

Home Workout – 30 mins – Beginner- No Equipment Needed.

Warm up Section (rest for 1 minuet between each exercise)

Standing Toe Touch– 30 seconds.



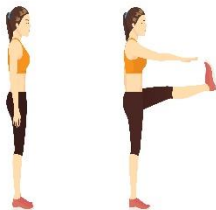
Teaching points and notes - This exercise is to get mobility into your joints and start to raise your heart rate. Keep slightly bent Knees and don't worry if you can't touch your toes, touching your knees is fine.

Marching High Knees – 30 seconds



Teaching points and notes - This exercise is to get mobility into your joints and start to raise your heart rate. If you feel off balance you can place one hand on the wall.

Leg Swings – 30 seconds.



Teaching points and notes - This exercise is to get mobility into your joints and start to raise your heart. Don't worry if you can not swing your leg all the way up to your hand, you can place on hand on a wall if you feel off balance.

Repeat the 3 exercises in this warm-up section 3 times.

Leg Section – (Rest for 1 min between each exercise)

Squats x 10 repetitions



Teaching points and notes – This exercise engages the muscles at the front and back of your legs, and the muscles in your bottom.

Keep your feet shoulder width apart and move the hips back like you are sitting down. Do not go too deep into the sit/squat initially, you might need to build up to that.

Place one hand on a wall if you feel off balance.

Alternate Leg Lunges x 10 repetitions



Teaching points and notes – This exercise engages the muscles at the front and back of your upper legs and the muscles in your bottom.

Keep your feet no more than shoulder width apart and do not go too deep into the lunge initially (so do not drop the back knee too low), you might need to build up to that.

Keep your shoulders back as you lunge so your upper body stays straight. Pull in with your tummy muscles to engage your core.

Place one hand on a wall if you feel off balance.

Alternate Side Lunge x 10 repetitions each side



Teaching points and notes – This exercise engages the muscles and the front and back of your legs, your inside thigh muscles and the muscles in your bottom.

Do not go too deep as you step to the side and bend at the knee, you might need to build up to that.

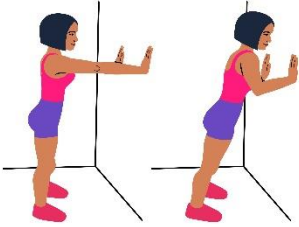
Place one hand on a wall if you feel off balance.

Repeat the 3 exercises in this leg section 3 times

Upper Body (Rest for 1 minute between each exercise)

Wall Press OR Half Press 10 x repetitions

Wall Press



Teaching points and notes – This exercise engages the muscles in your chest and arms. You should always pull inwards with your tummy muscle when doing this exercise and keep your back flat with your hips forward, this engages the core. Complete a full range of movement.

Half Press



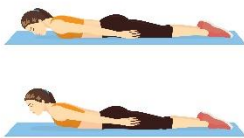
Teaching points and notes – This exercise engages the muscles in your chest and arms. You should always pull inwards with your tummy muscle when doing this exercise and keep your back flat with your hips forward, this engages the core. Complete a full range of movement.

Half Plank - hold for 15 seconds



Teaching points and notes – This exercise engages the muscles in your abdominal/tummy area. You should always pull inwards with your tummy muscles when doing this exercise, keep your hip forwards and your back flat (no arching.)

Back Extensions x 10 repetitions



Teaching points and notes – This exercise engages the muscles in your lower back. You will need to keep your eyes looking down at the floor. Also keep the movement small and controlled. Keep your feet on the floor and your heels out.

Repeat the 3 exercises in this upper body section 3 times.

Cool Down Stretches (Hold each stretch for 10 seconds)

Chest Stretch



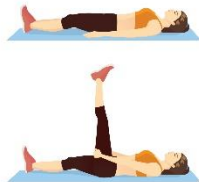
Teaching points and notes – Bring the shoulders back as you stretch. You should feel the stretch across your chest. Hold for 10 seconds.

Quad Stretch



Teaching points and notes – This stretches out the muscles in the front of your thigh. You can hold the wall if you feel unbalanced. Push your hips forwards to increase the stretch and keep your knees together.

Hamstring Stretch



Teaching points and notes – This stretches out the muscles in the back of your thigh. You can bend the knee to make the stretch less intense or straighten the leg to increase the stretch.

Back Stretch/Cat - Cow Stretch



Teaching points and notes – This stretches out the muscle in your back as you arch (cow position) and then stretches the muscles in your tummy as you dip (cat position). You should hold each movement for about 5 seconds and repeat 10 times.

Finished - Good Job