

**WEEK 1 Easy**

<b>MON</b>	30 minutes of CV (Cardio Vascular) exercise. Try this: 4 minute power walk with 1 minute slow jog. Repeat this 6 times.
<b>TUE</b>	Upper Body Workout. We are starting to use weights now, but if you don't have any use some soup or baked-bean cans! Concentrate on good technique and keep your belly button pulled in whilst you do these.
<b>WED</b>	Fast walk (more than 40 minutes) morning and if you have time do the abdominal workout straight after. If not do the ab exercises in the evening.
<b>THU</b>	Rest day.
<b>FRI</b>	Walk for 10 minutes, then first 4 exercises of the lower body session jog for a further 10 minutes then last 4 exercises on lower body session.
<b>SAT</b>	30 minutes of CV (Cardio Vascular) exercise. Try this: 3 minute power walk with 2 minute slow jog. Repeat this 6 times.
<b>SUN</b>	Long walk but try to make it a minimum of 45 minutes.

**WEEK 2 Hard**

<b>MON</b>	40 minutes of CV (Cardio Vascular) exercise. Try this: 1 minute power walk with 4 minute slow jog. Repeat this 7 times.
<b>TUE</b>	Upper Body Workout followed by abs.
<b>WED</b>	Fast walk (more than 50 minutes) morning and the abdominal workout straight after.
<b>THU</b>	Lower body workout followed by steady paced walk for 25 minutes then the abdominal session.
<b>FRI</b>	Rest day. Get your self a massage!
<b>SAT</b>	30 minutes of CV (Cardio Vascular) exercise. Try this: 1 minute power walk with 2 minute slow jog. Repeat this 10 times.
<b>SUN</b>	Long walk but try to make it a minimum of 60 minutes.

WEEK 3 Hard	
<b>MON</b>	Rest Day
<b>TUE</b>	Lower Body Workout followed by abs.
<b>WED</b>	Fast walk (more than 60 minutes) and the abdominal workout straight after.
<b>THU</b>	Upper body workout followed by steady paced walk for 35 minutes then the abdominal session.
<b>FRI</b>	Fast walk (more than 40 minutes) and the abdominal workout straight after.
<b>SAT</b>	50 minutes of CV (Cardio Vascular) exercise. Try this: 1 minute power walk with 4 minute slow jog. Repeat this 10 times.
<b>SUN</b>	Long walk but try to make it a minimum of 80 minutes.

WEEK 4 Easy	
<b>MON</b>	Rest day or light swim.
<b>TUE</b>	Upper Body Workout. Try and use a slightly heavier weight or a bigger can! Concentrate on good technique and keep your belly button pulled in whilst you do these.
<b>WED</b>	Fast walk (more than 30 minutes) morning and if you have time do the abdominal workout straight after.
<b>THU</b>	Lower body workout followed by steady paced walk for 25 minutes then the abdominal session.
<b>FRI</b>	Rest day or light swim.
<b>SAT</b>	30 minutes of CV (Cardio Vascular) exercise. Try this: 1 minute power walk with 1 minute slow jog. Repeat this 15 times.
<b>SUN</b>	Long steady walk but this time try and walk the furthest (or longest time) you have done over the last 4 week. followed by a deserved stretch.

UPPER BODY WORKOUT SESSION

**WALL PRESS UP HANDS CLOSE 3 X 10 (do 10, rest 20 seconds and repeat 3 times)** Lean against a solid object, with your arms straight at the start of the exercise, slowly bending your arms to take your chest towards the surface



**PUNCHING CV 3 x 30 SECONDS** Try this with 1kg hand weights.



**Bicep Curls 3 x 10** Stand with feet shoulder width apart and knees soft. Use light weights to start. Keep your elbows glued to your sides and don't allow them to swing forward. Lift the weights towards your shoulders and lower them to your sides. It should take 1 second to lift them and 2 seconds to lower them.



**SPEEDBALL 3 x 30 SECONDS CV** Aim to work the arms at speed, simply rotating one arm around the other, keeping your arms bent at around 90-degrees.



