

ANY OUTDOOR SPACE

# Intermediate Training Program

## WARM UP

### Walk 6 minutes

*Warming up your muscles gradually helps prevent injury*

## CIRCUIT EXERCISES

### 1 Leg lunge backs x 10 each side

Stand tall. Take a big step back with one foot landing only on your toes. Dip down and bring your feet back together x 10 each side.



### 2 Plank on hands and feet - hold 1-2 minutes

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



### 3 Squat side steps x 10 each way

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. Step again ready to squat. Do 10 to the left, then 10 to the right.



### 4 Mountain climbers x 10

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



## Intermediate program ❤️❤️❤️

*This program is most suitable for someone who does some exercise already but would like to become more active or try something new.*



## 5 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. Keep a good pace.



## 6 Push ups x 10

Find some clear ground. Place your hands shoulder width apart on the ground. Keep your head shoulders hips and heels in a straight line. Bring your chest toward the ground half way 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, as you might need an individualised program
- 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 a couple of 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