

**WARM-UP - WARM-UP - UPRIGHT BIKE**

Image 1 - Start

Image 2 - End



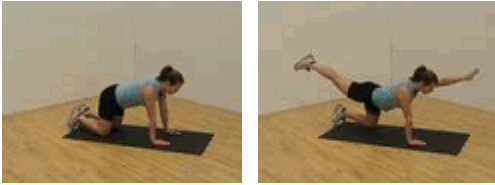
Upright Bike

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

**BACK - FOUR POINT STANCE II**

Image 1 - Start

Image 2 - End



Starting Position: - Get down on all-fours on an exercise matt and keep your back straight.  
 Movement: - Exhale as you raise your right arm up until it is even with your shoulder and simultaneously lift your left leg up until it is even with your hip. Hold this position as long as you can. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0

**BACK - BALANCE DISK BRIDGING**

Image 1 - Start

Image 2 - End



Starting Position: - On an exercise matt, lie on your back with your knees in the air and feet flat on a balance disk. Lay your hands on the matt palms down on either side of your body for support.  
 Movement: - Exhale as you push your hips up into the air, keeping your spine straight. Hold this position as long as you can, continuously keeping your hips in the air. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0

**BACK - SUPERMAN I**

Image 1 - Start

Image 2 - End



Starting Position: - Lie with your stomach on an exercise matt and keep your back straight.  
 Movement: - Exhale as you raise your right arm up until it is even with your shoulder and simultaneously lift your left leg up off of the matt. Hold this position as long as you can. Repeat with other side as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0

**ABS - TRUNK CURL AND CRUNCH**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on your back and place your hands at your ears. Raise your bent knees in the air. Movement: Exhale as you crunch your chest towards your knees, while simultaneously crunching your knees towards your chest. Inhale as you slowly lower both your knees and chest to the starting position. Remember to squeeze your abs, and repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		0
Set 2	12		0

**ABS - AB WALL STRETCH**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart at arms length away from a wall. Raise your arms up above your head and put them against the wall. Movement: Without moving your feet or hands let your pelvis lean in toward the wall. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30		0

**BACK - LOW BACK TWIST II**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Sit on an exercise matt with your legs straight out in front of you. Movement: Bend your right knee and place your right foot over your left leg. Twist your body to the right and place your left elbow against your right knee. Push your right knee towards your left shoulder as far as you can while twisting to your right side. Hold this position for thirty seconds. Repeat as required on other side.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	30		0

**CARDIOVASCULAR - CARDIO - ELLIPTICAL GLIDER**

**Image 1 - Start**



**Image 2 - End**



Elliptical Glider

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	20		3