



1 Set / 1 Rep / 5 min duration

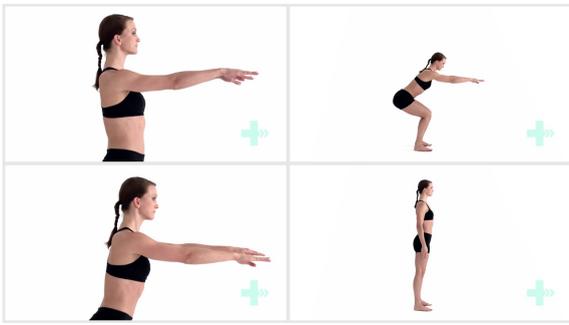


1. Warm Up

Warming up before exercise is all about having warm muscles and joints ready to move during your workout, and is an important part of staying injury free. It may also help reduce the duration or intensity of muscle soreness after your workout. This could be: marching on the spot, star jumps, walking or jogging.

This workout can be done 1-3x / wk, with a day off in between. It can be 2x10 reps for each exercise, or can be a circuit of 1min / exercise for 2-3 rounds, with minimal rest in between exercises and 1-2min between rounds.

2 Sets / 10 Reps



2. Squat

Stand with your feet shoulder-width apart. Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes. Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position. As you squat, bend from your hips and keep your back straight.

Think 'sit back', keep your knees behind your toes, and shoulders (roughly) over your feet.

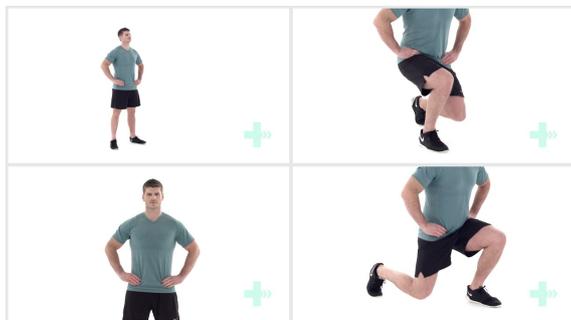
2 Sets / 10 Reps / 2kg weight



3. Bent over row - single arm with dumbbell

Stand hinged over at the waist holding a dumbbell in one hand. Keeping your back aligned, slide your shoulder blades back and down towards your backside. Pull the dumbbell upwards towards the side of your rib cage. Lower the weights back to the starting position. Complete the set on one side before repeating with the opposite arm. If required use a waist high object to provide support with your other hand.

Use any household item of appropriate weight, you want to be able to do a few more than 10. Keep your shoulders even and bend at the hips, with a flat back



4. Lunge

Stand upright with your legs at shoulder-width apart and your hands on your hips with the fingers facing in towards your stomach.

Take a medium sized pace forward and then enter into a lunge by lowering your body downwards using your legs.

Allow the forward knee to bend until your thigh is parallel to the floor making sure you keep your back straight.

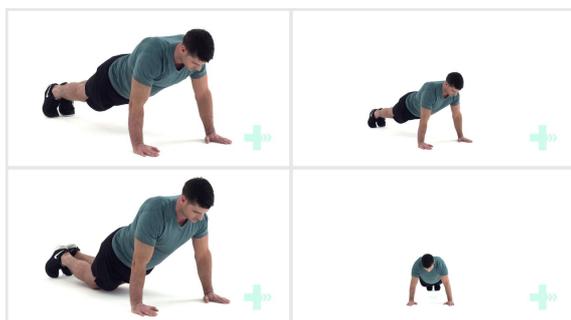
Return to the starting position by springing up off the front leg.

Repeat for the other leg.

Keep your abdominals tight and your feet shoulder-width apart throughout the exercise.

Perform this exercise at a slow controlled pace.

Keep your knees behind your toes whilst you maintain an upright posture



5. Push up

Start position is in the press up position with the arms directly under the shoulders, fingers facing forwards and the back and trunk level and straight with the toes on the floor.

Lower the body using the arms and shoulders until the chest just touches the floor, keep the trunk straight and arms aligned with the shoulders.

Press up into the start position using the arms and shoulders only, keep the backside in line with the back and shoulders and do not arch the lower back.

This exercise can also be performed by starting with the knees on the floor and then commencing the press-up from this position.

Keep your back straight, from your shoulders, hips and knees/feet.



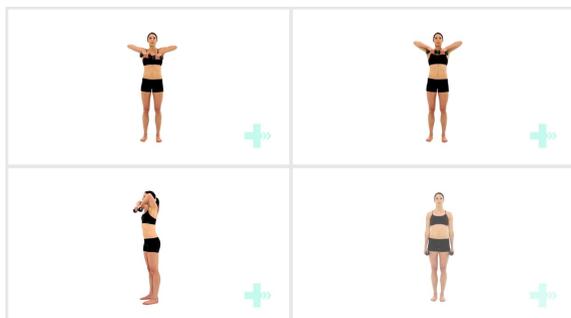
6. Bridge on the floor [09170]

Lie on your back with your knees bent and your feet flat on the floor.

Tighten your buttock muscles and lift your hips up into the bridge position.

Make sure you keep your hips up and level throughout the movement.

Squeeze your glutes / bum together as you lift, hold, then lower slowly.



7. Upright row with weights

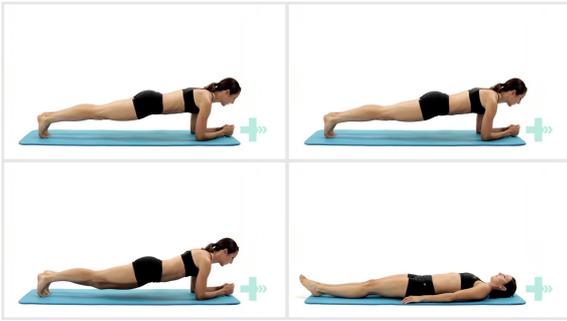
Hold a weight in each hand and hold them by your side.

Lift your elbows up towards the ceiling, making sure your elbows stay higher than your hands at all times.

Your hands will draw up in front of your body.

Control the movement back to the start position, making sure you do not allow your shoulders to hunch at any point.

Use any household item of appropriate weight, you want to be able to do a few more than 10. Lift like you are zipping up a jacket.



8. Plank

Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.

Keep your back straight, from your shoulders, hips and knees/feet. Hold for as long as you can, twice.

1 Set / 1 Rep / 5 min duration



9. Cool Down

The main goal of a cool-down is to lower your heart rate, gradually lower your body temperature, and let your muscles settle into their preferred state of tension (as opposed to high tension during the exercise)

Made mainly of static stretches to your major muscle groups - hamstrings, glutes, quads, lower back, upper back, chest, shoulders.