Week 9 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

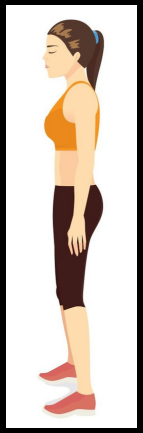
Each exercise will be performed for 1 minute and the aim is to go at a pace where you don't need to rest.

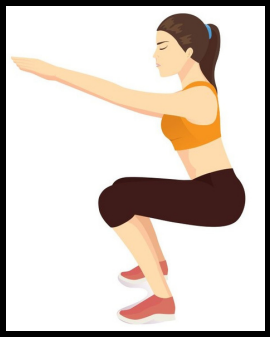
1. Toe Taps

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

2. Squats

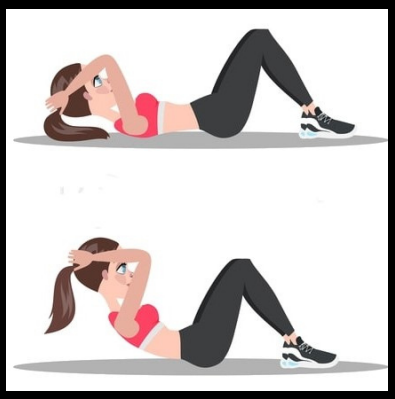
Stand with core tight and feet width hip apart. Squat down to the 90 degree knee bend, pause briefly and stand up again.





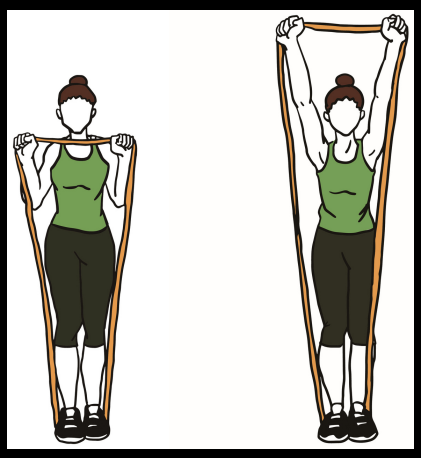
3. Crunches

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.



4. Resistance band shoulder press

Stand tall with core tight and resistance band under feet whilst holding the ends. Start holding the ends of the band and 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.

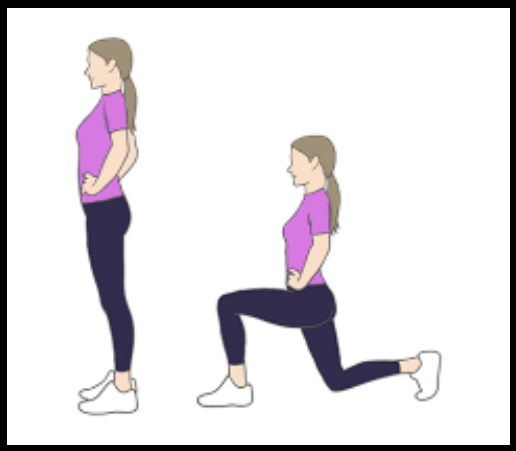


5. Butt kicks

Like jogging on the spot but kick your butt with your heels. Keep core tight- this should be energetic.

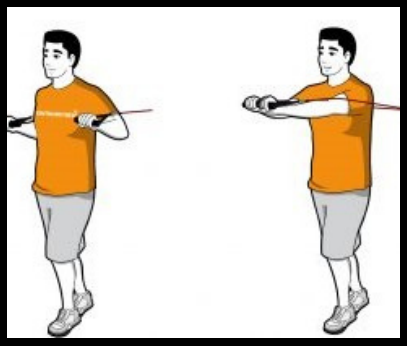
6. Lunges

Stand with 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, switch feet and repeat.



7. Resistance band chest press

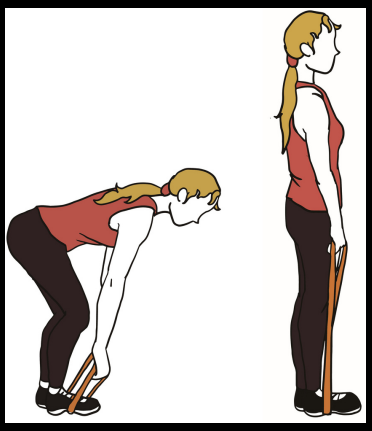
Place resistance band around your back. Hold the ends and push forwards without locking your elbows out and then return to the start and repeat the movement



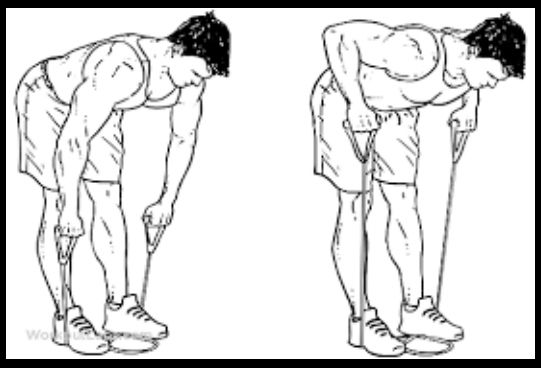
8. **Plank**
Hands on floor shoulder width apart. Core tight, back flat, and squeeze every muscle you can – shaking is perfectly fine during this exercise.

9. **Jogging on the spot**

10. **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 an return to a standing position.



12. **Dorsal Raise**
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.

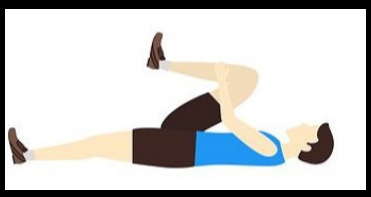
13. **High knees**

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.

HORSHAM DISTRICT'S 90 day MEN'S HEALTH Challenge