

Visual guide to exercise

Core, lower and upper body exercises you can do at home.

BACKWARD LUNGE



1. Stand tall and switch on your core muscles by slightly drawing your belly button to your spine.



2. Step your left leg backwards to go into the lunge position. Keep your trunk upright and lower towards the ground. Return to the starting position and change legs over.

LEG CHANGES



1. Start with your right leg forward by your right hand and your left extended backwards.



2. Do a little pulse to gather momentum to switch legs. If your legs do not reach up to your hands work within your own ranges. Step the change if jumping is too hard.



LUNGE HOLD

1. With your right leg forward and left leg behind you, lower down into a lunge position. Keep your trunk upright and switch on your core by slightly drawing your belly button to your spine. Hold this position for up to 30 seconds and repeat on the other side.

CRAB WALK



1. Sit on the ground with your knees and hips bent with your heels close to your buttock. Have your hands by the sides of your hips. Pushing through your hands and feet lift your pelvis off the group.



2. Step your left hand and left foot backwards whilst keeping your buttock off the ground.



3. Step your right hand and right foot backwards whilst keeping your buttock off the ground. Keep walking yourself backwards over 10m on your feet and hands like a crab.





SHOULDER STRETCH

1. Standing with your back and heels against the wall. Position your arms with your elbows out sideways from your body and your hands pointing outwards from the wall.
2. Rotate hands upwards so you're in a stop sign position. When you do this movement, you want to try to keep your back touching the wall.



PUSH UP

1. On hands and feet in press up position switch on your lower abdominals by drawing your belly button towards your spine. An alternative position would be on your knees, as you develop your strength.



2. Bending at the elbows lower down within your own ranges and return to the starting position.



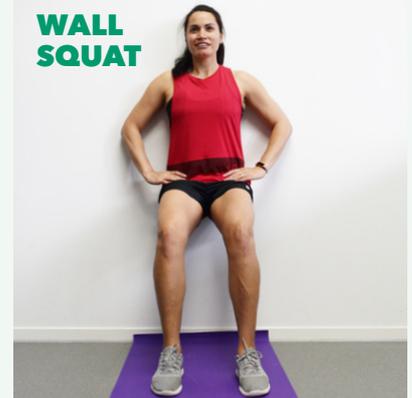
SIT UP ROTATION

1. Lie on your back with your knees bent and your arms extended upwards.

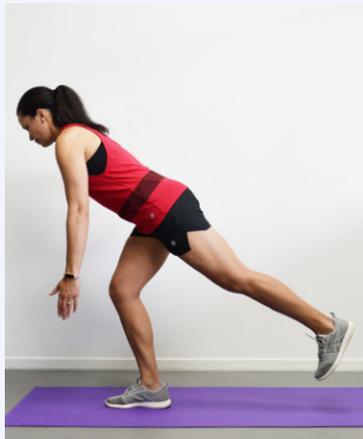


2. Leading with your hands, lift your trunk upwards and across to your left knee. Lower back to the starting position and repeat to your right.

WALL SQUAT



1. With your back against the wall and your feet out in front of you, go into a squat position. Hold this position for up to 30 seconds and feel some good fire in your legs.



RDLs

1. Starting position is standing tall with core switched on.
2. Bend your right knee floating your left leg backwards. Aim to keep a straight line from your left leg through your spine. Use left hand as a counter balance and place right hand on your hip to help keep you steady.



HANDSTAND WALL WALK

1. Start in a plank position with your heels up against the wall.
2. Take your right leg up onto the wall.
3. Balancing on your hands walk your legs up the wall. When you reach as high as you can go, in a controlled manner, lower back to the ground.