



Do 3 rounds, each day, of the following circuit of exercises* (*do each exercise one after the other, then repeat)



Sumo Squat with Forward Raise

1. From standing, feet wider than hip distance, heels slightly in, toes out
2. Send the hips back and down to come to parallel with knees (watch to keep knees behind toes), simultaneously raising arms forward
3. Return to start position

Reps: 12
To: Tone and strengthen the legs & arms



Push Up

1. Lying on your front, palms on floor by chest, toes curled under, draw tight into your abs
2. Push yourself away from the floor, to come to full extension at the elbow
3. Lower chest back toward the ground & repeat push away from floor

Reps: 10
To: Strengthen the upper body
Note: If this too difficult try Push Up on Knees



Push Up on Knees

1. On hands and knees, with straight line through knees, hips and shoulders, wrists below the shoulders
2. Lower chest towards the ground, sending elbows toward heels, until chest is a few inches from the floor
3. Push back to start position

Reps: 10
To: Strengthen the upper body

WARNING

If you have any health concerns, please consult your doctor before you begin this, or any, fitness program

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Lunges

1. From standing position, legs hip distance
2. Stride one foot forward, drop back knee to a few inches above the ground & front knee to 90 degrees (watch that front knee does not go beyond toes and that heel stays on floor, keep your back upright)
3. From the heel of the front leg, push back to the start position, in one strong move
- 4.. Repeat on other leg

Reps: 10 on each leg
To: Tone & strengthen the legs



Tricep Dips 002

1. From seated, hands at either side. Rise onto hands & walk feet forward so that hips are just beyond the seat, resting weight on heels and legs extended
2. Lower hips toward ground bringing elbows to 90 degrees
3. Push back up straightening out the arms

Reps: 8
To: Tone rear of upper arm (the tricep)



Burpees 004

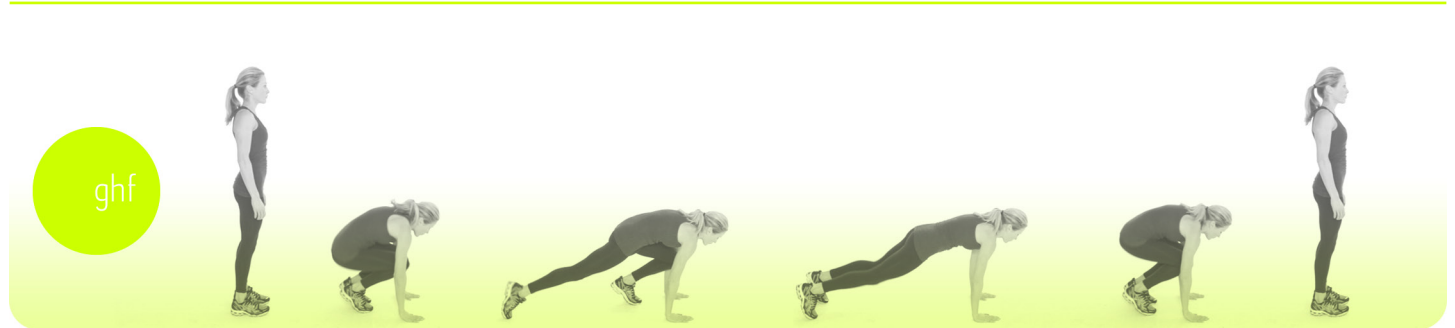
1. From a standing position brings hands to floor by the feet
2. Jump feet back to come back to the push up position
3. Jump feet back to the hands
4. Return to standing

Time: As many as possible in 30 seconds
To: Develop all over strength & agility
Note: If this too difficult try Burpees Level 3

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Burpees
003

1. From a standing position brings hands to floor by the feet
2. Step one foot back, and then the other to come back to the push up position
3. Jump feet back to the hands
4. Return to standing

Reps: As many as possible in 30 seconds
To: Develop all over strength & agility



Hip Raises
002

1. Lying on back, knees at 45 degrees.
3. Lift the hips to come to resting on upper back and feet
4. Lower hips towards the ground without resting and repeat

Reps: 15
To: Strengthen and tone upper rear leg & butt



Plank

1. Lying on your front, elbows below shoulders, forearm in line with the body
2. Curl toes under, and lift the hips from the floor so that you create a straight line through ankles, hips and shoulders
3. Hold, then lower with control to the floor

Time: Perform to max of 1 minute taking rest as necessary
To: Develop overall & core strength

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