



Week 6 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

The **CARDIO** section will now be performed for 45 seconds followed by 30 second rest. All other exercises will be performed for 20 seconds, and there will be three exercises to perform consecutively with no rest inbetween.

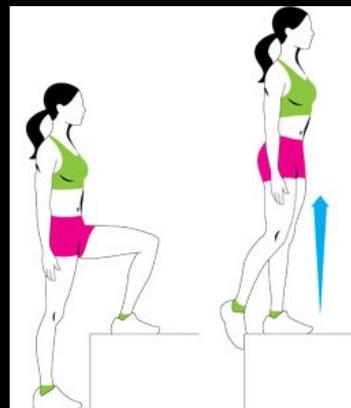
1. Toe Taps

Jogging on the spot but tap your toes in front of you. Keep core tight and use arms - this should be energetic.



2. Step ups- no rest after

Using your stairs, keep your core tight, step up onto the 1st or 2nd step with your right leg step back down and repeat WITH THE SAME LEG - we'll do the left leg later in the workout.



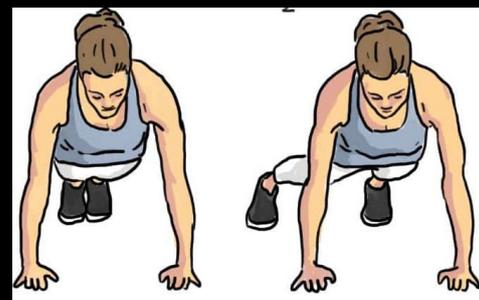
3. Resistance band squat to press - no rest after

Stand tall with core tight and resistance band under feet whilst holding the ends. Squat down keeping your knees tracking your toes as you stand back up, push your hands above your head and return to the start position.



4. Elbow plank with toe taps - no rest after

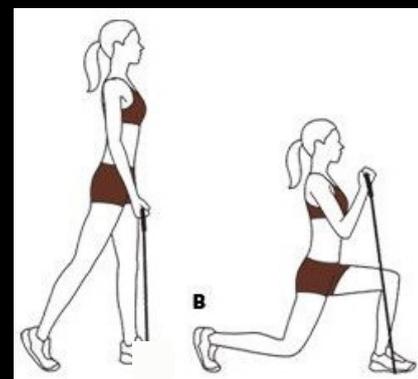
In a plank on your elbows with your core held tight and your back flat, raise one leg just off the floor and move out to the side and tap your toe on the floor. Return to the start and repeat on the other leg. Try not to move your hips or wobble.



5. Toe Taps

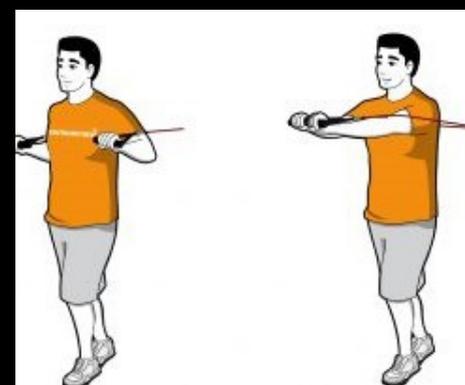
6. Lunges with resistance band bicep curl - no rest after

Stand with resistance band under one foot, core tight and feet about hip width apart. Take a big step forward and lower towards the floor with 90° bend in both knees. Push back to the start position, keeping elbows tucked into your side, pull your hands towards your shoulders and return to the start. Switch feet after 10 seconds.



7. Resistance band chest press - no rest after

Place resistance band around your back. Hold the ends and push forwards without locking your elbows out and then return to the start and repeat the movement.

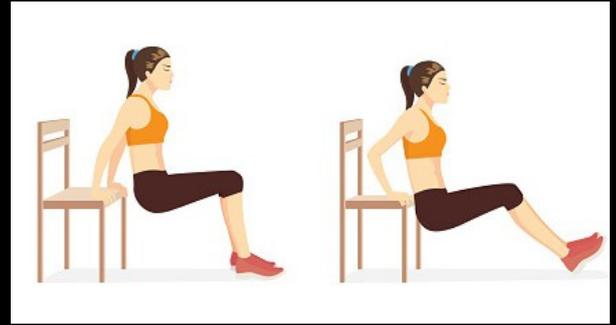


8. Step ups using left leg - no rest after

9. Toe Taps

10. Tricep dips - no rest after

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.



11. Calf raises - no rest after

Stand tall with feet under hips and core tight. Raise up onto your tip toes, pause briefly and lower to the start. Repeat this action.



12. Dorsal raise - no rest after

Lay face down on the floor and place hand over hand and rest forehead on hands and keep it there. Squeeze legs together and raise chest off of floor, pause briefly and return to the start.



13. Toe Taps

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.

