

Advanced Training Program

WARM UP

Ride exercise bike on Level 6 for 5 minutes

Warming up your muscles gradually helps prevent injury

CIRCUIT EXERCISES

1 Step squat jump x 10

Stand tall. Jump both feet onto step keeping your knees bent. Step back down to the ground x 10 (choose your height from the three steps available).



2 Hand bike pedals - 5 minutes

Sit tall and turn hand pedals at a good pace, forwards or backwards.



3 Upright row x 10

Stand close to pole. Lift weight towards your chin bending your elbows out to the side. Lower weight till your arms are long then lift again. Keep your body still and use just your arms x 10 (choose from the three kettle bell weights available).



4 Dot jumping lunges x 20

Stand on a dot. Jump one foot forward and one back with a big bend at both knees. Leave your back foot heel off the ground. Jump again and switch your feet one forward and one back x 20.



Advanced program ❤️❤️❤️

This program is most suitable for someone who is already active and has good fitness.

5 Side swing - 5 minutes

Keeping the top half of your body still, use your side core muscles to swing your legs left and right.



6 Balance moving disc - 1-2 minutes each side

Stand tall on the moving disc. Lift one knee so you are standing on one foot. Aim for 1-2 minutes. As you progress hold arms up and then close one eye. Change to the other foot. *You're aiming to wobble to test your balance, but not too much - you must feel safe.*



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

COOL DOWN

• Jog - 5 minutes

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, and a small towel and alcohol-based spray so you can clean the equipment after use.