

SCRIPT FOR EXERCISES

- 1. In Session 1 & 2 you will perform the exercise for 20 seconds by 2 sets and will rest for 2 mins in between each set.**
- 2. In Session 3 & 4 you will perform the exercise for 30 seconds by 2 sets and will rest for 2 mins in between each set.**
- 3. In Session 5 & 6 you will perform the exercise for 40 seconds by 2 sets and will rest for 2 mins in between each set.**
- 4. In Session 7 & 8 you will perform the exercise for 50 seconds by 2 sets and will rest for 2 mins in between each set.**
- 5. In Session 9 & 10 you will perform the exercise for 60 seconds by 2 sets and will rest for 2 mins in between each set.**

Exercise 1: Alternating Shoulder Press with weights



This is a strength exercise for the Shoulders and arms

- Stand with your feet hip width apart and a dumbbell in each hand.
- Raise your **Left arm** to your shoulder with your palm facing forward and your elbow pointed out.
- Extend the arm and press straight up, with other arm by your side.
- Count to 3 and lower the dumbbell to your side.
- Then raise the **Right arm** and do the same.
- Repeating this exercise for the time specified
- *Exhale while raising the dumbbells*



Exercise 2: Bi-cep curls

This is a strength exercise for your arms

- Hold a dumbbell in each hand with your palms facing forward.
- Bend the two elbows and curl the dumbbells up to shoulder height keeping your elbows tucked to your sides.

- Now lower them down again with palms facing forward, elbows close to your sides.
- Repeating this exercise for the time specified.
- *Exhale while lifting the dumbbells.*



Exercise 3: Chest Flies

This is a strength exercise for your chest and arms

- Stand with your feet hip width apart and a dumbbell in each hand.
- Raise the two dumbbells with palms facing each other and bending the elbows.
- Open the arms wide keeping the elbows in line with the shoulders and parallel to the floor
- Bring the elbows back in again.
- Repeat for the time specified
- *Exhale as you open the arms*

Exercise 4: Chest Push (against wall)



This is a strength exercise for your chest and arms

- Stand in front of a wall with your palms flat against the wall, up to shoulder level and slightly wider than your shoulders.
- Feet are hip width apart and about 2 feet away from the wall so that your arms are straight
- Slowly bend your elbows lowering your chest to the wall
- *Exhale as you press out to straighten your arms again*
- Repeat for the time specified



Exercise 5: Reverse Crunch

This is a strength exercise for your abdominal muscles

- Using your mat, lie on the floor in a crunch position with your feet flat on the floor and your hands underneath your head.
- Keep the head and shoulders on the floor
- Press your lower back into the floor and pull in your belly button to lift your feet off the floor. Keep your knees together bent at 90-degree angles.
- Pull your knees into your chest and raise your hips as much as you can, then slowly lower your hips and legs to the starting position with feet on the floor.
- *Repeat for the time specified.*



Exercise 6: Single Arm and Leg Raise

This is a strength exercise for the abdominal muscles

- Lie on your back, knees bent, feet on the floor, and arms extended above you

- Lower your right arm behind you to the floor as you lift your left knee just past your hip
- Return to the start position and repeat with your left arm and right leg
- Breathe steadily throughout the exercise
- DO NOT hold your breath, or breathe too quickly
- Move slowly and smoothly in a controlled manner
- *Repeat for the time specified*



Exercise 7: Chair Squats

This is a strength exercise for your bum, hips and thighs

- Stand in front of a chair with your feet hip width apart
- Back is in neutral position, and arms outstretched for balance.
- Slowly lower your bum towards the chair, do not sit down, only touch the chair slightly with your bum, knees are bent
- Pause and then come back up slowly
- *Repeat for the time specified.*
- *Exhale coming back up*

Exercise 8: Shoulder Press with both arms



This is a strength exercise for your shoulders and arms

- Standing with your feet shoulder width apart, take a dumbbell in each hand.
- Raise the dumbbells to head height, the elbows out at about 90 degrees.
- This will be your starting position.
- Keeping your back straight, no leaning back, push the weights up directly above your head,
- Pause, and slowly return the dumbbells to the starting position
- *Repeat for the time specified.*



