


A. CARDIOVASCULAR

Every other day – do 5 minutes of cardiovascular exercise (for example a brisk walk or slow jog). You should aim to increase this by 3 minutes each session so by the end of week 2 you should be doing 23 minutes of continuous exercise at a workout pace.


B. STRENGTH

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




3/4 Press Up

- Kneel on the floor with your hands stretched out in front of you, shoulder width apart, and your feet raised
- 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




Dynamic Lunge

- Stand straight with both feet together and your stomach muscles gently tightened (keep them tight throughout the exercise)
- Step forward so one foot is about a metre in front of the other
- Bend both knees lowering your body down towards the floor
- Dynamically push yourself up with the front leg back to the start position
- Repeat using the opposite leg
- REPEAT x 15 – 20




Squat

- Stand with your feet hip width apart, arms out in front whilst gently holding your stomach in
- Slowly bend your knees as if you are going to sit on a chair until they are near right angle (90°) lifting your arms in front of you as you do so to help you balance – breathing in as you squat
- Hold the squat position for a brief pause before returning to the start position – breathing out as you do so
- REPEAT x 15 – 20




Twisting Crunches

- Lie on your back with your knees bent and with 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)
- Slowly lower yourself back to the start position
- Repeat bringing your left elbow to your right knee
- REPEAT x 15 – 20




Back Extension (Advanced)

- Lie on your stomach with your hands lightly resting on your bottom
- Slowly lift your chest off the floor keeping your eyes focused on the floor and your toes touching the floor – breathing out as you do so
- Slowly lower yourself back to the start position – breathing in as you do so
- REPEAT x 15 – 20




Biceps Curl & Shoulder Press

- Stand up straight holding a small weight (e.g. a tin of beans) in each hand
- Slowly bend your elbows so you lift the weights up towards your shoulders
- Raise both arms above your head
- Slowly lower your arms so they return to the start position
- REPEAT x 15 – 20



Stutter Crunches

- Lie on your back with your knees bent and your feet flat on the floor 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
- Crunch forward towards your knees another 6 inches
- Slowly lower yourself back to the start position then repeat
- REPEAT x 15 – 20



Triceps Dips

- Sit on a low solid box / chair / coffee table with your hands either side of you holding onto the edge (the straighter your legs are in front of you the more difficult the exercise)
- Bend your elbows and lower your bottom a little way off the edge bending your elbows to do so – keep your bottom and lower back as close to the object you are using as possible
- Straighten your arms and return to the start position
- REPEAT x 15 – 20


A. CARDIOVASCULAR

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

For 2 sessions maintain a continuous workout pace for 25 minutes and for 1 session try 2 minutes quick, 4 minutes easy and repeat this x 5


B. STRENGTH

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




3/4 Press Up

- Kneel on the floor with your hands stretched out in front of you, shoulder width apart, and your feet raised
- 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 20 – 25




Dynamic Lunge

- Stand straight with both feet together and your stomach muscles gently tightened (keep them tight throughout the exercise)
- Step forward so one foot is about a metre in front of the other
- Bend both knees lowering your body down towards the floor
- Dynamically push yourself up with the front leg back to the start position
- Repeat using the opposite leg
- REPEAT x 20 – 25




Squat

- Stand with your feet hip width apart, arms out in front whilst gently holding your stomach in
- Slowly bend your knees as if you are going to sit on a chair until they are near right angle (90°) lifting your arms in front of you as you do so to help you balance – breathing in as you squat
- Hold the squat position for a brief pause before returning to the start position – breathing out as you do so
- REPEAT x 20 – 25




Twisting Crunches

- Lie on your back with your knees bent and with 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)
- Slowly lower yourself back to the start position
- Repeat bringing your left elbow to your right knee
- REPEAT x 20 – 25




Back Extension (Advanced)

- Lie on your stomach with your hands lightly resting on your bottom
- Slowly lift your chest off the floor keeping your eyes focused on the floor and your toes touching the floor – breathing out as you do so
- Slowly lower yourself back to the start position – breathing in as you do so
- REPEAT x 20 – 25




Biceps Curl & Shoulder Press

- Stand up straight holding a small weight (e.g. a tin of beans) in each hand
- Slowly bend your elbows so you lift the weights up towards your shoulders
- Raise both arms above your head
- Slowly lower your arms so they return to the start position
- REPEAT x 20 – 25



Stutter Crunches

- Lie on your back with your knees bent and your feet flat on the floor 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
- Crunch forward towards your knees another 6 inches
- Slowly lower yourself back to the start position then repeat
- REPEAT x 20 – 25



Triceps Dips

- Sit on a low solid box / chair / coffee table with your hands either side of you holding onto the edge (the straighter your legs are in front of you the more difficult the exercise)
- Bend your elbows and lower your bottom a little way off the edge bending your elbows to do so – keep your bottom and lower back as close to the object you are using as possible
- Straighten your arms and return to the start position
- REPEAT x 20 – 25


A. CARDIOVASCULAR

Four times a week – begin with a 5 minute warm up

For 2 of the sessions try and maintain a continuous workout pace for 35 minutes and 1 session for 45 minutes. For the last session try 2 minutes quick, 4 minutes easy and repeat this x 5


B. STRENGTH

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




3/4 Press Up

- Kneel on the floor with your hands stretched out in front of you, shoulder width apart, and your feet raised
- 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




Dynamic Lunge

- Stand straight with both feet together and your stomach muscles gently tightened (keep them tight throughout the exercise)
- Step forward so one foot is about a metre in front of the other
- Bend both knees lowering your body down towards the floor
- Dynamically push yourself up with the front leg back to the start position
- Repeat using the opposite leg
- REPEAT x 15 – 20




Squat

- Stand with your feet hip width apart, arms out in front whilst gently holding your stomach in
- Slowly bend your knees as if you are going to sit on a chair until they are near right angle (90°) lifting your arms in front of you as you do so to help you balance – breathing in as you squat
- Hold the squat position for a brief pause before returning to the start position – breathing out as you do so
- REPEAT x 15 – 20




Twisting Crunches

- Lie on your back with your knees bent and with 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)
- Slowly lower yourself back to the start position
- Repeat bringing your left elbow to your right knee
- REPEAT x 15 – 20




Back Extension (Advanced)

- Lie on your stomach with your hands lightly resting on your bottom
- Slowly lift your chest off the floor keeping your eyes focused on the floor and your toes touching the floor – breathing out as you do so
- Slowly lower yourself back to the start position – breathing in as you do so
- REPEAT X 15 – 20




Biceps Curl & Shoulder Press

- Stand up straight holding a small weight (e.g. a tin of beans) in each hand
- Slowly bend your elbows so you lift the weights up towards your shoulders
- Raise both arms above your head
- Slowly lower your arms so they return to the start position
- REPEAT x 15 – 20



Stutter Crunches

- Lie on your back with your knees bent and your feet flat on the floor with your hands lightly supporting your head
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- Crunch forward towards your knees another 6 inches
- Slowly lower yourself back to the start position then repeat
- REPEAT x 15 – 20



Triceps Dips

- Sit on a low solid box / chair / coffee table with your hands either side of you holding onto the edge (the straighter your legs are in front of you the more difficult the exercise)
- Bend your elbows and lower your bottom a little way off the edge bending your elbows to do so – keep your bottom and lower back as close to the object you are using as possible
- Straighten your arms and return to the start position
- Repeat x 15 – 20