



Home Bodyweight Workout

Directions: After a 5-10min warm up in the turbo complete all of the below exercises for prescribed duration and rest. You will need a Swiss Ball and Kettle Bell (optional)

Each exercise is for 35sec followed by 25sec of rest in between. Once you have completed all the moves take a longer rest, repeat for desired number of rounds (start with 2, work up to 3). Finish with a 5min easy spin on the turbo trainer.

1. Squat Pulse:



- Feet a bit wider than shoulder width a part with weight on your heels
- Lower down
- Ensure knees do not extend past your toes.
- Slight pause at the bottom of the squat and come back up half way.
- Keep your core tight and glutes squeezed
- Using a small movement pulse up and down in that position.

2. Mountain Climbers (with or without swiss-ball):

- Get into a plank position.
- Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
- Pull your right knee to your left elbow.
- Switch legs, pulling one knee out and bringing the other knee in.
- Keep your hips down and run your knees in and out, alternate inhaling and exhaling with each leg change.
- Progress to using a swiss-ball to hold your hands on whilst performing the exercise.



3. Flutter Kicks:



- Lie flat on your back.
- Your legs should be fully extended with a slight bend at the knees.
- Keeping your back on the ground move your legs up and down in a small scissor-like manner.
- Keep your abdominals tight, pulling your back into the floor.
- To start with raise your legs higher off the ground until you build strength.

4. Single-Leg Deadlift Left Leg (Kettle Bell Optional):



- Stand with both feet under hips. Shift your weight to the standing leg, which should be nice and straight with a soft bend in the knee.
- Begin to drive your opposite foot back like you're stamping the bottom of your foot on the wall behind you, keeping your leg straight.
- Simultaneously, slowly start hinging at the hip, tipping your torso forward until it's almost parallel to the floor while keeping it straight.
- Hold (or pick up kettle bell if using) and lift your torso up until you're standing again. That's one rep. Repeat all reps on one side.

5. Walkouts:



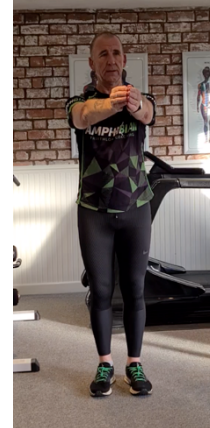
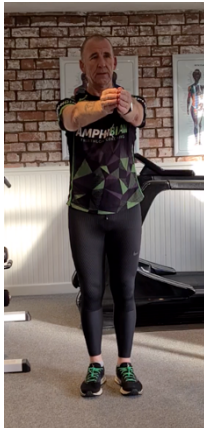
- Stand tall with feet shoulder width apart.
- Bend at the hips & lower your hands to the floor in front of your feet.
- Slowly walk your hands out in front of you until your hands are below your shoulders in plank position.
- Slowly walk your hands back and stand up.
- Repeat.

6. Single-Leg Deadlift Right Leg (Kettle Bell Optional):

(As Above –opposite leg)

- Stand with both feet under hips. Shift your weight to the standing leg, which should be nice and straight with a soft bend in the knee.
- Begin to drive your opposite foot back like you're stamping the bottom of your foot on the wall behind you, keeping your leg straight.
- Simultaneously, slowly start hinging at the hip, tipping your torso forward until it's almost parallel to the floor while keeping it straight.
- Hold (or pick up kettle bell if using) and lift your torso up until you're standing again. That's one rep. Repeat all reps on one side.

7. Seal Jacks:



- Stand tall with your arms out in front of you, palms facing each other.
- Jump both legs out to the side and at the same time move your arms out too.
- Jump back to the start with your hands clapping in the middle as you return to the start.
- Repeat.

8. Sit Up:



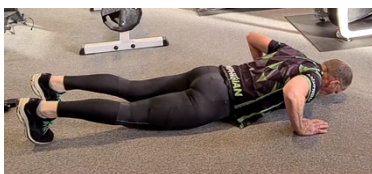
- Lie on the floor with knees bent and feet flat on the floor.
- Hold your arms out in front of you hands clasped.
- Engage your core (ensuring your back is pressed into the ground).
- Slowly move your upper body forwards with your hands reaching towards your knees.
- A small controlled movement.
- Lower & repeat.

9. Alternating Side Lunge:

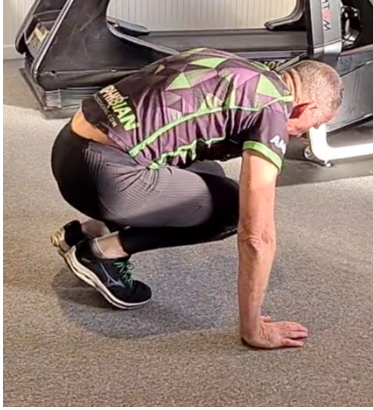


- Stand tall with your feet hip-width apart.
- Step out to the side with your left leg, bend your left knee and push your hips back.
- Return to the starting position and repeat the movement with the right leg.
- Keep alternating legs until the set is complete.

10. Burpee Press Up:



- Start in a plank position.
- Lower yourself down to the floor.
- Lift both hands off the floor & hold for a second.
- Replace them and push yourself back up to plank position. (Focus on keeping your core strong & do not allow your back to sag as you push up)
- Jump your feet back in to your hands and stand up.
- Repeat.
- Progressions – jump up at the end and jump your feet back to return to plank position.



Don't forget to stretch out well at the end!