

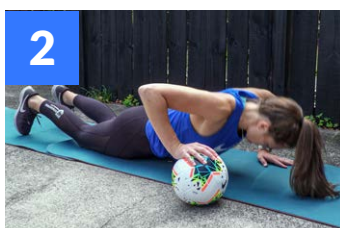


1

SQUAT

Knees and toes aligned, back flat and straight, core tight, squat down to knees at 90° and push up through the heels.

12 - 15 reps 2- 3 sets



2

PRESS UP (WITH BALL)

Hands shoulder width apart, with one hand on ball, back flat and tummy tight, lower chest towards ground and push up.

12 - 15 reps 2- 3 sets



3

SPLIT LUNGES

Start feet shoulder width apart, step one foot forward, dropping back knee down toward ground till both knees at 90° push up and back, then swap feet and repeat.

12 - 15 reps 2- 3 sets



4

SWISS BALL DB ROW

Balancing swiss ball under thighs with toes on ground, knees slightly bent. Keep back flat and straight, holding DB draw elbow past side of torso and above squeezing shoulder blade, then lower & repeat other side.

12 - 15 reps 2- 3 sets



5

PRONE HOLD

With elbows rested on ground under shoulders, body flat from head through spine to knees / toes (depending on level), core muscles engaged / tightened (belly button drawn through to spine) and hold.

45 secs - 1 min 2- 3 sets



6

SHUTTLE RUN

Set out 4 markers 15-20 meters apart. Running at a moderate to fast pace, run to marker 1 return to start, then marker 2 return to start, then marker 3 return to start and marker 4 and back.

1 rep 2- 3 sets

Rest 30 - 45 secs & repeat 2 - 3 times

WARM UP

Warm your body's muscles and systems gradually with 5-7mins of light to moderate aerobic activity e.g.

- Jogging up and down your driveway
- Jogging on the spot
- Light skipping with a rope

12 - 15 reps

2 - 3 sets

Rest:

30 - 45 secs rest between sets (circuits)

Intensity:

65 - 75% max HR / moderate intensity

Times Per Week:

2 - 3

COOL DOWN

Cool your body down gradually with 3 - 5mins of moderate to light aerobic activity, followed by stretching your major muscle groups e.g.

- Light jog down to walk on your driveway
- Marching on the spot
- Light cycle on a stationary bike

Exercise within your own capability. If you experience any tightness or pain in your chest, stop exercising immediately and seek medical advice.