


### A. CARDIOVASCULAR

**Every other day** – do 5 minutes of cardiovascular exercise (for example a brisk walk or slow jog). You should increase this every other day by 2 minutes so by the end of week 2 you should be doing 17 minutes continuously at a workout pace.


### B. STRENGTH

Each of the following exercises should be done twice a week:




**Box Press Up**

- Kneel on all fours with your hands shoulder width apart and back flat
- Slowly bend your elbows lowering your chest towards the floor – breathing in as you do so
- Slowly come back up to the original start position – breathing out as you do so
- REPEAT x 10 – 15




**Static Lunge**

- Start with one foot a metre in front of the other, with the heel of the back foot off the floor and the back leg straight
- Gently tighten your stomach muscles and keep them tight throughout the exercise
- Lower your back knee down towards the floor whilst letting the front knee also bend – breathing in as you do so
- Slowly straighten up back to the start position – breathing out as you do so
- Repeat using the opposite leg
- REPEAT x 10 – 15




**Half Squat**

- Stand with your feet hip width apart, gently holding in your stomach
- Slowly bend your knees to 45°-breathing in as you do so
- For better balance lift your arms in front of you as you bend your knees
- Slowly straighten your legs back to standing – breathing out as you do so
- REPEAT x 10 – 15




**Twisting Crunches**

- Lie on your back with your knees in the air and your hands lightly supporting your head
- Slowly 'crunch' your stomach, bringing your right elbow towards your left knee (try and keep your chin the same distance off your chest throughout the exercise)
- Slowly lower yourself back to the start position
- Repeat bringing your left elbow to your right knee
- REPEAT x 10 – 15




**Back Extension**

- Lie on your stomach with your elbows bent at the side of your body
- Slowly lift your chest off the floor using your arms as little as possible – breathing out as you do so
- Keep your eyes focused on the floor and your toes touching the floor
- Slowly lower yourself back to the starting position – breathing in as you do so
- REPEAT x 10 – 15




**Biceps Curl**

- Stand up straight, feet hip width apart and soft knees, holding a small weight (e.g. a tin of beans) in each hand
- Slowly bend your elbows so you lift the weight up towards your shoulders
- Slowly lower your arms back to the start position
- REPEAT x 10 – 15



**Crunches**

- Lie on your back with your knees bent and raised, with your hands lightly supporting your head
- Slowly 'crunch' your stomach, lifting your upper body up towards your knees keeping your chin the same distance off your chest
- Slowly lower yourself back to the start position
- REPEAT x 10 – 15



**Triceps Kickback**

- Stand with the left foot in front of the right one (about 0.5m apart), bend your front knee so you will be leaning slightly forward with your back in a straight line
- Holding a small weight (e.g. a tin of beans) in your right hand, lift your whole right arm out behind you
- Slowly bend JUST your right elbow whilst keeping your arm behind you
- Slowly straighten your arm
- Repeat x 10 – 15 then repeat with your right foot in front and work your left arm


### A. CARDIOVASCULAR

**Three times a week** – begin each time with a 5 minute warm up at a steady pace

For 2 sessions maintain a continuous workout pace for 20 minutes and for 1 session try 1 minute quick, 3 minutes easy and repeat this x 6


### B. STRENGTH

Each of the following exercises should be done twice a week:




**Box Press Up**

- Kneel on all fours with your hands shoulder width apart and back flat
- Slowly bend your elbows lowering your chest towards the floor – breathing in as you do so
- Slowly come back up to the original start position – breathing out as you do so
- REPEAT x 15 – 20




**Static Lunge**

- Start with one foot a metre in front of the other, with the heel of the back foot off the floor and the back leg straight
- Gently tighten your stomach muscles and keep them tight throughout the exercise
- Lower your back knee down towards the floor whilst letting the front knee also bend – breathing in as you do so
- Slowly straighten up back to the start position – breathing out as you do so
- Repeat using the opposite leg
- REPEAT x 15 – 20




**Half Squat**

- Stand with your feet hip width apart, gently holding in your stomach
- Slowly bend your knees to 45°-breathing in as you do so
- For better balance lift your arms in front of you as you bend your knees
- Slowly straighten your legs back to standing – breathing out as you do so
- REPEAT x 15 – 20




**Twisting Crunches**

- Lie on your back with your knees in the air and your hands lightly supporting your head
- Slowly 'crunch' your stomach, bringing your right elbow towards your left knee (try and keep your chin the same distance off your chest throughout the exercise)
- Slowly lower yourself back to the start position
- Repeat bringing your left elbow to your right knee
- REPEAT x 15 – 20




