

Together Group

At Home Exercise Plan

Example schedule A:

Exercise outdoors daily is currently recommended, these sessions could be facilitated alongside a walk/run/jog in a secluded area. Please check current government guidance.

<u>Day</u>	<u>Exercise</u>
<u>Monday</u>	<u>Cardio circuit 1</u> <u>Resistance:</u> <u>legs/chest/back</u>
<u>Tuesday</u>	<u>Cardio circuit 2</u>
<u>Wednesday</u>	<u>Cardio circuit 3</u> <u>Resistance</u> <u>Shoulders, biceps and</u> <u>triceps</u>
<u>Thursday</u>	<u>Cardio circuit 4</u>
<u>Friday</u>	<u>Cardio circuit 1</u> <u>Core</u>
<u>Saturday</u>	<u>Rest</u>
<u>Sunday</u>	<u>Rest</u>

Example Schedule B:

<u>Day</u>	<u>Exercise</u>
<u>Monday</u>	<u>Cardio circuit 2</u>
<u>Tuesday</u>	<u>Cardio circuit 3</u> <u>Resistance</u> <u>Shoulders, biceps and</u> <u>triceps</u>
<u>Wednesday</u>	<u>Cardio circuit 4</u>
<u>Thursday</u>	<u>Cardio circuit 1</u> <u>Resistance:</u> <u>legs/chest/back</u>
<u>Friday</u>	<u>Cardio circuit 5</u> <u>Core</u>
<u>Saturday</u>	<u>Rest</u>
<u>Sunday</u>	<u>Rest</u>

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Cardio circuits

Exercises should be done for 30 seconds then a rest period for 20 seconds to follow. Rest period should either consist of stepping, walking or moving around on the spot to maintain heart rate. Repeat each exercise 5-10 times, to achieve a minimum of 20-30 minutes of cardio exercise modify for your fitness level.

Circuit 1:

Star Jumps

Start upright with legs and hands together, bend your knees slightly and jump in the air, spread legs to be shoulder width apart, jump back to starting position.



Half Jacks: Full jumping jacks are not a good idea when pregnant, but a half jack with your arms coming in and out as you step each leg out in turn are a great warm up exercise

Modification: Half jack- lift one arm up in the air as the same leg taps out, repeat opposite side

High Knees

Standing up right, place hands out at hip level, run knees up and down, reach hip height



Modification: Elbow to Knee

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Jump Rope

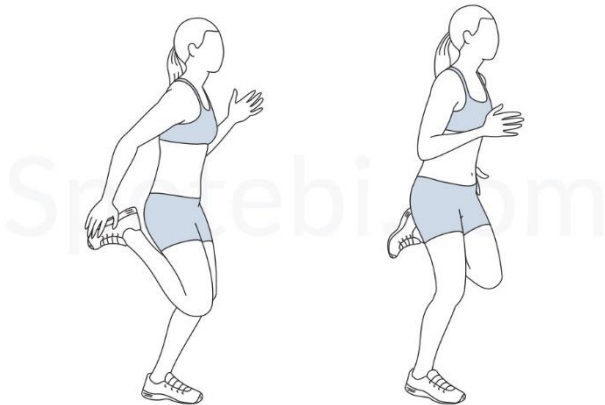
Jump side to side with feet together, at the same time move wrists as if moving a jump rope



Modification: skip on the spot

Butt Kick

Kick knees behind you to kick but repeatedly, bouncing from one leg to another

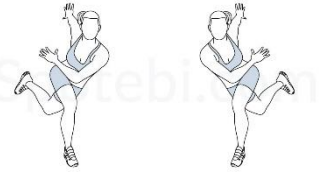


Modification: leg curl

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Cardio Circuit 2:

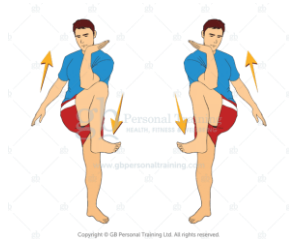
Skaters



Jump to the right, bring left foot behind and left arm in front of you. Repeat on left side

Modification: Elbow to knee

Elbow to knees



Bring elbow to knee fast, repeat on the other side

modification: knee up, holding on elbow to knee.

