

ANY OUTDOOR SPACE

Beginner Training Program

WARM UP

Walk 6 minutes

Warming up your muscles gradually helps prevent injury

CIRCUIT EXERCISES

1 Elbows to knees x 10

Stretch your arms and legs to make a star shape with your body. Bring the opposite elbow toward the opposite knee, reach to where you can for your body.



2 Plank elbows and knees - hold 1-2 minutes

Find clear ground. Come down onto your elbows and knees, keep your head, hips and knees in a straight line, hold for 1-2 minutes.



3 Squat x 10

Step your feet hip width apart, keep looking forward with your chest up. Bend your bottom back as if you were going to sit down, stand tall again.



4 Mountain climbers (knee) x 10

Find clear ground. Come down onto your hands and knees. Keep your head, hips and knees in a straight line. Lift one knee toward the same side elbow then lift the other side.



Beginner program ❤️❤️❤️

This program is most suitable for people who want to be more active but do not do a lot of exercise.

5 Leg side taps x 10

Stand tall. Tap one foot to the side, keep looking forward with your chest up and keep a little bend in the knee of the standing leg x 10 each side.



6 Push ups x 10 against post, bench or table

Stand tall. Bring your arms out at shoulder height and place them on a pole, wall or table. Bring your chest toward the pole or wall and then push away.



Complete two rounds of the circuit. As you progress complete three rounds.

COOL DOWN

• Walk around the oval or an open space

Take some deep breaths and return the oxygen to your blood and muscles

• Stretch:

Perform stretches to where you feel a release in your muscle (not pain) 20 second hold for each stretch

Quad stretch

Option 1

- Take half a step back tilt your hips to the sky (if you can't reach your foot)

Option 2

- Stand upright and bend one leg back, grabbing top of the foot
- Bring foot close to your bottom but keep knee in line with other knee
- Hold wall or object for balance if needed

Calf Stretch

- Stand tall and take a big step back keeping your feet hip width apart bend your front knee, pushing the heel of the back foot into the ground
- Then swap legs take a big step back with the other foot

Hamstring stretch

- Sit or Stand upright, bend one knee and extend the other leg straight in front of you, heel to ground
- Lower your chest down until you feel the stretch in back of thigh

Chest and shoulder stretch

Option 1

- Reach both hands to the side and back

Option 2

- Clasp your hands together behind your back and extend them behind you

Triceps stretch

- Lift your hand to the sky
- Extend one arm above you, then bend your elbow so your hand drops behind your head
- Gently push your elbow down with other hand

Upper back stretch

- Sit on a surface so your legs are at 90 degrees, or stand
- Place one hand on top of the other with arms straight in front of you
- Press your arms away from your body

Side stretch

- Raise your arms straight above you and clasp your hands together
- Push your hands up and then over to the right side of you, then to the left side of you

Some tips!

- Talk to your GP if you haven't exercised in the past six months, or have any health conditions or injuries
- Try each exercise slowly and carefully when you try the exercises for the first time. Do not continue to do any exercise that does not feel right to you
- Stop immediately if you feel any dizziness, nausea or pain. If you do not feel better within minutes, consult a medical professional
- It is best to avoid exercising in extreme weather conditions and UV levels
- Remember to bring water bottle when you're exercising