Exercise 9: Romanian Dead Lift to high pull

This is a strength exercise for your hamstrings, glutes and arms

- Start with your feet hip width apart with a dumbbell in each hand and palms facing your legs
- Slowly bring the dumbbells towards the floor, keeping knees slightly bent, butt as far back as you can.
- When your hips can't go any further and have reached as far as you can towards the floor, slowly return to starting position bringing the dumbbells to mid chin, keeping your back neutral, head up and knees slightly bent, elbows up.
- Movement should be continuous
- *Repeat for the time specified.*



Exercise 10: Squats without chair

This exercise strengthens core and legs

- Stand with your spine neutral, your arms out in front of you, palms facing the floor, your feet slightly shoulder width apart with feet turned slightly outwards.
- Breathe in looking straight ahead and bending the knees, easing your hips backwards.
- Squat down as low as you can, feet flat on the floor pressing on heels, pause
- Then slowly return to the start position
- *Repeat for the time specified*



Exercise 11: One Arm Row

This is a strength exercise for your arms

- Lean on a sturdy chair with your left hand, left knee on chair also, and hold a dumbbell in the other at your side by extending your arm.
- Bend your right knee slightly
- Lift the dumbbell by bending your elbow and bringing it up towards your waist in an arc.
- Then lower it down slowly
- Change dumbbell to your left hand and lean on the chair with your right hand, and right knee on the chair
- Repeat exercise on each side for the time specified.



Exercise 12: Bicycle Crunch

This is a strength exercise for your core and hips

- Using your mat, lie flat on the floor with your lower back pressed to the ground, and pulling your naval in. Put your hands to the side of your head but do not pull your head up
- Bring your knees towards your chest and slowly go through a bicycle pedal motion with the legs.
- Left elbow turns towards your right knee and right elbow turns towards your left knee
- Repeat this exercise for the time specified.
- *Exhale as your kick out*



Exercise 13: Straight leg raises

This exercise improves hips and leg strengths

- Lie flat on your back with your legs stretched out in front of you.
- Keep your hands down by your sides, palms facing down
- Contract your abdominals to push your lower back into the floor
- Slowly raise your legs upwards or as far as you can, toes pointing

- Keeping your shoulders and head on the floor, eyes and face directed at the ceiling
- Feet are pointed towards the ceiling
- Do not let your lower back arch off the ground
- Now slowly lower your legs back down to the floor again
- Inhale as you lift your legs and exhale as you lower
- *Repeat this exercise for the specified time*



Exercise 14: Low Plank

This is a strength exercise for your core and back

- Using your mat, lie face down with your elbows to your sides and your hands alongside your head, palms facing down.
- Engage your core and raise your body from the floor, rise up on your toes also, keeping the back flat as much as you can, and supporting your weight on your forearms and toes while breathing slowly in and out.
- Hold this plank position for as long as you can or for the time specified, then gently lower your body back to the starting position again.

Exercise 15: Single Leg Deadlift



This exercise strengthens your lower back, gluteals and hamstrings

- Stand with a dumbbell in each hand palms facing inwards, with feet hip width apart.
- Place your left foot about half a step in front of your right foot
- Keeping your back straight and chest lifted, slowly lower the dumbbells towards your front foot
- Keep your left leg bent slightly when doing the movement and lift your right leg behind you for balance
- Only lift leg as far as it can go while lowering the dumbbell down to your shin as far as you can reach. Pause, then lower your right leg down to the floor slowly to bring your body back down to the start position.
- Repeat with your right leg.
- *Repeat for the time specified on each side*



Exercise 16: Squats with weights

This is a strength exercise for your bum and legs

- Stand up straight while holding a dumbbell in each hand, palms facing inwards
- Feet hip width apart. Keep your head up at all times as looking down will get you off balance but will help you to keep a straight back.
- As you inhale, slowly lower your torso down by bending your knees and keeping a straight posture with the head up.
- Pushing your hips and bum back.
- Continue down as far as you can go, holding the dumbbells at your sides.
- When you have squatted as far as you can go, begin to raise your torso as you exhale by pushing the floor with the heel of your foot mainly as you straighten the legs again and go back to the starting position.
- *Repeat for the time specified*

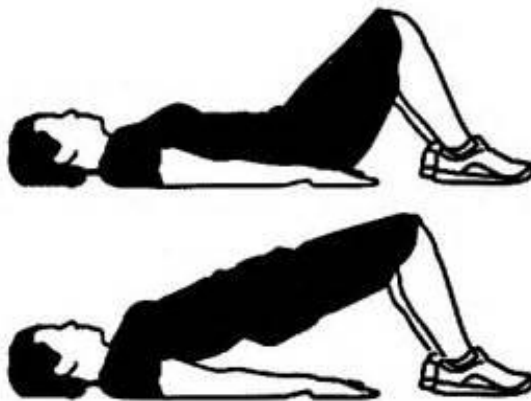


Exercise 17: Push ups on knees

This is a strength exercise for your core, chest and arms

- Using your mat get into a high plank position but keeping your knees bent on the floor and placing your hands firmly on floor under your shoulders.
- Slowly bend your elbows and lower your chest until your chin reaches the floor, keeping your back flat and eyes focused towards the floor to keep a neutral neck.

