



Week 12 Exercise

EQUIPMENT: WATER AND SWEAT TOWEL



Before carrying out any of these exercises please read the exercise disclaimer on page 3.

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

It's the last week so do the exercises that spell out your full name!

As always, stick to within your limits and make sure all exercises are performed safely, ensuring you maintain the correct technique.

A 10 Jumping Jacks

B 15 Squats

C 30 second plank

D 10 Press ups

e 15 Crunches

f 10 Tricep dips

G 20 second wall sit

H 20 Alternating lunges

I 30 Side reaches

J 15 High knees

K 40 Mountain climbers

L 20 Bicycle crunches

M 50 Toe taps

N 45 second butt kicks

O 20 second glute bridge

P 10 low plank to high plank

Q 20 Squat kicks

R Single leg rear lunge (15 on each side)

S 30 High plank shoulder taps

T 15 Tricep dips

U 20 Jumping Jacks

V 10 Full sit ups

W 10 press ups with shoulder taps

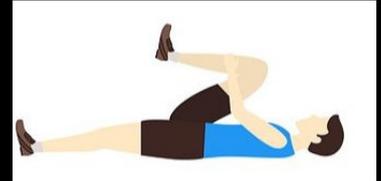
X 20 squats with knee raise

Y 1 minute jog on the spot

Z 15 Squats to high planks

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.

