

**WARM-UP - WARM-UP - WALKING**

**Image 1 - Start**



**Image 2 - End**



Walking

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0

**CHEST - EXERCISE BAND CHEST PRESS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a handle with palms turned down in each hand with the band under each armpit and wrapped behind your back. Movement: Exhale as you press the handles out at chest level as far as you can until your arms have just a slight bend in them. Inhale as you slowly return the handles back down to the starting position.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

**BACK - BALL ROWS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Get on your knees in front of an exercise ball. Position your hands 6-8 inches apart on the upper portion of the ball. Movement: - Inhale as you allow the ball to roll forward until you arms are almost fully straightened. Exhale as you pull the ball towards you, pointing your elbows back as you pull yourself back up to the starting position. Repeat as required

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

**SHOULDERS - BALL SHOULDER PRESS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Kneel on an exercise ball with your hands flat on the floor. Movement: Inhale as you bend your elbows and lower your upper body towards the floor. Exhale as you press down and straighten your arms back up to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0
Set 2	10		0

**BICEPS - EXERCISE BAND ALT BICEP CURLS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart on the middle of the band. Grip the handles with your arms fully extended down and palms turned up. Movement: Exhale as you alternately curl the handles up towards your shoulders. Inhale as you alternately return the handles back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

**TRICEPS - EXERCISE BAND UNDERHAND PRESS**

**Image 1 - Start**



**Image 2 - End**

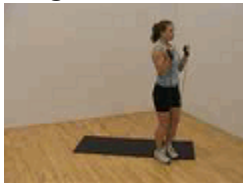


Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a handle behind your back in your left hand. Place the cable over your left shoulder and grip the other handle at chest level in your right hand with your palm turned up. Movement: Exhale as you pull the handle down until your right arm has just a slight bend in it. Inhale as you return the handle back up to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

**LEGS - EXERCISE BAND LUNGE**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart and your right foot on the middle of the band. Grip the handles on either side of your right leg, palms turned towards you. Movement: Inhale as you take a large step back with your left foot. Bend your right knee to 90degrees. Exhale as you step forward with your left foot, returning to the starting position. Repeat on other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0

**ABS - BALL AROUND-THE-WORLD CRUNCHES II**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Lie with your upper back on an exercise ball and your feet flat on the floor. Grip a medicine ball with both hands above your chest. Movement: - Exhale as you crunch your upper body off the ball. Pause for a moment in the contracted position. Inhale as you return back down to the starting position. Exhale as you crunch your upper body up off the ball twisting your right elbow towards your right side. Inhale as you return back down to the starting position. Exhale as you crunch your upper body up off the ball twisting your left elbow towards your left side. Inhale as you return back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	20		0
Set 2	20		0

**CHEST - STANDING CHEST STRETCH I**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand and place your hands just above the back of your hips, with your elbows pointed back. Movement: Press your chest forward and slightly up. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="30"/>	at	<input type="text" value="0"/>

**LEGS - SIMPLE QUAD STRETCH**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on your left side on an exercise mat with your knees bent. Keep your knees and the inside of your thighs together. Movement: Extend your left leg out straight, keeping your right leg bent. Grasp your right foot with your right hand and pull it in as far as you can while pushing your pelvis forward. Hold this position for thirty seconds. Repeat as required on other side.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="30"/>	at	<input type="text" value="0"/>

**CARDIOVASCULAR - CARDIO - JOGGING**

**Image 1 - Start**



**Image 2 - End**



Jogging

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="25"/>	at	<input type="text" value="0"/>