Nicholas King	Octagon
Lee Phillips	BAE Systems	Dean Mussi	Banque Saudi Fransi
Gavin Batcheler	Al Jadaan & Partners Law firm	Brett Venter	Supreme Foods Co. Ltd
		Elizabeth Riley	Colours-of-Arabia
		John Walley	British Military Mission

Burn the Belly Flab in just 15 minutes per day

**AND
FINALLY**

(After a discussion about wardrobe replacement due to my ever expanding waistline, BBG member Catherine Kerr, Master Personal Trainer, Nutritional Advisor and Sports Massage Therapist gives those of us who need it some good advice...Ed.)

Always avoid any exercises that cause pain, and if you feel any lower back strain, modify the move to a comfortable range of motion or place a rolled up towel under your hips to support your lower back.

No doubt when you embarked on 2008, one of your New Year resolutions included something along the lines of losing a few pounds or tightening up your midriff. The following exercises are basic moves that target the abs and back.

Before you start

- Check with the doctor if you have any injuries or medical conditions
- Perform each exercise for at least one set of 10-20 reps
- Do each exercise slowly and focus on good form for each rep

A washboard stomach is something many men aspire to but it won't happen over night. No doubt one of your New Year resolutions included something along the lines of losing a few pounds or tightening up your midriff and as 2008 is quickly disappearing, the belly flab is still there hanging over your trousers trying to escape!

Exercises:

- **Crunches:** Lie on your back with hands crossed over your chest or with your hands behind your head. Place feet on floor with knees bent. To begin the exercise, lift your torso, lifting shoulder blade off the floor and crunching your rib cage towards your belly. Hold for 2 counts and then repeat.

So to begin with you will have to cut down on your alcohol and junk food intake and start a full body workout instead of just exercising your finger with the remote control.

- **Reverse Crunches:** Lie on your back with your knees bent, feet a few inches off the floor. Slowly contract the abdominals, focusing on rotating the pelvis up and bringing your knees towards your ribcage. Concentrate on letting your abs to the work. Hold at the top then slowly lower your knees to the starting position. Repeat.

As the weather is getting warmer and the pool is beckoning, its time to move forward and get that body in tip-top shape. Not only will you look better, but by exercising and eating a healthier diet, you'll also decrease the risk of diseases such as diabetes and heart disease.

- **Plank:** Begin by placing elbows on the floor and resting body on the knees. Pull the abs tight to hold your body in a straight line from head to knees without sagging in the middle, eyes looking naturally forward. Hold this position for as long as you can, relax and repeat 3 or more times.

If you do the following exercises taking just 15 minutes a day you will be the epitome of every man in your swimming trunks with your new honed bod!

- **Superman:** Begin on hands and knees, hands directly under shoulders,, knees under hips and back straight, abs tight. Slowly raise right arm and left leg up until level with the body, holding your balance and keeping torso tight. Lower back down and repeat with the left arm and right leg. Take your time this exercise will challenge your balance!



Pictured Left
Cath shows us just how the Superman position is achieved.