


Exercises Reference Sheet



Whole Body

| Exercise | Picture | Keys points | Make it easier | Make it harder |
|--------------|---------|---|------------------|---|
| Star Jumps | | <ul style="list-style-type: none"> • Feet together and hands by sides • Standing, with core braced and neutral • Jump to a star shape, land and then jump back to start position | One arm/leg only | Add ankle weights and dumbbells |
| Speed bounce | | <ul style="list-style-type: none"> • Stand feet together on mat, next to hurdle • Engage core • Jump over hurdle, and bounce back over hurdle • Repeat for duration | | Increase speed of bounce |
| Burpees | | <ul style="list-style-type: none"> • Crouch on the floor with hands more than shoulder width apart just in front of you • Engage your core and keep head in line with spine • Jump in air extending hands above head • Land with feet hip width apart, and crouch back to start position with hand on floor • Jump legs out behind • Jumps legs back to start position and repeat | | Increase reps Add ankle/wrist weights (not really sure you'd want too) |



Legs

| Exercise | Picture | Keys points | Make it easier | Make it harder |
|----------|---|--|-------------------------|---|
| Squats |  | <ul style="list-style-type: none"> • Feet shoulder width, no more than slightly turned out • Standing, with core braced and neutral • Arms can be by side or if needed in front for balance • Hinge at hip to push bottom back, and bend knees to lower (knees move out slightly) • Keep weight over whole foot, shins close to vertical (knees stay behind toes) • Push back up to standing | Use a chair for support | Add dumbbells for resistance Single leg squats |

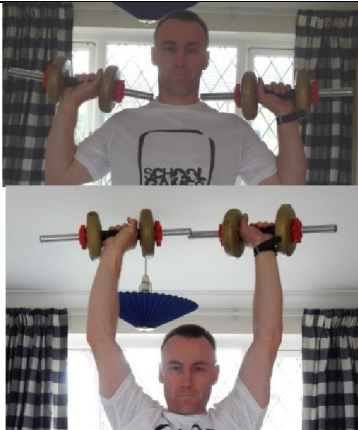

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| <p>Lunges</p> |  | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral, body stays upright throughout • Take a large step forward, keeping front shin vertical lower body until rear shin is parallel to floor • Keep hips, knees and ankles in line • Push back up to standing | <p>Single leg - step forward, lower and raise</p> | <p>Add a twist Add dumbbells for resistance Jump lunges Reverse (step backwards)</p> |
| <p>Mountain climbers</p> |  | <ul style="list-style-type: none"> • Start on hands and knees, hands shoulder width, knees hip width • Keep back neutral throughout • Support weight on hands and toes, lift knees up and step one leg back • Quickly switch leg position with a slight leap • Keep hips low and back flat throughout | | <p>Add ankle weights</p> |
| <p>Step ups</p> | | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral • Hinge at hip to step down | <p>March on sport (high knees)</p> | <p>Add dumbbells for resistance</p> |


Shoulders

| Exercise | Picture | Keys points | Make it easier | Make it harder |
|-----------------------------|---|---|--|------------------------------------|
| <p>Lateral raise</p> |  | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral • Arms by side • Keep arms straight and raise to side to shoulder level • Lower under control | <p>Use a resistance band under feet</p> | <p>Change weight, reps or sets</p> |
| <p>Front raise</p> |  | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral • Lift dumbbells to in front of thighs • Keep arms straight and raise to front to shoulder level • Lower under control | <p>Use a resistance band under feet Could be done sitting down</p> | <p>Change weight, reps or sets</p> |



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| <p>Shoulder press</p> |  | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral • Lift dumbbells to beside shoulder • press weights straight up over head • Lower under control | <p>Can be done sitting to</p> | <p>Change weight, reps or sets</p> |
| <p>Upright row</p> |  | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral • Lift dumbbells to in front of thighs • Keep dumbbells close to body and lift to chest height (elbows going out to sides) • Lower under control | <p>Use a resistance band under feet</p> | <p>Change weight, reps or sets</p> |