**Back Extension**

- Lie on your stomach with your elbows bent at the side of your body
- Slowly lift your chest off the floor using your arms as little as possible – breathing out as you do so
- Keep your eyes focused on the floor and your toes touching the floor
- Slowly lower yourself back to the starting position – breathing in as you do so
- REPEAT x 15 – 20




**Biceps Curl**

- Stand up straight, feet hip width apart and soft knees, holding a small weight (e.g. a tin of beans) in each hand
- Slowly bend your elbows so you lift the weight up towards your shoulders
- Slowly lower your arms back to the start position
- REPEAT x 15 – 20



**Crunches**

- Lie on your back with your knees bent and raised, with your hands lightly supporting your head
- Slowly 'crunch' your stomach, lifting your upper body up towards your knees keeping your chin the same distance off your chest
- Slowly lower yourself back to the start position
- REPEAT x 15 – 20



**Triceps Kickback**

- Stand with the left foot in front of the right one (about 0.5m apart), bend your front knee so you will be leaning slightly forward with your back in a straight line
- Holding a small weight (e.g. a tin of beans) in your right hand, lift your whole right arm out behind you
- Slowly bend JUST your right elbow whilst keeping your arm behind you
- Slowly straighten your arm
- Repeat x 15 – 20 then repeat with your right foot in front and work your left arm

### A. CARDIOVASCULAR


**Four times a week** – begin with a 5 minute warm up at a steady pace

For 2 of the sessions try and maintain a continuous workout pace for 25 minutes and for 1 session for 35 minutes.

For the last session try 1 minute quick, 3 minutes easy and repeat this x 6


### B. STRENGTH

Each of the following exercises should be done twice a week and on each occasion **repeat the whole set twice:**




**Box Press Up**

- Kneel on all fours with your hands shoulder width apart and back flat
- Slowly bend your elbows lowering your chest towards the floor – breathing in as you do so
- Slowly come back up to the original start position – breathing out as you do so
- REPEAT x 10 – 15




**Static Lunge**

- Start with one foot a metre in front of the other, with the heel of the back foot off the floor and the back leg straight
- Gently tighten your stomach muscles and keep them tight throughout the exercise
- Lower your back knee down towards the floor whilst letting the front knee also bend – breathing in as you do so
- Slowly straighten up back to the start position – breathing out as you do so
- Repeat using the opposite leg
- REPEAT x 10 – 15




**Half Squat**

- Stand with your feet hip width apart, gently holding in your stomach
- Slowly bend your knees to 45°-breathing in as you do so
- For better balance lift your arms in front of you as you bend your knees
- Slowly straighten your legs back to standing – breathing out as you do so
- REPEAT x 10 – 15




**Twisting Crunches**

- Lie on your back with your knees in the air and your hands lightly supporting your head
- Slowly 'crunch' your stomach, bringing your right elbow towards your left knee (try and keep your chin the same distance off your chest throughout the exercise)
- Slowly lower yourself back to the start position
- Repeat bringing your left elbow to your right knee
- REPEAT x 10 – 15




**Back Extension**

- Lie on your stomach with your elbows bent at the side of your body
- Slowly lift your chest off the floor using your arms as little as possible – breathing out as you do so
- Keep your eyes focused on the floor and your toes touching the floor
- Slowly lower yourself back to the starting position – breathing in as you do so
- REPEAT x 10 – 15




**Biceps Curl**

- Stand up straight, feet hip width apart and soft knees, holding a small weight (e.g. a tin of beans) in each hand
- Slowly bend your elbows so you lift the weight up towards your shoulders
- Slowly lower your arms back to the start position
- REPEAT x 10 – 15



**Crunches**

- Lie on your back with your knees bent and raised, with your hands lightly supporting your head
- Slowly 'crunch' your stomach, lifting your upper body up towards your knees keeping your chin the same distance off your chest
- Slowly lower yourself back to the start position
- REPEAT x 10 – 15



**Triceps Kickback**

- Stand with the left foot in front of the right one (about 0.5m apart), bend your front knee so you will be leaning slightly forward with your back in a straight line
- Holding a small weight (e.g. a tin of beans) in your right hand, lift your whole right arm out behind you
- Slowly bend JUST your right elbow whilst keeping your arm behind you
- Slowly straighten your arm
- Repeat x 10 – 15 then repeat with your right foot in front and work your left arm