**Home Workout Exercise Guide**

**Warm Up**

To begin warm up:

* March on the spot - 30 seconds
* Increase to a jogging pace - 30 seconds

Then, alternate the following exercises every 30 seconds for 3 minutes:

* Incorporate the use of arms
* High Knees – hip height/as high as can manage
* Heel to Bum – Maintain a jogging pace for both

Afterwards, run on the spot as fast as you can – 20 seconds then resume march.

Repeat full routine 2 times.

**Core Workout**

|  |  |  |  |
| --- | --- | --- | --- |
| **Movements** | **Rounds** | **Time** | **Note** |
| High Plank | * 2-3 times
* Rest for 1-2 minutes after a full round
 | 30 seconds | * Shoulders over wrists
* Back flat and straight
* Brace core
 |
| Plank | * 2-3 times
* Rest for 1-2 minutes after a full round
 | 30 seconds | * Forearm flat to floor
* Shoulders over elbows
* Back flat and straight
* Brace core
 |
| Plank Walk | * 2-3 times
* Rest for 1-2 minutes after a full round
 | 1. minute
 | * Shoulders over wrists
* Back flat and straight
* Brace core
* Avoid moving hips left & right
 |
| Left Side Plank | * 2-3 times
* Rest for 1-2 minutes after a full round
 | 30 seconds | * Shoulder directly above elbow
* Lift hips in line with shoulder
* Brace core
* Tuck bum in
 |
| Right Side Plank | * 2-3 times
* Rest for 1-2 minutes after a full round
 | 30 seconds | * Shoulder directly above elbow
* Lift hips in line with shoulder
* Brace core
* Tuck bum in
 |
| All 4 Crawl | * 2-3 times
* Rest for 1-2 minutes after a full round
 | 1 minute | * Shoulders over wrists
* Aim to keep knees slightly off the floor.
* Brace core
* Keep back flat
 |

**Strength Workout**

|  |  |  |  |
| --- | --- | --- | --- |
| Press Up | * 2-3 times
* Rest for 1-2 minutes after a full round
 | * Work 50 seconds
* Rest 10 seconds
 | * Hands wider than shoulders
* Brace core
* Keep back flat
* Slide elbows passed your ribs
 |
| Squat | * 2-3 times
* Rest for 1-2 minutes after a full round
 | * Work 50 seconds
* Rest 10 seconds
 | * Feet Shoulder width apart
* Chest up
* Bottom back and down
* Back straight
 |
| Narrow Push-Ups | * 2-3 times
* Rest for 1-2 minutes after a full round
 | * Work 50 seconds
* Rest 10 seconds
 | * Hands directly below shoulders
* Keep back flat
* Slide elbows passed your ribs
 |
| Lateral Lunge | * 2-3 times
* Rest for 1-2 minutes after a full round
 | * Work 50 seconds
* Rest 10 seconds
 | * Stand straight with your feet hip-width apart
* Step out to the side and transfer your weight to that leg
* As you step out send your hips back
* Keep back flat
 |
| Squat Hold | * 2-3 times
* Rest for 1-2 minutes after a full round
 | * Work 50 seconds
* Rest 10 seconds
 | * Feet Shoulder width apart
* Chest up
* Bottom back and down
* Back straight
 |