Arms

| Exercise | Picture | Keys points | Make it easier | Make it harder |
|---------------------------|---|---|----------------------------|--|
| <p>Tricep dips</p> |  | <ul style="list-style-type: none"> • Start with hands behind you on edge of a chair, bottom just off chair, feet in front with knees bent at 90 degrees • Bend arms and lower body • Push back to start position | <p>Reduce depth of dip</p> | <p>Increase depth of dip, move feet further away</p> |


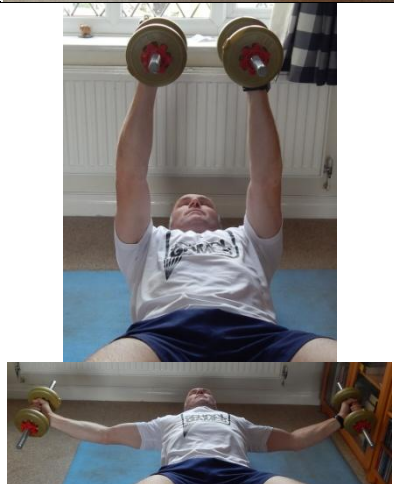

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| <p>Bicep curls</p> |  | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral • Lift dumbbells to in front of thighs • Keep wrist straight and curl dumbbells up to shoulder • Don't round shoulder / bend forward into weight • Lower under control | <p>Use a resistance band One arm at a time</p> | <p>Change weight, reps or sets</p> |
| <p>Tricep extension</p> |  | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral • Lift single dumbbell to overhead one arm) • Keep bicep next to ear, bend at elbow to lower weight behind head/shoulder - under control • Raise to start position <p><i>Complete sets on both arms</i></p> | <p>Perform this sitting down</p> | <p>Change weight, reps or sets</p> |

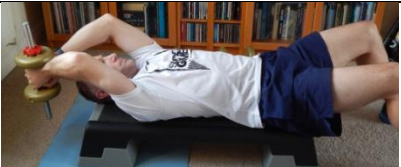
Chest

| Exercise | Picture | Keys points | Make it easier | Make it harder |
|---------------------------|--|---|--|--|
| <p>Chest press</p> |  | <ul style="list-style-type: none"> • Lie on your back, ideally on a bench or step • Engage core and keep your back neutral throughout • Bring dumbbells up to just outside your shoulder, with elbows bent • Straighten arms pressing dumbbells up above chest • Lower down under control <p><i>If you are on the floor you'll only be able to lower until your elbows touch the floor</i></p> | <p>Use a resistance band under your back</p> | <p>Change weight, reps or sets Press ups (greater resistance) Do on a swiss ball – the instability makes it harder</p> |


