



Week 7 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.



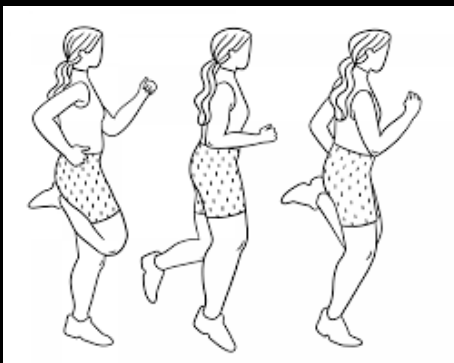
It is important to include some dynamic stretches into this section to ensure the muscles are completely warm and ready to exercise.

MAIN SECTION

The **CARDIO** section will now be performed for 1 minute followed by 30 second rest. All other exercises will be performed for 30 seconds, and there will be three exercises to perform consecutively with no rest inbetween.

1. Butt kicks

like jogging on the spot but kick your bottom with your heels. Keep core tight, this exercise should be energetic.



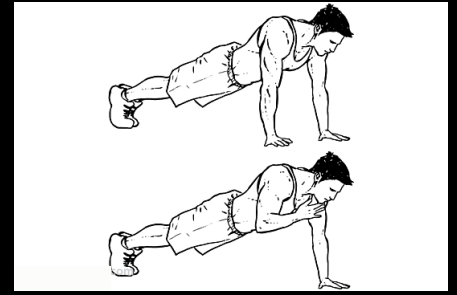
2. Squat with knee raise- no rest after

Stand with feet under hips and core tight. Squat down with knees at 90° stand back up and immediately lift right knee towards your chest. Place foot back down and repeat on the other side.



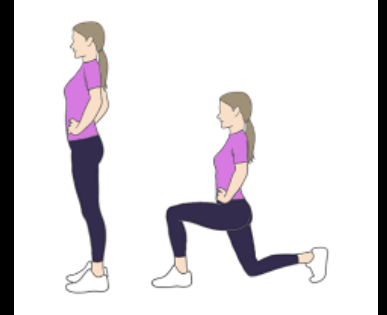
3. High plank with shoulder taps - no rest after

Position yourself in a high plank position with hands under shoulders and core held tight. In a controlled manner, touch your left shoulder with your right hand and then your right shoulder with your left hand. To make this exercise slightly easier on your core, have your feet further apart than a standard plank.



4. Alternating rear lunges - no rest after

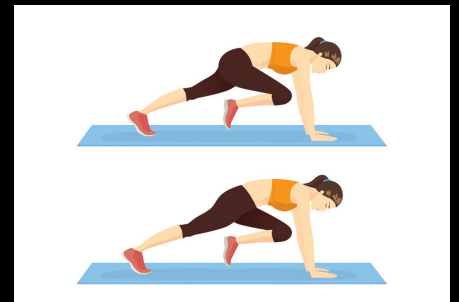
Stand tall with your core tight and hands on your hips. Imagine tram tracks on the floor - to keep your feet a good distance apart. Take one leg back, lunge down to 90° stand back up and repeat with the other leg.



5. Butt kicks

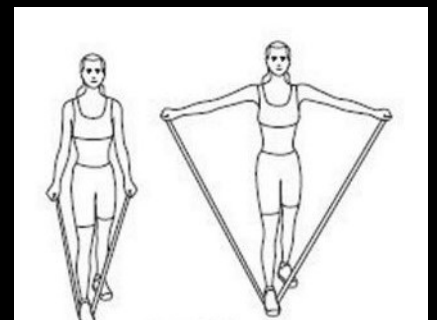
6. Plank with knee to elbow - no rest after

Starting on the floor with your hands under your shoulders and your core held tight and your feet behind. Carefully pull your right knee out to the side of your body and try to touch your right elbow. Return your foot back to the start and repeat on the other side.



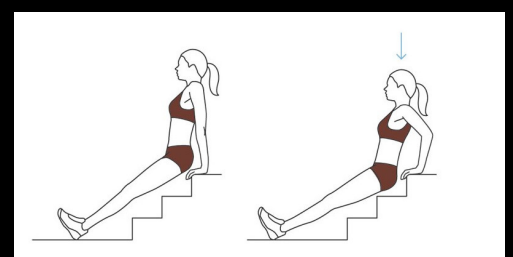
7. Resistance band lateral raise - no rest after

Stand tall with core tight and resistance pinned under your feet. Hold the ends and in a controlled manner with straight arms, raise your arms to the outside of your body to shoulder height, pause and return to the start - repeat.



8. Tricep stair walks - no rest after

Using your stairs start in a seated position with your hands comfortably behind you on a step. With your right hand push yourself up onto the next step, pause with both hands, return to the original step and repeat leading with the other hand.



9. Butt kicks

10. Mountain climbers - no rest after

Starting in a high plank with core held tight pull on leg in towards your chest and then quickly swap legs at the same time.



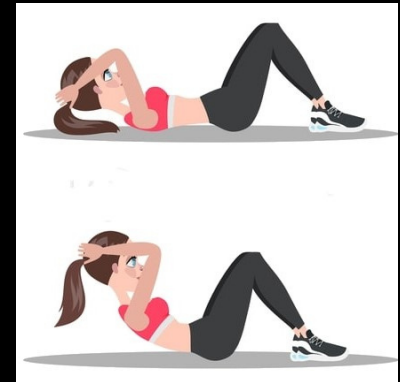
11. Dorsal raise - no rest after

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.



12. Crunches - no rest after

Lay on your back with knees up and feet flat on the floor. Support your head with your hands and raise your shoulders off the floor. Pause briefly, return to start position and repeat.



13. Butt kicks

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.

