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OTTAWA'S NUMBER ONE MORNING SHOW  
WEEKDAYS@6:00AM

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## Today's the Day: [Blog](#)

### No Gym Required... Side Crunch!

POSTED: WEDNESDAY, APRIL 15TH, 2009

As I mentioned in yesterday's blog, I feel very fortunate to be able to get out and find an overwhelming amount of information that can help us with our overall health. As you have probably noticed over the last few months I head out and film the segments and then rotate my "contributors" on a weekly basis. So, I usually have the "tips" ready to go days before they actually make it to air. This usually allows me some time to actually try many of the tips being offered.

I've really enjoyed adding the new exercises into my workout routine and I usually take an idea from all the trainers and mix them into several different workouts. I like trying the exercises first so that I have a better feel for them, their difficulty level and the leftover soreness I feel the next day. It's a win-win.

Celebrity Trainer Jennifer Cohen joined us again this morning and showed us a standing, side crunch with a light weight. It's simple to do, although it takes a little extra concentration and balance in an effort to hit the target spots. The target spots are the side love handles, the hips, and outer thighs. I tried it earlier this week and was feeling some tension in the muscles by the end of my sets and was a little sore the next day. I love being sore the next day!

Stand on your left leg... hold a weight in your right hand and place it straight up over your head. Bring the right leg up, bent with the knee facing forward while at the same time bring the right hand down to meet the leg. Repeat this about 10-12 times and then do the same thing using the other leg, with the weight placed in the left hand. When the leg touches back down between reps, you just want it to touch the floor gently before raising it again. Don't let it fall to the ground and once it touches. Bring it back up again.

For more information on Jennifer Cohen-- who trains a handful of celebrities in LA, (Keanu Reeves) you can check out her website at [www.nogymrequired.com](http://www.nogymrequired.com) or at [www.jennifercohen.com](http://www.jennifercohen.com).

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[Week Recap](#) POSTED: MONDAY, APRIL 27TH, 2009



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