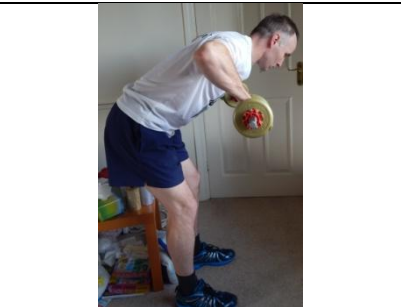
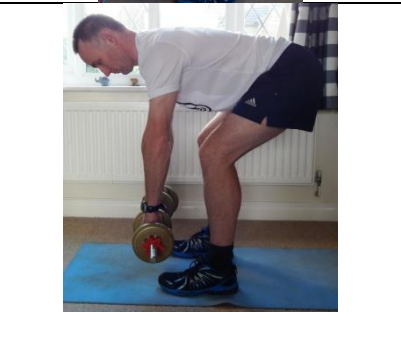
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| <p>Press Ups</p> |  | <ul style="list-style-type: none"> • Prone position with arms extended and feet in contact with floor. • Body aligned; head, shoulder, hip, knee and ankle. • Neutral spine and abdominals engaged. • Bend the elbows to lower chest towards floor. • Extend elbows to return to start position. • Elbows unlocked. • Repeat for desired repetitions. | <p>Inclined - hand on chair Chest press with dumbbells</p> | <p>Inclined - feet on step/chair Explosive (clap) press up</p> |
| <p>Flies</p> |  | <ul style="list-style-type: none"> • Lie on your back • Engage core and keep your back neutral throughout • Press dumbbells up to above your chest • Keeping arms straight, lower arms out to sides level with shoulders under control, stopping just above the floor • Keeping arms straight, return dumbbells back to over your chest <p><i>Can also be done on a bench or step</i></p> | <p>Use a resistance band under your back</p> | <p>Change weight, reps or sets Do on a swiss ball – the instability makes it harder</p> |
| <p>Bent arm pullovers</p> |  | <ul style="list-style-type: none"> • Lie on your back, ideally on a bench or step • Engage core and keep your back neutral throughout (don't let your lower back lift up as weight goes over your head) • Bring single dumbbell up above your chest and hold with both hands and elbows tucked into side and bent at 90 degrees • Lower dumbbell under control back over your head, keeping elbows bent. • Keeping elbows bent raise the dumbbell back up to | | <p>Change weight, reps or sets Do on a swiss ball – the instability makes it harder</p> |


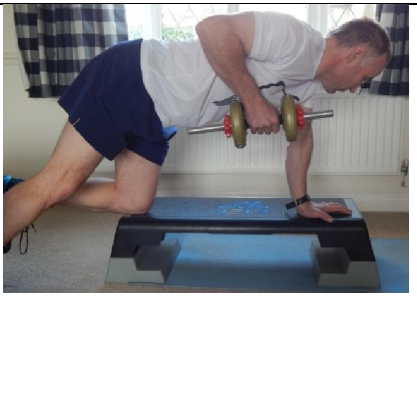
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| |  | <p>over chest <i>Can also be done on the floor</i></p> | | |
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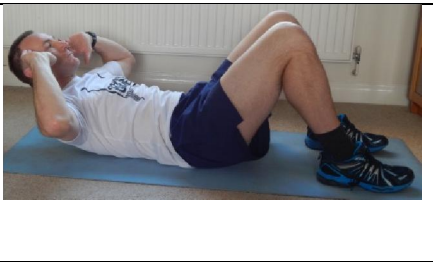

Back

| Exercise | Picture | Keys points | Make it easier | Make it harder |
|-----------------------------|---|---|---|--|
| <p>Prone flies</p> |  | <ul style="list-style-type: none"> • Lie face down on a bench or with chest on a swiss ball • Engage core and keep back neutral throughout • Hold dumbbells out to the side, level with shoulder and arms straight. • Keeping arms straight, lower dumbbells under control • Raise dumbbells, keeping arms straight <p><i>Can be done standing with body hinged forward at the hip</i></p> | <p>Use resistance band under swiss ball</p> | <p>Change weight, reps or sets</p> |
| <p>Bent over row</p> |  | <ul style="list-style-type: none"> • Stand with feet shoulder width, core braced and neutral, arms by side • Hinge forward at the hips keeping back neutral • Hold weights out in front of your chest, and pull back to your chest • Lower under control | <p>Use resistance band under feet</p> | <p>Change weight, reps or sets</p> |
| <p>Dead lift</p> |  | <ul style="list-style-type: none"> • Feet hip-width apart with toes up to dumbbells (or tucked under them). • Bend at the hips and knees, maintain neutral spine, look forward and keep chest lifted. • Drive through the thighs and buttocks to straighten hips and knees and stand upright, without locking joints. • Lower under control to return bar. | <p>Use resistance band under feet</p> | <p>Change weight, reps or sets Progress to a barbell</p> |