**TRICEP DIPS 3 X 10** Place your hands on the edge of a bed or a sturdy chair, with your legs bent, both hands just behind your buttocks, palms facing forward. Starting with your arms, slightly bent, lower your body downwards, controlling the lowering and lifting movements with the use of your tricep muscles. Focus on taking the elbows back, rather than letting your arms go out to the side



**PRESS UP 3 X 8** Place your hands underneath your shoulders with fingers facing forward. Your knees and feet should be resting on the floor, ideally on an exercise mat. You should aim to make a box shape with your arms, trunk, thighs and the floor. Bend at your elbows, lowering your chest down



**SWIMMING Breaststroke CV 3 x 30 SECONDS** Focus on keeping your arms parallel to the floor throughout the movement. When performing front crawl (freestyle) or butterfly, aim to lean slightly forward, controlling the speed



**SUPPORTED DORSAL 3 X 10** Lay on the floor, with your hands either side of your shoulders, keeping your fingers facing forward with palms flat on the floor. Slowly lift your body up, using the muscles of both your arms and lower back



**ABDOMINAL WORKOUT**

**HIP ROLL**

Lie on your back, with both arms extended out to your sides. Keep your palms facing upwards, to avoid using your upper body throughout the movement. Begin the movement with your feet and calves on an exercise ball, slowly lowering your knees down to one side then the other, whilst keeping your buttocks - arms and back in contact with the floor



3 Sets of 10 slow rolls each side - with 20 seconds rest.

As per Crunch exercise but this time slightly turn on the way up, so your right shoulder heads towards the left hip, lower slowly and repeat with left shoulder towards your right hip.



**Oblique Crunch. 3 x 10.**

**Crunch.** Place your feet firmly on the floor, in a position that keeps your lower back in contact with the ball throughout the movement. Focus on keeping your fingers on the side of your head, in front of your ears, keeping your elbows pointing out to the side. Slowly squeeze your abs and curl your back only about 6 inches from the flat position.



3 Sets of 10 lifts with 20 seconds rest.

**Reverse Crunch.** Lie on a mat in the Crunch position. Grip a small exercise ball with your knees. This time, instead of your upper body curling up towards your knees, you'll be curling your knees towards your chest, making sure that your lower back stays in contact with the mat at all times.



2 Sets of 10 lifts with 20 seconds rest between sets.

**BRIDGING** flat on the floor with both hands resting by your sides, with your feet and ankles on an exercise ball. Slowly contract your abdominal, lower back and gluteus muscles, to lift your midsection to make a straight line through your knees - hips - shoulder whilst pulling the ball in towards your bottom.



3 Set of 10 slow lifts. Hold for 3 - 5 seconds in upward phase.

**SUPERMANS.** on one knee, and your opposite hand, keeping the knee below your hip, and hand below your shoulder. Extend your other arm straight out to your front, whilst extending the opposite leg to your rear. Bring both arm and leg back inwards, and repeat other side



Alternate sides for 45 - 60 seconds.

## LOWER BODY WORKOUT

**SPOTTY DOGS CV.** 3 X 15. Begin with your legs, stride forward with one leg, whilst taking the other leg back. You only need to stride a short distance, remembering not to allow your knee to go too far forward. Once you can do this, bring in the arms, either taking both arms forward and back together, or alternate them with the opposite leg.



**FRONT LUNGE.** 3 x 15 Stand tall with your feet shoulder width apart, with your hands by your sides. Stride forward with one leg, so that your thigh is parallel to the floor, with your knee over your toes, keeping your back straight and head up throughout the movement. Your rear heel should naturally rise off the floor, with that knee resting close to the floor when you extend forward. Keeping your abdominal muscle contracted, push down on your front foot in order to push yourself back to your starting position.



**STRIDE JUMPS CV.** 2 x 15 seconds. Start with your feet shoulder width apart, with your hands either by your sides, or bent slightly. Jump up a few inches, with the aim to take your feet out to the side



**KNEE RAISES** 2 x 15 This exercise can be performed either seated or standing. Standing or sitting upright with your back straight, smoothly raise one leg up so that your thigh is parallel to the floor, holding for 5 – 8 seconds prior to returning back to the ground and repeating, ideally on the same side (harder) or alternating your legs. For those that are standing, you may decide to increase the exercise by lifting one leg so that the thigh is parallel whilst simultaneously bending the other leg, keeping your back straight throughout, with your arms out by your sides for balance.



**WALL SQUAT THRUSTS** CV 1 x 15. Lean into a solid wall, whilst lifting your knees up towards your chest,



**Swiss ball SQUAT** 3 x 15 Slightly harder version now. Lean up against an exercise ball (ball should be at the base of your spine), with the ball up against a wall. Your feet should be shoulder width apart and toes point straight ahead. Pull your belly button in. Gently roll down the wall keeping your feet flat and making sure your heels do NOT come off the floor. When your hips reach knee level push through the heels and return to the start position. 2 seconds to lower and 1 second to push back up.



**HAMSTRING CURLS** 2 x 15. This is the same exercise as the bridging exercise but this time you pull the ball in then extend the legs to push it back out again. Lower your bottom as you push back out.



**CALF RAISE.** 2 x 15. With your chosen position, place the balls of both feet on the edge of a low raised step box, holding onto a secure object to keep your balance. Smoothly raised your heels upwards, placing all the weight onto the balls of your foot, hold in this position for 2 - 5 seconds prior to returning back down

