

free



WORKOUT



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PROGRAM AT HOME

ACTIVITY	DURATION	KEY POINTS
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Jogging on the Spot	5-10 mins	Try to work up to a 5 / 10 effort level and get the body warm, heart rate elevated, joints lubricated and CNS firing
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ACTIVITY	AMOUNT	KEY POINTS
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Shoulder / Arm Rotations	20	10 x rotations forward and 10 x rotations backwards = 20 x rotations per arm
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Chest Hug / Flies	10	1 x Hug and 1 x Fly = 1 x Repetition (rep)
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Hip Twists	20	Each turn to the side = 1 x Repetition (rep)
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Kneeling Stretch	6	Hold for 10 x seconds on each Repetition (rep)
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Toe Touches	3	Hold for 10 x seconds on each Repetition (rep)
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ACTIVITY	REPS	RPE	REST	KEY POINTS
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Push Ups	>12	7-8	>30S	Hands shoulder width apart inline with your nipples. Aim to bend your arms to 90° to your torso, These can be done kneeling if required. Predominantly works the chest and arms
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Squats	>12	7-8	>30S	Feet shoulder width apart. Bend at the knees and try to maintain a neutral spine. Engage your core for stability and look straight ahead. Predominantly works front of legs
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Spider Mans	>12	7-8	>30S	As per Push up position, try to bring the knee up as far as you can to the elbow whilst remaining in a stable position. Predominantly works core.
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Static Lunges	>12	7-8	>30S	Feet hip width apart and approx 3 x this front to back. Bend the front knee and lower body. Engage your core for stability and look straight ahead. Predominantly works front of legs
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Pike Push Ups	>12	7-8	>30S	As per Push up position however lift your hips into an upside down 'V' position and lower your chest to the floor whilst keeping core engaged. Predominantly works the shoulders and arms
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Donkey Kicks	>12	7-8	>30S	On all fours, knees hip width with apart. Drive your leg back and upwards and squeeze and hold at the top. Engage your core for stability and look straight down. Predominantly works back of legs and bum
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Diamond Push Ups	>12	7-8	>30S	As per push up position but hands under middle of chest with thumbs touching and inline with your nipples. Aim to bend your arms to 90° to your torso, These can be done kneeling if required. Predominantly works the chest and arms
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Back Raise / Extensions	>12	7-8	>30S	Lay flat on floor with feet and hands touching the ground. Raise upper chest and head from the mat and hold for 2 seconds before lowering back down. Predominantly works lower back
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Glute Bridges	>12	7-8	>30S	Lay on your back with feet flat on the floor as close to your bum as you can. Drive hips to the ceiling and hold at the top of movement. Keep Shoulders and hands on floor. Predominantly works backs of legs and bum.
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Plank	-	-	>30S	As per push up position but resting upper body on elbows. Elbows directly below shoulders and squeeze the core to support the body in this position. Make sure to regulate breathing. Predominantly works core
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