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| Shoulder shrugs |  | <ul style="list-style-type: none"> • Feet shoulder width • Standing, with core braced and neutral • Arms by side • Keep arms straight and shrug shoulders up • Lower under control | Use resistance band under feet | Add dumbbells for resistance Change weight, reps or sets |
| Single arm rows |  | <ul style="list-style-type: none"> • Place the knee and same-side hand on top of a bench or step with hand under shoulder and knee under hip. • Place free standing leg level with kneeling leg, forming a tripod shape. • Bend free standing leg to lower body and pick up dumbbell from the floor using free arm and hold under shoulder. • Neutral spine, engage core • Raise the dumbbell towards the armpit with elbow close to body, but without twisting the body. • Lower until arm is straight, elbow unlocked. | | Change weight, reps or sets |



Core

| Exercise | Picture | Keys points | Make it easier | Make it harder |
|-------------------|---|---|------------------------|---|
| Ab curls |  | <ul style="list-style-type: none"> • Lying on the floor face up, knees bent, feet on floor, fingers at side of ears (not behind neck), lower back lightly connected with the floor. • Engage abdominals and lift shoulders off the floor, bending the trunk, keeping head neutral. • Lower under control. • Repeat for desired repetitions. | Put feet up on a chair | Change reps or sets Add wrist weights or similar Curls and hold |
| Back raise |  | <ul style="list-style-type: none"> • Lie face down on a mat, hands beside ears • Engage core muscles • Slowly lift chest off the floor using lower back (only just clear of floor) • keep head neutral (don't tilt head back) • Lower under control | | Add small dumbbells Raise and hold |

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| <p>Plank</p> |  | <ul style="list-style-type: none"> • Lie face down on a mat • Engage core muscles • Keeping your back flat throughout, take your weight on toes and elbows and hold • Avoid sagging at the waist, or pushing bottom up | <p>Incline - elbows on chair</p> | <p>Incline - raise feet Increase duration Use a unstable base</p> |
| <p>Side plank</p> |  | <ul style="list-style-type: none"> • Lie on your side, one leg on top of the other • Engage core muscles • Keeping your back flat throughout, take your weight on toes and elbow/forearm and side of your foot and hold • Avoid sagging at the waist, or pushing hips up | <p>Balance on forearm</p> | <p>Add dumbbells and twist</p> |
| <p>Alternate leg raise/lower</p> |  | <ul style="list-style-type: none"> • Lie face up on a mat, hands by sides • Engage core muscles • Lift legs so thighs are vertical and knees bent at 90 degrees • Slowly using your abs lower leg pushing it straight to just above floor (focus is on your abs not your legs) • Slowly using your abs raise and bend leg back to start position (focus is on your abs not your legs) • Repeat with other leg • Back should maintain natural curve (a slight hollow under lower back (you can put your fingers under lower back to check that you aren't pressing your back to the floor)) • Keep head neutral throughout (don't lift head to counter balance leg head back) | <p>Put one foot on the floor and while working the other leg, then swap</p> | <p>Add ankle weights Slow movement down</p> |

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| | | | | |
|-----------------------------|--|--|--|---|
| <p>Russian Twist</p> |  | <ul style="list-style-type: none"> • Sit on floor, engage core • Hold dumbbell/weight in front of stomach close to body • Keeping hips bent at 90 degrees, lean back and bend knees so feet are just off the floor • Rotate weight to one side, then to other (under controlled) | <p>Keep feet on floor for balance / stability</p> | <p>Add weight Change reps or sets</p> |
| <p>Wipers</p> |  | <ul style="list-style-type: none"> • Lie flat on your back, spread arms straight out to each side and engage core • Keeping both legs together and straight, hinge at hips to bring legs up to vertical • Keep legs together, rotate to lower to legs to the side • Rotate to drive legs back to vertical and then to other side • Try to keep shoulders flat to floor throughout | <p>Sit up with legs in front and rotate under control to each side</p> | <p>Add ankle weights</p> |