

**WARM-UP - WARM-UP - WALKING**

Image 1 - Start



Image 2 - End



Walking

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0

**CHEST - EXERCISE BAND ANCHORED INCLINE FLIES**

Image 1 - Start



Image 2 - End



Starting Position: Secure the band at floor level and kneel with your back to it. Grip the handles with your arms extended out, palms turned forward. Movement: Exhale as you pull the handles up and together at chest level. Your arms should have just a slight bend in them. Inhale as slowly return the handles back down to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0
Set 3	15		0
Set 4	15		0

**CHEST - BALL DB PRESS I**

Image 1 - Start



Image 2 - End



Starting Position: - Position your upper back on an exercise ball; hold a dumbbell in each hand and held above the chest with both feet flat on the floor. Keep a 90degree bend in your knees. Movement: - Exhale as you press the dumbbells upward to a straight-arm position. Inhale as you slowly lower the dumbbells to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0
Set 2	15		0
Set 3	15		0
Set 4	15		0

**BACK - EXERCISE BAND SINGLE SEATED ROW**

Image 1 - Start



Image 2 - End



Starting Position: Sit on an exercise matt with your right leg stretched out in front of you and your left knee bent. Wrap the band around the soles of your right shoe and grip the handles in your right hand with your arm fully extended out in front of you, thumb turned up. Movement: Exhale as you pull the handles towards you, keeping your elbow close to your side. Inhale as you slowly return the handles back to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0

Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 4	<input type="text" value="15"/>	at	<input type="text" value="0"/>

**BACK - EXERCISE BAND KNEELING LAT PULL DOWN**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Secure the band above shoulder level and kneel with your back to it. Grip the handles with your arms fully extended overhead, palms turned forward. Movement: Exhale as you pull the handles down and apart until the handles are at shoulder level. Inhale as you return the handles back up to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 4	<input type="text" value="15"/>	at	<input type="text" value="0"/>

**SHOULDERS - DUMBBELL SHOULDER PRESS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Start with a dumbbells at shoulder level. Movement: - Exhale as you press the weight overhead to a straight-arm position, coming close to touching the dumbbells at the top. Inhale as you slowly lower the dumbbells to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 4	<input type="text" value="15"/>	at	<input type="text" value="0"/>

**SHOULDERS - BALL LATERAL DB RAISES I**

**Image 1 - Start**



**Image 2 - End**



Starting Position: - Sit on an exercise ball with your feet flat on the floor and grip a dumbbell in each hand. Allow your arms to hang down at your sides, palms facing the ball. Movement: - Exhale while lifting the weights away from your body and upward. Keep your arms fairly straight and raise the weights to shoulder level. Inhale as you slowly lower the dumbbells to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>		<u>Weight / Level</u>
Set 1	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 2	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 3	<input type="text" value="15"/>	at	<input type="text" value="0"/>
Set 4	<input type="text" value="15"/>	at	<input type="text" value="0"/>

**SHOULDERS - ELBOWS BACK STRETCH**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Lift your chest up and raise your arms to shoulder level with your elbows pointed back. Movement: Exhale as you pull your shoulder blades together. Hold this position for thirty seconds.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="30"/>		<input type="text" value="0"/>

**CHEST - WALL CHEST STRETCH**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand facing a wall and place your right palm on the wall at shoulder level with your arm and right peck touching the wall. Movement: Pull your left shoulder away from the wall. Hold this position for thirty seconds. Repeat as required on other side.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="30"/>		<input type="text" value="0"/>

**CARDIOVASCULAR - CARDIO - JOGGING**

**Image 1 - Start**



**Image 2 - End**



Jogging

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="40"/>		<input type="text" value="0"/>