



Week 11 Exercise



EQUIPMENT: RESISTANCE BAND, WATER, TOWEL, STOP WATCH OR TIMER.

Before carrying out any of these exercises please read the exercise disclaimer on page 4.

WARM UP

5-10 minutes of any sort of movement to raise your heart rate and core temperature.



It is important to include some dynamic stretches into this section to ensure the muscles are completely warm and ready to exercise.



MAIN SECTION

Each exercise should be performed for as long as you can, ensuring you maintain the correct technique. Stick to within your limits and make sure all exercises are performed safely.

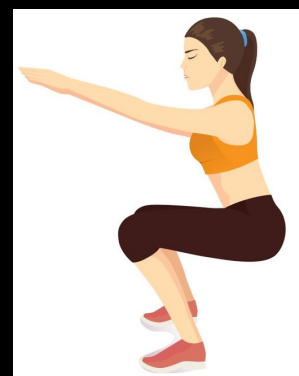
1. Press ups

Start in a High Plank position with your hands under shoulders, lower your chest to the floor and push back to the start. This can be done on your knees but make sure you are not in a box position.



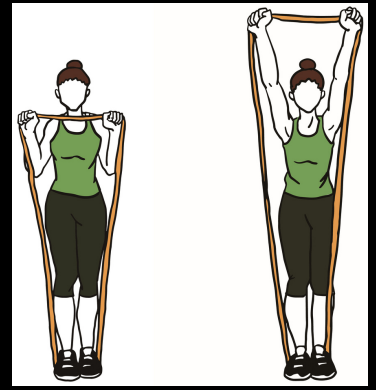
2. Squats

Stand with core tight and feet about hip width apart. Squat down to the 90° knee bend, pause briefly and stand up again).



3. Shoulder press

Stand tall with core tight and resistance band under feet whilst holding the ends. Start holding the ends of the band at shoulder height, push hands up towards the ceiling being careful not to extend the back, pause briefly and lower hands back down to shoulders – repeat.



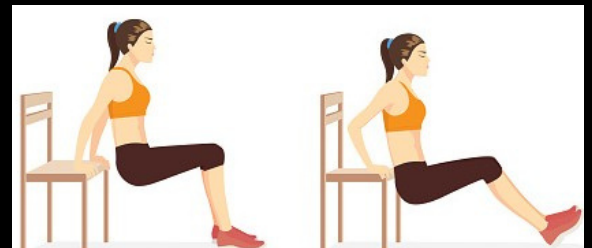
4. Crunches

Lay on the floor on your back with knees raised and feet flat on the floor. Keep a fist gap between your chin and your chest. Support the head with your hands. Keep your core tight and raise your shoulders off the floor, pause briefly and return to the start.



5. Tricep dips

Using a chair, place your hands on the seat, have your feet flat on the floor and using your arms, lower your body down towards the floor and press back up to the start.



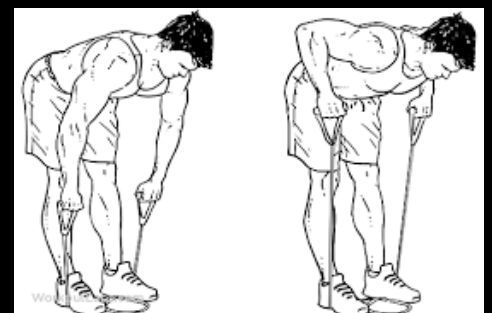
6. High plank step in

Start in a high plank, step in with one leg and immediately the other – bringing your knees to your chest whilst being careful not to raise your bottom in the air, and then step both feet out to the plank position and repeat.



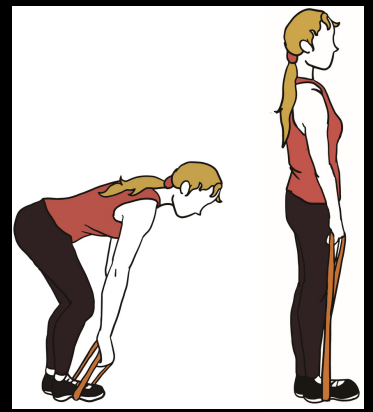
7. Bent over row

Stand tall with resistance band under feet and holding the ends. Hinge forward at the hips keeping legs straight with soft knees, core help tight and back 'washboard' flat. Keep arms close to the body, pull elbows backward as if trying to close the shoulder blades together. Pause briefly and return to start position.



11. Straight leg deadlift

Keeping resistance band under feet and holding the ends, hinge forward at the hips whilst keeping your back flat and lower your chest downwards so that you feel a stretch in your hamstring (muscle at the back of the leg). Pause briefly and return to a standing position.



Rest Have a breather and allow your heart to lower slightly

Repeat from number 1



COOL DOWN



5 minutes of gentle movement and static stretches holding each one for around 15 seconds



Exercise Disclaimer

You are responsible for exercising within your limits.

- Horsham Wellbeing strongly advise that you consult your GP prior to starting any exercise programme. You should be in a good physical condition and able to safely participate in any exercises set out within all session plans.
- Horsham Wellbeing are not a licensed medical care provider and has no expertise in diagnosing, examining or treating any medical condition or injury. Horsham Wellbeing are unable to advise on any certain exercises to aid any medical condition or improve any healing injury.
- If at any point during the exercise session you feel pain, nausea or dizziness you should discontinue.
- If you engage in the exercise sessions provided, you agree that you do so at your own risk, are voluntarily participating in the exercise sessions and assume all risk of injury to yourself, others and property. Horsham Wellbeing are not liable for any injuries or damage caused.