Squat jumps



Starting with legs hip width apart, bend with knees tracking above toes, extending bottom to the back of the room, lower to comfortable depth, return back to starting position briskly and jump. Land lightly on toes

Modification: standard squats up to toe raises

Split jumps



Bring one leg forward and the back leg behind in line with your front foot, lower knee to the floor, don't let front knee go past foot. Return up and jump switching legs. Modification: tap backs

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Cardio circuit 3:

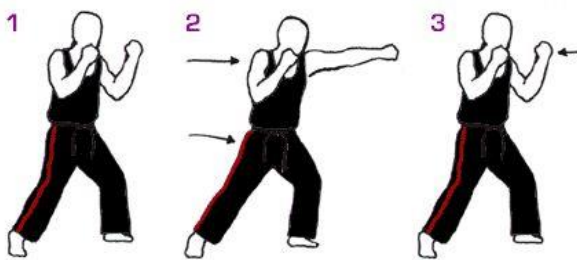
Upper cuts

Legs hip width apart, soft knees, rotate body as punching hand upwards



Jab jab punch

Legs hip width apart, twist the body and the foot, use one arm to jab quickly twice and then punch on the opposite side



Fast jabs

Legs hip width apart, knees soft, punch hands forward whilst keeping at shoulder height



Speed Bag

Bring legs into a hip width split stance, raise arms above head and rotate around as if punching a speed bag



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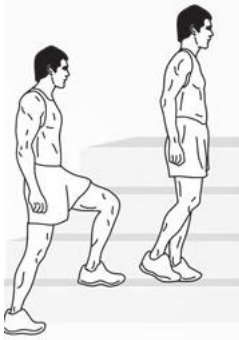
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Cardio circuit 4 (using stairs)

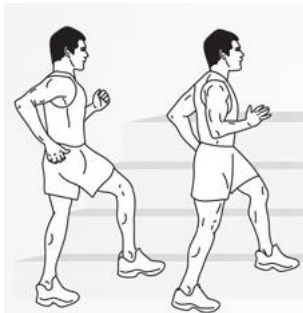
Step ups

Step up and down the bottom step, moving hands up and down at the same time



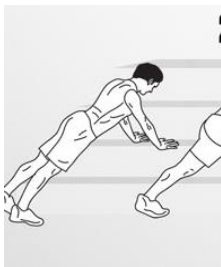
Step taps

foot tap the step, either quickly or slowly

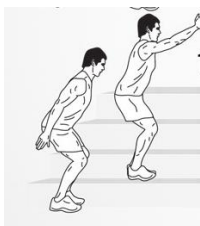


Stair climbers

place hands on the step as if doing a push up, run knees up to body



Stair jumps



jump or walk up and down one step sideways

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Resistance

Set (number of times you repeat all exercises) and reps (number of times you do each exercise) should be modified to your ability, you can add extra weight to some of the exercises by using things like bottles of water/tins etc. Suggested reps and sets are on each exercise but should be used with caution.

Legs/ Chest/ Back

Legs:

Body weight Squat (suggested 15 reps x 3 sets)

Legs hip width apart, knees track above your toes (not past), hinge at the hip pushing bottom backwards as knees bend, keep chest upright, lower as low as can before returning



Sumo Squat (suggested 15 reps x 3 sets)

Legs in a wide stance, turn feet outwards and follow above instructions.



Sumo Squat heel lift

Repeat above exercise but hold in bottom position, lift heel up one at a time

Hip abduction (2x 20 per leg)



Holding on to a chair for balance, abduct hip outwards pointing toes. Repeat on opposite leg.

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Chest/Back (superset)

Superset 1:

Wall Push up (2 sets x 8 reps)



Stand with legs hip width apart, a suitable distance away from the wall. Bring hands shoulder width apart and lower body towards the wall.