- Then slowly push up to the starting position again.
- Repeat this exercise for the time specified



Exercise 18: Bridge

This is a strength exercise for your core, bum and hips

- Using your mat, lie flat on your back with your knees bent and your feet flat on the floor hip width apart.
- Arms are by your side with your palms facing down on the mat.
- Pushing mainly with your heels, lift your hips off the floor while keeping your back straight.
- Hold this position for 3 seconds (breathing in and out slowly)
- Slowly come down, repeating this movement for the time specified.
- *Exhale as you lift your buttocks off the floor.*



Exercise 19: Standing Y

This exercise strengthens the muscles of your shoulders and upper back

- Stand with your feet hip width apart with your knees slightly bent.
- Hold a dumbbell in each hand, palms facing inwards and weights resting on the outside of your thighs.
- Slowly lift the weights vertically upwards and in front, elbows slightly bent
- Raise the dumbbells to shoulder height, pause, then lower them slowly to the start position.
- *Repeat this for the time specified*

Exercise 20: Step-ups on Stairs or Box



This exercise strengthens the muscles of hamstrings and gluteals

- Stand facing a step or box and place your left foot on top, making sure that your heel is not hanging over the edge.
- Inhale pushing down with your left heel, weight on your left knee, and using your left thigh to lift your right foot up on to the bench.
- Exhale as you drive your body up on to the step.
- Step down backwards and reverse the movement to the start position.

- *Repeat this for the time specified*

Exercise 21: Heel Touching



This is a strength exercise for your obliques

- Using your mat, lie on the floor with your knees bent and feet flat on the floor, hip width apart.
- Arms are down by your sides with palms facing down
- Bring your shoulders up and crunch over your right side for your right hand to touch your right heel
- Slowly come back to starting position and repeat on the left side.
- To progress, you can rotate from side to side
- Repeat this for the time specified
- *Exhale as you come back to starting position*

Exercise 22: Kneeling Superman



This is a strength exercise for your arms and legs and good balance

- Using your mat, kneel on your hands and knees keeping your back straight and your hands under your shoulders pressing them on the ground.

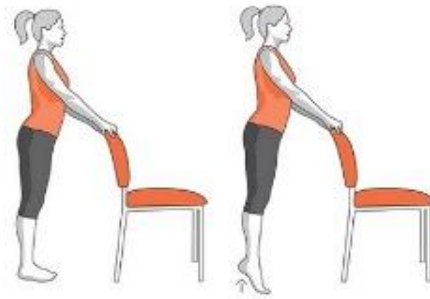
- Engage your core and lift your left arm in front of you
- Hold it out and return it to the start position.
- Repeat with your right arm
- Then raise your left leg behind you and return to the start position
- Raise your right leg behind you and return to the start position
- Do this alternating arms and leg exercise for the time specified
- *Exhale as you reach out your arms and raise leg behind you*

Exercise 23: Side plank – bent knees



This is a strength exercise for abdominals and supports your spine

- Lying on your right side, prop yourself up on your right forearm and bend your knees so that your lower legs are behind you
- Make sure your right elbow is directly under your shoulder. Rest your left arm along the side of your body
- Push down towards your right elbow to lift your hips off the floor,
- Pause and lower back down
- *Repeat for the time specified and change sides - to left side*



Exercise 24: Calf Raisers with Chair

This is a strength exercise for calf muscles

- Using a chair, stand facing back of the chair and hold onto it to aid balance.
- Feet should be shoulder-width apart with knees straight.
- Slowly raise up on the balls of your feet, and hold for 3 seconds
- Slowly come back down and repeat for the time specified
- *Exhale as you raise up on balls of feet*



