









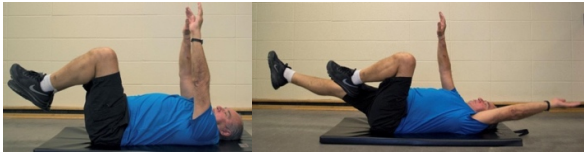
# HOME EXERCISE PROGRAM – WITH WEIGHTS

**WARM-UP:** Warm up with 5-10 minutes of aerobic exercise prior to starting this strength workout (examples, marching on the spot, jumping jacks).

**ORDER: CIRCUIT 1:** Exercises 1, 2 & 3 | **CIRCUIT 2:** EXERCISES 4, 5 & 6 | **CIRCUIT 3:** exercises 7, 8 & 9

	EXERCISE	PICTURE	INSTRUCTIONS
CIRCUIT 1	<b>1. SQUATS</b> <i>(LEGS &amp; HIPS)</i>		<p><b>Amount:</b> 2-3 x 10-15 reps  <b>Weight:</b> Body weight or hold dumbbells  <b>Cues:</b> Abs on. Sit back as if you were to sit on a chair. Push up through heels to activate glutes.</p>
	<b>2. DUMBBELL CHEST PRESS</b> <i>(CHEST &amp; SHOULDERS)</i>		<p><b>Amount:</b> 2-3 x 8-12 reps  <b>Weight:</b> Dumbbells  <b>Cues:</b> Lie on bench <u>or on ground</u>. Start with weight straight up. Lower down and press up, activating chest and shoulders.</p>
	<b>3. BENT ROW &amp; TRICEP EXTENSION</b> <i>(BACK &amp; ARMS)</i>		<p><b>Amount:</b> 2-3 x 8-12 reps  <b>Weight:</b> Dumbbells  <b>Cues:</b> Set up with 1 leg &amp; hand on bench <u>or a sturdy chair</u>. Back flat and abs on. Pull arm up, squeezing shoulder blade in, then extend to straighten arm, working triceps.</p>
CIRCUIT 2	<b>4. LUNGE &amp; BICEP CURL</b> <i>(LEGS &amp; ARMS)</i>		<p><b>Amount:</b> 2-3 x 8-12 reps  <b>Weight:</b> Dumbbells  <b>Cues:</b> Start standing. Step back into a lunge. Step forwards and curl dumbbells up, into bicep curl. Alternate legs.</p>

# HOME EXERCISE PROGRAM

	EXERCISE	PICTURE	INSTRUCTIONS
C I R C U I T	<b>5. PUSHUPS</b> <i>(CHEST &amp; SHOULDERS)</i>		<b>Amount:</b> 2-3 x 8-12 reps <b>Weight:</b> Body weight <b>Cues:</b> Hands on bench <u>or on the wall, step or ground</u> , wider than shoulders. Lower chest down, keeping body straight. Push up, activating chest and shoulder muscles.
	<b>6. REVERSE FLY</b> <i>(BACK)</i>		<b>Amount:</b> 2-3 x 8-12 reps <b>Weight:</b> Dumbbells <b>Cues:</b> Bend forwards with abs on and weights together. Bring hands out to sides and squeeze shoulder blades, working mid-back muscles.
C I R C U I T	<b>7. SINGLE LEG FORWARD BEND</b> <i>(BALANCE)</i>		<b>Amount:</b> 10 x 5-10 sec holds. <b>Weight:</b> Body weight <b>Cues:</b> Balance on 1 leg and then slowly take the other leg behind you as you reach your arms forwards. Hold. Alternate legs.
	<b>8. PLANK</b> <i>(ABDOMINALS)</i>		<b>Amount:</b> 3-5 x 10-30 sec holds. <b>Weight:</b> Body weight <b>Cues:</b> Set up on knees (easier) or toes (harder). Activate abs. Hold plank position.
	<b>9. LYING BUG</b> <i>(ABDOMINALS)</i>		<b>Amount:</b> 2-3 x 10—20 reps <b>Weight:</b> Body weight <b>Cues:</b> Lie on back with arms and legs in air. Activate abs. Slowly take opposite arm and leg apart. Return to start and alternate.

**Cool down:** Hold each of the following stretches for 30 seconds. Repeat 1-2 times.

Calves



Quadriceps



Hamstrings



Low back



Upper back



Chest & Shoulders

