


## Exercises Reference Sheet


### Whole Body

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




### Legs

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

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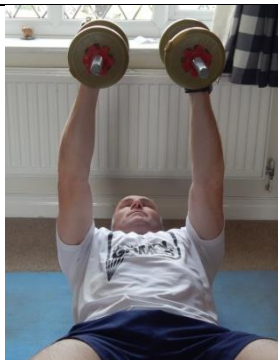
<b>Lunges</b>		<ul style="list-style-type: none"> <li>• Feet shoulder width</li> <li>• Standing, with core braced and neutral, body stays upright throughout</li> <li>• Take a large step forward, keeping front shin vertical lower body until rear shin is parallel to floor</li> <li>• Keep hips, knees and ankles in line</li> <li>• Push back up to standing</li> </ul>	Single leg - step forward, lower and raise	Add a twist Add dumbbells for resistance Jump lunges Reverse (step back wards)  <b>Explosive</b> = jump and switch from one side to other (with a twist and or weights)
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## Shoulders

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


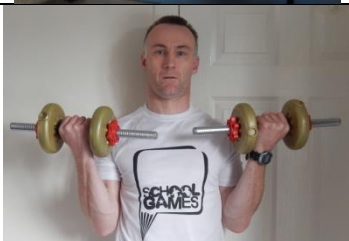

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### Chest


Exercise	Picture	Keys points	Make it easier	Make it harder
<b>Chest press</b>		<ul style="list-style-type: none"> <li>• Lie on your back, ideally on a bench or step</li> <li>• Engage core and keep your back neutral throughout</li> <li>• Bring dumbbells up to just outside your shoulder, with elbows bent</li> <li>• Straighten arms pressing dumbbells up above chest</li> <li>• Lower down under control</li> </ul> <p><i>If you are on the floor you'll only be able to lower until your elbows touch the floor</i></p>	Use a resistance band under your back	Change weight, reps or sets Press ups (greater resistance) Do on a swiss ball – the instability makes it harder
<b>Press Ups</b>		<ul style="list-style-type: none"> <li>• Prone position with arms extended and feet in contact with floor.</li> <li>• Body aligned; head, shoulder, hip, knee and ankle.</li> <li>• Neutral spine and abdominals engaged.</li> <li>• Bend the elbows to lower chest towards floor.</li> <li>• Extend elbows to return to start position.</li> <li>• Elbows unlocked.</li> <li>• Repeat for desired repetitions.</li> </ul>	Inclined - hand on chair Chest press with dumbbells	Inclined - feet on step/chair  <b>Explosive</b> = clap press up – drive up clap and land back into bent arms <u>not</u> straight arms
<b>Flies</b>		<ul style="list-style-type: none"> <li>• Lie on your back</li> <li>• Engage core and keep your back neutral throughout</li> <li>• Press dumbbells up to above your chest</li> <li>• Keeping arms straight, lower arms out to sides level with shoulders under control, stopping just above the floor</li> <li>• Keeping arms straight, return dumbbells back to over your chest</li> </ul> <p><i>Can also be done on a bench or step</i></p>	Use a resistance band under your back	Change weight, reps or sets Do on a swiss ball – the instability makes it harder

## Exercises Reference Sheet



### Arms

Exercise	Picture	Keys points	Make it easier	Make it harder
<b>Tricep dips</b>		<ul style="list-style-type: none"> <li>Start with hands behind you on edge of a chair, bottom just off chair, feet in front with knees bent at 90 degrees</li> <li>Bend arms and lower body</li> <li>Push back to start position</li> </ul>	Reduce depth of dip	Increase depth of dip, move feet further away
<b>Bicep curls</b>		<ul style="list-style-type: none"> <li>Feet shoulder width</li> <li>Standing, with core braced and neutral</li> <li>Lift dumbbells to in front of thighs</li> <li>Keep wrist straight and curl dumbbells up to shoulder</li> <li><b>Don't round shoulder / bend forward into weight</b></li> <li>Lower under control</li> </ul>	Use a resistance band One arm at a time	Change weight, reps or sets
<b>Tricep extension</b>		<ul style="list-style-type: none"> <li>Feet shoulder width</li> <li>Standing, with core braced and neutral</li> <li>Lift single dumbbell to overhead one arm)</li> <li>Keep bicep next to ear, bend at elbow to lower weight behind head/shoulder - under control</li> <li>Raise to start position</li> </ul>	Perform this sitting down	Change weight, reps or sets