Exercise 25: High Knees

This is a strength exercise for hip muscles and flexibility

- Firstly start with your elbows bent with palms facing each other
- Stand up straight and keep chest up high
- Now slowly lift up one knee at a time to a 90 degree angle, alternating each time.
- Keep it smoothly until you reach your time limit
- If you feel you can progress further you can run on the spot, touching the ground for only a second, lifting the knees as high as you can, keeping the chest up and arms up beside you.
- Keep running on the spot until you reach your time limit.
- You can stop for a few seconds and run again if the time limit is too long for you.
- *Keep shoulders relaxed and Inhale and Exhale slowly*

WARM UP EXERCISES

All exercises X 2 Reps - STATIC

1. Neck Rotation

Stand looking straight ahead, back in neutral position, shoulders relaxed. Move your head slowly to look over the right shoulder staying relaxed, hold for a few seconds, then move back to the starting position and move your head over your left shoulder.

2. Neck Side Flexion

Stand looking straight ahead, back in neutral position, shoulders relaxed. Tilt your head so that your right ear moves towards your right shoulder, hold for a few seconds, then flex your neck slowly towards your left shoulder.

3. Neck Extension

Stand with your arms by your side. Look straight ahead, spine in a neutral position. Extend your neck back slowly looking upwards, hold for a few seconds then drop your head forwards, chin to chest and back to start position.

4. Shoulder Rotation

Stand with your arms by your side. Look straight ahead, spine in a neutral position, and shoulders relaxed. Bring your shoulders forwards then slowly upwards towards your ears rotating backwards and around to the starting position.

5. Wrist Rotation

Stand with your arms stretched out to your sides, keeping your shoulders level, back neutral. Make small circles clockwise and then anti clockwise with your hands around your wrist joints.

Continue for 20 seconds

6. Torso Rotation

Stand upright with your feet shoulder width apart, your elbows raised to the sides and your palms facing down to the floor. Slowly rotate your upper body to the right keeping your elbows and forearms in line. Rotate back to the start position and repeat on the left side.

WARM-UP EXERCISES

All exercises x 6 Reps – DYNAMIC

1. Leg Abduction

Place your palms against a wall with your body leaning slightly forwards. Lift your right leg and swing across your body in a slow and controlled way, pointing your toes at the end of the swing. Then swing your leg back across your body pointing your foot outwards.

Repeat then with the left leg.

2. Knee Flexion

Stand on your left leg with your left hand against a wall. Bend your right knee up behind you so that your foot raises up towards your buttocks. Slowly return the foot to the floor

Repeat then with the right leg.

3. Leg Flexion

Stand on your left leg with your left hand against a wall, and your right leg slightly behind with toes pointing down on floor. Keep left foot flat on the floor and slowly swing your right leg forward in front of you and slowly back behind you, keeping your right knee as straight as possible.

Repeat for the required repetitions, and then repeat on the left leg.

4. Ankle Circles

Stand on your left leg with your left hand against a wall. Raise your right leg slightly in front of you and make small circles clockwise with your right foot 2-3 times and then anti-clockwise 2-3 times.

Repeat then for your left foot.

5. Lunges

Stand upright with your feet hip width apart. Take a long step forward with your right leg. Drop down and bend at your knees. Hold for a couple of seconds, then push off your left leg back to an upright position keeping your head up.

Repeat this 3 times on your right leg.

Then step forward with your left leg and drop down again, return to the start position.

Repeat 3 times on each leg.

COOL DOWN EXERCISES

Hold each stretch for 20 secs

1. Upper Back Stretch

Stand in a neutral position feet hip width apart. Extend your arms to chest level pushing your arms forward interlocking your fingers and palms facing out. Lock out your elbows and push your shoulders forwards.

2. Shoulder Stretch

Stand in a neutral position feet hip width apart. Bring your left arm across your body with your elbow slightly bent. Hold your left arm in at the elbow with your right hand until you feel the stretch in your shoulder.

Relax and repeat with your right arm.

3. Quad Stretch

Stand with your back to a firm low table. This can be close to a wall so as you can place one hand on the wall for support. Place your left foot on the table bending the knee and hold this position for 20 secs. Lean on the right foot with knee slightly bent for support. Hold for 20 seconds so you can feel the stretch in the front of your left thigh.

Repeat on the right leg.

4. Calf Stretch

From a standing position, press your hands against a wall and take a good step backwards, keeping your feet hip width apart. Bend your left leg forward, ensuring you keep your knee over your foot. Hold for 20 secs. You should feel the stretch in your left calf.

Repeat with your right leg.