

## How to make a Home Exercise Circuit

### Workout description

This workout can be performed standing or from a seated position and can be body weight only or you can add some weights such as dumbbells, bottled water or tins.

You will need a stopwatch or timer and you will work for 40 seconds for each exercise with a 20 second rest between each one. Complete each set between 2 and 4 times (10 mins – 20 mins).

Should you feel any pain or discomfort at any time you must stop.

### Mountain Climbers



5-10 reps

### Exercise (1) The WALKOUT

#### Description:

From standing, soften your knees into a slight bend and take your hands down towards the floor. Walk your hands away from your body until you are in a high Plank position. Hold for 2 seconds then walk hands back towards your feet and return to standing position

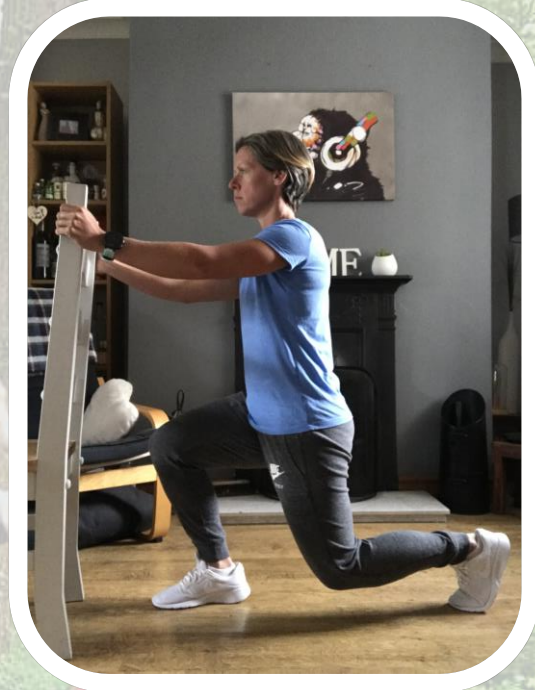
#### Key Points:

- \*Aim to keep your tummy engaged, bend your knees more to make it easier, or keep them straighter to make it more challenging.
- \*Drive back up through your hips and pushing your feet into the ground

REVERSE LUNGE



ASSISTED LUNGE



10-12 reps

**Exercise (2) REVERSE LUNGES**

**Description:**

From standing, take a step back and gently lower yourself down towards the floor. Use a chair for support if necessary

**Key Points:**

- \*Toes should be facing forwards
- \*Keep your chest up as you slowly take a step back
- \*Bend both knees until front thigh is parallel to the floor
- \*Aim to keep your weight in your front foot as you lower your body
- \*To return, look to drive through your front foot and a lot through the heel

**CRUNCHES**



10-15 reps

**Exercise (3) CRUNCHES**

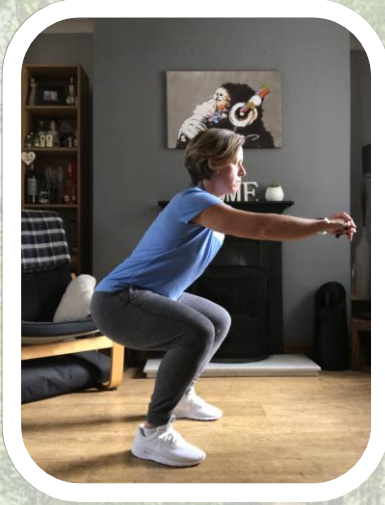
**Description:**

Start by lying on your back on a mat with knees bent and feet flat on the floor approximately hip width apart

