**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 |