

CARDIO BLAST

Push the intensity button and perform 1 min of each exercise; step-ups, high knee running on spot, burpees and then skipping.

(1 min per exercise)

- Step Ups = 1min
- High Knees Running on Spot = 1min
- Burpees = 1min
- Skipping = 1min

CARDIO BLAST - 1 MIN PER EXERCISE



SUPER SET 1

LUNGE WITH LEG DRIVE

Standing feet hip width apart, step one foot forward, drop back knee down toward ground till both knees at 90° then push up with power bringing back knee through and driving upward to a high knee position, lower and take back to start position, repeating lunge and leg drive. Swap legs and repeat exercise on other leg.

DB SQUAT & PRESS

Starting with feet shoulder width apart and holding a drink bottle or DB sideways at chest height. With back flat and core tight, squat down to 90° at knees with knees and toes aligned, then push up through heels, as pushing upward through the heels push the DB or drink bottle upward above the head also, lowering again as you lower at the knees into your squat.

NORDIC HAMSTRING CURL

Kneeling on a soft surface, knees hip-width apart, cross your arms across your chest. Have a person hold your ankles/lower leg firmly and push towards the ground with their body weight. Keeping your body completely straight from knees to head, slowly lean and lower towards to floor aiming to move slowly, when you can not hold the position any longer gently drop towards the floor catching yourself in a press up position with your hands.

CARDIO BLAST - 1 MIN PER EXERCISE REPEAT FOR 2X SETS THROUGH



SUPER SET 2

SWISS BALL PRESS UP & JACKNIFE

Lying face down over a swiss ball with feet and shins on ball, with hands supporting upper body on the ground. Tighten / engage your abdominal muscles. Lower your chest towards the ground maintaining a stable body then press upward again. At the top of the press up movement perform a jackknife by lifting your bottom keeping back flat, using feet and bending knees pulling the swiss ball toward your hands, roll back out again and lower into a press up again and repeat. Maintaining balance and control throughout the movement.

PRONE DB ROW

Start in a prone (face down) press up position holding DB's or drink bottles placed on ground under shoulders. Maintain a flat body in a high plank position and core muscles tightened. Pull one DB upward in a rowing movement with elbow driving past side of the body as high as possible, lower and repeat the other side. Continue to alternating each side.

TRICEP DIPS

Using a stable chair, step or bench, Sit on edge of bench, gripping the edges alongside your hips. With legs extended and resting on your heels (hip width apart), keep your back straight and head looking forward, shuffle forward so your slightly off the bench/chair supporting your body weight on your arms. Slowly lower yourself down until elbows are at 90°, push straight back up to start position and repeat.

CARDIO BLAST - 1 MIN PER EXERCISE REPEAT FOR 3X SETS THROUGH



SUPER SET 3

DECLINE ABDOMINAL TWIST

In a seated position on ground, with heels rested on floor and knees bent at 90°, holding ball in your hands. Engage abdominal muscles and back flat, lean back at the hips slightly using abdominals to hold the position then rotate/twist from side to side tapping the ball on the ground at each side.

SIDE PLANK WITH LEG LIFTS

Support yourself on the side of your foot and elbow. Keeping your core muscles tight while keeping your other leg on the ground lift your upper leg 45° and hold it for 2-3 seconds then lower it in a controlled, smooth manner.

WARM UP

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

- Jogging up and down your driveway
- Skipping

Repetitions (Reps): 10-15

Sets: 4

repeat each super set of exercises 4x through

Rest:
Nil

Intensity:
80% (approx.)
max HR /
(moderate to hard)

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 around the block or stationary bike

SUPER SET

Alternating exercises (2 or more) without rest in between.

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