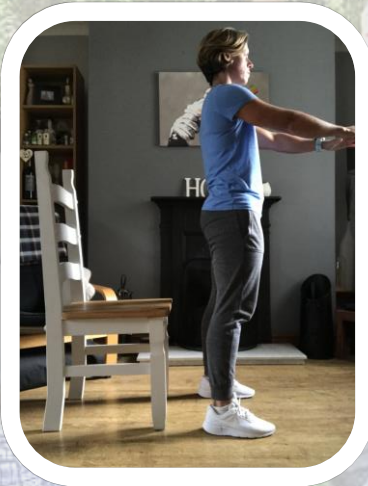
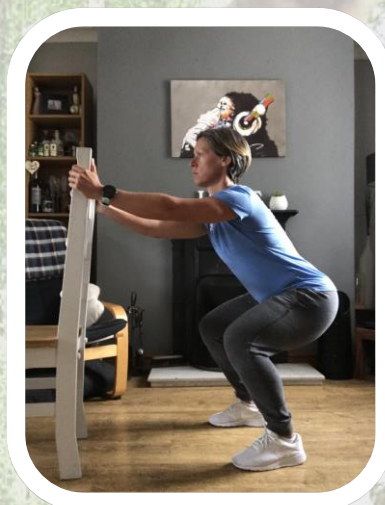
**Key Points:**

- \*Place hands on thighs
- \*Tilt your chin slightly with a few inches between chin and chest
- \*Breath in, and slowly reach fingertips towards your knees as you breath out
- \*Gently pull your abdominals in and your back into the floor
- \* Hold a few seconds at the top then slowly lower back down

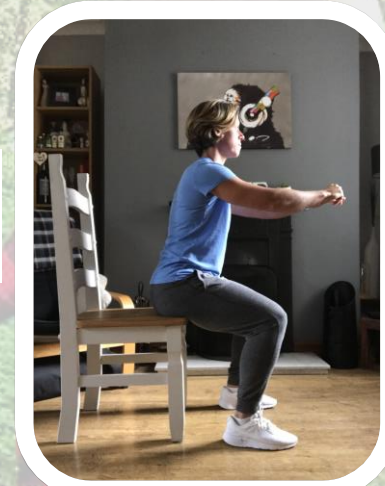
AIR SQUAT



ASSISTED SQUAT



SIT TO  
STAND



10-15 reps

**Exercise (4) AIR SQUATS**

Picture 1 is bodyweight only, lowering down into a seated position then driving back up to stand

Picture 2 is using a chair for balance

Picture 3 & 4 is Sit to Stand. Lower bum to the chair then stand up by pushing your heels in to the floor

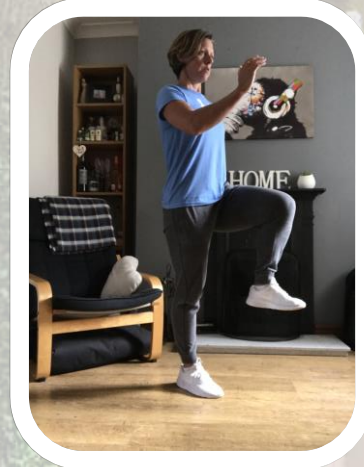
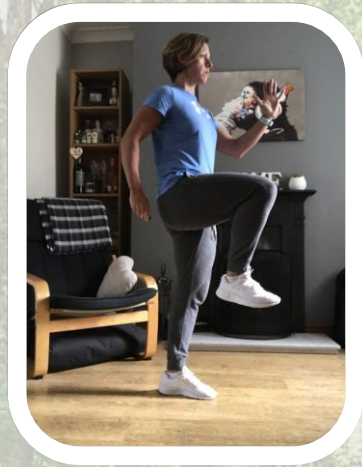
**Key Points:**

\*Keep your chest up

\*Push your bottom back and down towards the ground or the chair

\*Weight into heels and tighten bum muscles to stand back up

JOG or HIGH KNEE MARCH



15-30 sec

**Exercise (5) JOG or HIGH KNEE MARCH**

Description:

Jogging on the spot keeping light on your toes. Try and move your feet as quick as you can and use your arms in a nice big swing while keeping upright

Option 2:

High knee march on the spot with big arm swings. Keeping upright and high feet and knees

How to complete the circuit:

- \*Follow exercises in order from 1-5
- \*Complete the rep ranges suitable for you for each exercise
- \*Repeat the set between 3 and 5 times in total
- \*Rest 30 sec between each exercise and 1 minute between each set
- \*And last but not least ... Enjoy!!