


### 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 4 minutes each session so by the end of week 2 you should be doing 29 minutes of continuous exercise at a workout pace.


### B. STRENGTH

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




**Full Press Up**

- Lie on the floor with your arms shoulder width apart, elbows bent balancing on your toes and palms
- Slowly bend your elbows lowering your chest towards the floor so it is a fist away from touching – 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




**Walking Lunge**

- Walk but on every step bend the front leg so your body is lowered towards the ground
- Keep your stomach muscles gently tightened throughout the exercise
- Take 20 – 25 'steps'




**Squat Jump**

- Stand with your feet hip width apart
- Slowly bend your knees to 45°
- Jump in the air using your arms to help
- When you land back on the floor, use your knees and hips as shock absorbers
- REPEAT x 20 – 25




**Bicycle Crunches**

- Lie on your back with your knees bent, feet off the floor and with your hands lightly supporting your head
- Slowly 'crunch' your stomach, bringing your right elbow towards your left knee whilst bringing your knee up to meet it (keeping your chin the same distance off your chest)
- Slowly return to the start position
- Repeat bringing your left elbow to your right knee again bringing your opposite knee up to meet it
- REPEAT x 20 – 25




**Twisting Back Extension**

- Lie on your stomach with your forehead resting on your hands keeping your eyes focused on the floor
- Slowly lift your chest off the floor and twist to the right then left – breathing out as you do so
- Slowly lower yourself back to the starting position – breathing in as you do so
- REPEAT x 20 – 25




**Squat, Bicep Curl, Shoulder Press**

- Stand as if you are mid way through sitting down (the squat position) holding a small weight (e.g. a tin of beans) in each hand
- Stand upright and slowly bend your elbows so you lift the weights up towards your shoulders
- Raise your arms straight up above your head
- Slowly lower your arm so that they return to the resting position
- Bend your knees so you return to the squat position and repeat
- REPEAT x 20 – 25



**Double Crunch**

- Lie on your back with your knees bent and your feet on the floor with your hands lightly supporting your head
- Simultaneously lift your upper and lower body to meet in the middle above your stomach
- Slowly lower yourself back to the start position
- REPEAT x 20 – 25



**Close Grip Press Up**

- Adopt a full press up position with hands directly under your chest
- Lower your body towards the floor keeping your elbows close to your sides
- Breath out and push back up to the start position
- REPEAT x 20 – 25


### 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 35 minutes and for 1 session try 3 minutes quick, 2 minutes easy and repeat x 6


### B. STRENGTH

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




**Full Press Up**

- Lie on the floor with your arms shoulder width apart, elbows bent balancing on your toes and palms
- Slowly bend your elbows lowering your chest towards the floor so it is a fist away from touching – 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




**Walking Lunge**

- Walk but on every step bend the front leg so your body is lowered towards the ground
- Keep your stomach muscles gently tightened throughout the exercise
- Take 15 – 20 'steps'




**Squat Jump**

- Stand with your feet hip width apart
- Jump in the air using your arms to help
- When you land back on the floor, use your knees and hips as shock absorbers
- REPEAT x 15 – 20




**Bicycle Crunches**

- Lie on your back with your knees bent, feet off the floor and with your hands lightly supporting your head
- Slowly 'crunch' your stomach, bringing your right elbow towards your left knee whilst bringing your knee up to meet it (keeping your chin the same distance off your chest)
- Slowly return to the start position
- Repeat bringing your left elbow to your right knee again bringing your opposite knee up to meet it
- REPEAT x 15 – 20




**Twisting Back Extension**

- Lie on your stomach with your forehead resting on your hands keeping your eyes focused on the floor
- Slowly lift your chest off the floor and twist to the right then left – breathing out as you do so
- Slowly lower yourself back to the starting position – breathing in as you do so
- REPEAT x 15 – 20




**Squat, Bicep Curl, Shoulder Press**

- Stand as if you are mid way through sitting down (the squat position) holding a small weight (e.g. a tin of beans) in each hand
- Stand upright and slowly bend your elbows so you lift the weights up towards your shoulders
- Raise your arms straight up above your head
- Slowly lower your arm so that they return to the resting position
- Bend your knees so you return to the squat position and repeat
- REPEAT x 15 – 20



**Double Crunch**

- Lie on your back with your knees bent and your feet on the floor with your hands lightly supporting your head
- Simultaneously lift your upper and lower body to meet in the middle above your stomach
- Slowly lower yourself back to the start position
- REPEAT x 15 – 20



**Close Grip Press Up**

- Adopt a full press up position with hands directly under your chest
- Lower your body towards the floor keeping your elbows close to your sides
- Breath out and push back up to the start position
- REPEAT x 15 – 20

### A. CARDIOVASCULAR


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

For 2 of the sessions try and maintain a continuous workout pace for 45 minutes and for 1 session for 60 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 three times:**




**Full Press Up**

- Lie on the floor with your arms shoulder width apart, elbows bent balancing on your toes and palms
- Slowly bend your elbows lowering your chest towards the floor so it is a fist away from touching – 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




**Walking Lunge**

- Walk but on every step bend the front leg so your body is lowered towards the ground
- Keep your stomach muscles gently tightened throughout the exercise
- Take 10 – 15 'steps'




**Squat Jump**

- Stand with your feet hip width apart
- Jump in the air using your arms to help
- When you land back on the floor, use your knees and hips as shock absorbers
- REPEAT x 10 – 15




**Bicycle Crunches**

- Lie on your back with your knees bent, feet off the floor and with your hands lightly supporting your head
- Slowly 'crunch' your stomach, bringing your right elbow towards your left knee whilst bringing your knee up to meet it (keeping your chin the same distance off your chest)
- Slowly return to the start position
- Repeat bringing your left elbow to your right knee again bringing your opposite knee up to meet it
- REPEAT x 10 – 15




**Twisting Back Extension**

- Lie on your stomach with your forehead resting on your hands keeping your eyes focused on the floor
- Slowly lift your chest off the floor and twist to the right then left – breathing out as you do so
- Slowly lower yourself back to the starting position – breathing in as you do so
- REPEAT x 10 – 15




**Squat, Bicep Curl, Shoulder Press**

- Stand as if you are mid way through sitting down (the squat position) holding a small weight (e.g. a tin of beans) in each hand
- Stand upright and slowly bend your elbows so you lift the weights up towards your shoulders
- Raise your arms straight up above your head
- Slowly lower your arm so that they return to the resting position
- Bend your knees so you return to the squat position and repeat
- REPEAT x 10 – 15



**Double Crunch**

- Lie on your back with your knees bent and your feet on the floor with your hands lightly supporting your head
- Simultaneously lift your upper and lower body to meet in the middle above your stomach
- Slowly lower yourself back to the start position
- REPEAT x 10 – 15



**Close Grip Press Up**

- Adopt a full press up position with hands directly under your chest
- Lower your body towards the floor keeping your elbows close to your sides
- Breath out and push back up to the start position
- REPEAT x 10 – 15