### Back

Exercise	Picture	Keys points	Make it easier	Make it harder
<b>Reverse flies</b>		<ul style="list-style-type: none"> <li>Lie face down on a bench or with chest on a swiss ball</li> <li>Engage core and keep back neutral throughout</li> <li>Hold dumbbells out to the side, level with shoulder and arms straight.</li> <li>Keeping arms straight, lower dumbbells under control</li> <li>Raise dumbbells, keeping arms straight</li> </ul> <p><i>Can be done standing with body hinged forward at the hip</i></p>	Use resistance band under swiss ball	Change weight, reps or sets

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<b>Bent over row</b>		<ul style="list-style-type: none"> <li>Stand with feet shoulder width, core braced and neutral, arms by side</li> <li>Hinge forward at the hips keeping back neutral</li> <li>Hold weights out in front of your chest, and pull back to your chest</li> <li>Lower under control</li> </ul>	Use resistance band under feet	Change weight, reps or sets
<b>Dead lift</b>		<ul style="list-style-type: none"> <li>Feet hip-width apart with toes up to dumbbells (or tucked under them).</li> <li>Bend at the hips and knees, maintain neutral spine, look forward and keep chest lifted.</li> <li>Drive through the thighs and buttocks to straighten hips and knees and stand upright, without locking joints.</li> <li>Lower under control to return bar.</li> </ul>	Use resistance band under feet	Change weight, reps or sets Progress to a barbell

## Core

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



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<b>Plank</b>		<ul style="list-style-type: none"> <li>• Lie face down on a mat and engage core muscles</li> <li>• Keeping your back flat throughout, take your weight on toes and elbows and hold – imagine pulling elbows and toes towards each other!</li> <li>• Avoid sagging at the waist, or pushing bottom up</li> </ul>	Incline - elbows on chair	Incline - raise feet Increase duration Use a unstable base
<b>Side plank</b>		<ul style="list-style-type: none"> <li>• Lie on your side, one leg on top of the other</li> <li>• Engage core muscles</li> <li>• Keeping your back flat throughout, take your weight on toes and elbow/forearm and side of your foot and hold</li> <li>• Avoid sagging at the waist, or pushing hips up</li> </ul>	Balance on forearm or do with forearm on a chair Do on knees	Add dumbbells and twist <b>Side Plank March</b>
<b>Side plank march</b>		<ul style="list-style-type: none"> <li>• Set up as for Side Plank, but balance on forearm and have one foot in front of the other</li> <li>• Keeping your body tight, slowly take the weight on one foot and slowly bend the other leg up in front to a right angle, slowly reverse</li> <li>• Repeat with other leg</li> </ul>	Start with side planks Do with forearm on the sofa / chair	Not sure you need to!
<b>Russian Twist</b>		<ul style="list-style-type: none"> <li>• Sit on floor, engage core</li> <li>• Hold dumbbell/weight in front of stomach close to body</li> <li>• Keeping hips bent at 90 degrees, lean back and bend knees so feet are just off the floor</li> <li>• Rotate weight to one side, then to other (under controlled)</li> </ul>	Keep feet on floor for balance / stability	Add weight Change reps or sets
<b>Wipers</b>		<ul style="list-style-type: none"> <li>• Lie flat on your back, spread arms straight out to each side and engage core</li> <li>• Keeping both legs together and straight, hinge at hips to bring legs up to vertical</li> <li>• Keep legs together, rotate to lower to legs to the side</li> <li>• Rotate to drive legs back to vertical and then to other side</li> <li>• Try to keep shoulders flat to floor throughout</li> </ul>	Sit up with legs in front and rotate under control to each side	Add ankle weights

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<b>Alternate leg raise/lower</b>		<ul style="list-style-type: none"> <li>• Lie face up on a mat, hands by sides</li> <li>• Engage core muscles</li> <li>• Slowly using your abs lift one leg about 30cm (12inch) off the floor, and slowly lower then change legs (focus is on your abs not your legs)</li> <li>• 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 bending you back up as legs lift up)</li> <li>• Keep head neutral throughout (don't lift head to counter balance leg head back)</li> </ul>	Put one foot on the floor and while working the other leg, then swap	<p>Do both legs together Add ankle weights Slow movement down</p> <p>Hang by your arms and lift legs (much harder!)</p>
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