Back extension (3 sets x 10 reps)



Lying flat, with hips against the floor place hands at shoulder height, lift spine upwards, do not over extend.

Superset 2:

Tricep Push up (3 sets of 8 reps)



Start of with knees on the floor, hands directly under your shoulders, as your lowering down bring elbows backwards rather than outwards

Side extensions (2x25- either side)



Keeping legs hip width apart, bend from the waist whilst keeping hips forward and still

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Resistance session 2:

Shoulders

Shoulder press (3 sets of 20 reps)



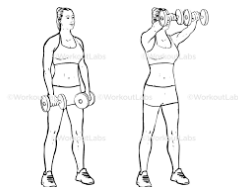
Using tins, water bottles or hand weights if you have them. Hold legs shoulder width apart, raise hands above head, keeping in line with the shoulders. Do not lock elbows

Plank taps (2 sets of 12 reps)



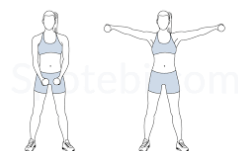
Getting into a plank position, hands directly under shoulders, feet down to the floor, engage the core by pulling belly button to spine and engaging pelvic floor, ensure back is alignment and not peaked upwards or dipping downwards. Gently raise hand from the floor and tap shoulder. Alternative move: shoulder tap against wall

Frontal raise (3 sets of 20 reps)



Standing with legs hip width apart, holding water bottles or tins, raise arms up to the front. Don't go past shoulder height and do not lock out elbow.

Lateral raise (3 sets of 20 reps)



Standing with legs hip width apart, holding water bottles or tins, raise arms up laterally not going past shoulder height, return with control

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Biceps/Triceps Superset.

Superset 1

Bicep curl (3 sets x 15 reps)



Standing with legs hip width apart, soft knees, holding on to something weighted, raise hands from hips right up to shoulder, ensure elbows are kept close to the body.

Tricep extension (3 sets x 15 reps)



Standing with legs hip width apart, soft knees, holding on to something weighted, raise hands above head, keeping elbows facing forwards, lower weight down behind back then extend back up.

Superset 2

Isometric bicep curl (30 secs hold x 3)



Standing with legs hip width apart, soft knees, holding on to something weighted, raise hands from hips right to be inline with elbow (half bicep curl) hold for 30 seconds.

Tricep dip (10 reps x 3 sets)



Using the sofa or a stable chair, place hands behind back, move body away from chair, keep legs out straight (advanced) or bend knees (beginner) lower body down as elbows bend. Ensure elbows don't fall sideways.

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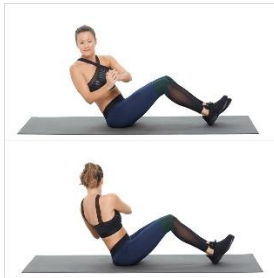
Core

Crunch 3x15



Lying flat against something soft and comfortable, bend knees and keep feet against the floor, place hands either beside your ears (not behind) across your chest or hands on knees, lift up shoulders and head of the floor, before returning back down

Russian twist 2x 20



Sitting upright either bring knees up or place legs out in front of you with feet on the floor, sit backwards until you feel your stomach muscles engage, rotate side to side slowly without jerking in movements.

Deadbug 2x16



Place back flat against the floor, lift legs up into a table top position, knees directly above the hip, bring one leg out as close to the group as possible but ensure spine does not lift from the group, return and repeat on opposite side

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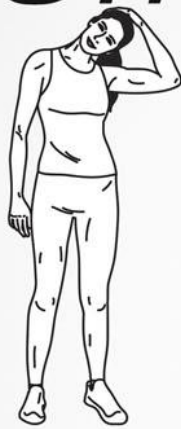
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full body *stretch*

by DAREBEE
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40 seconds
each exercise.



neck stretch



shoulder stretch



tricep stretch



pelvic stretch



quad stretch



forward bend

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