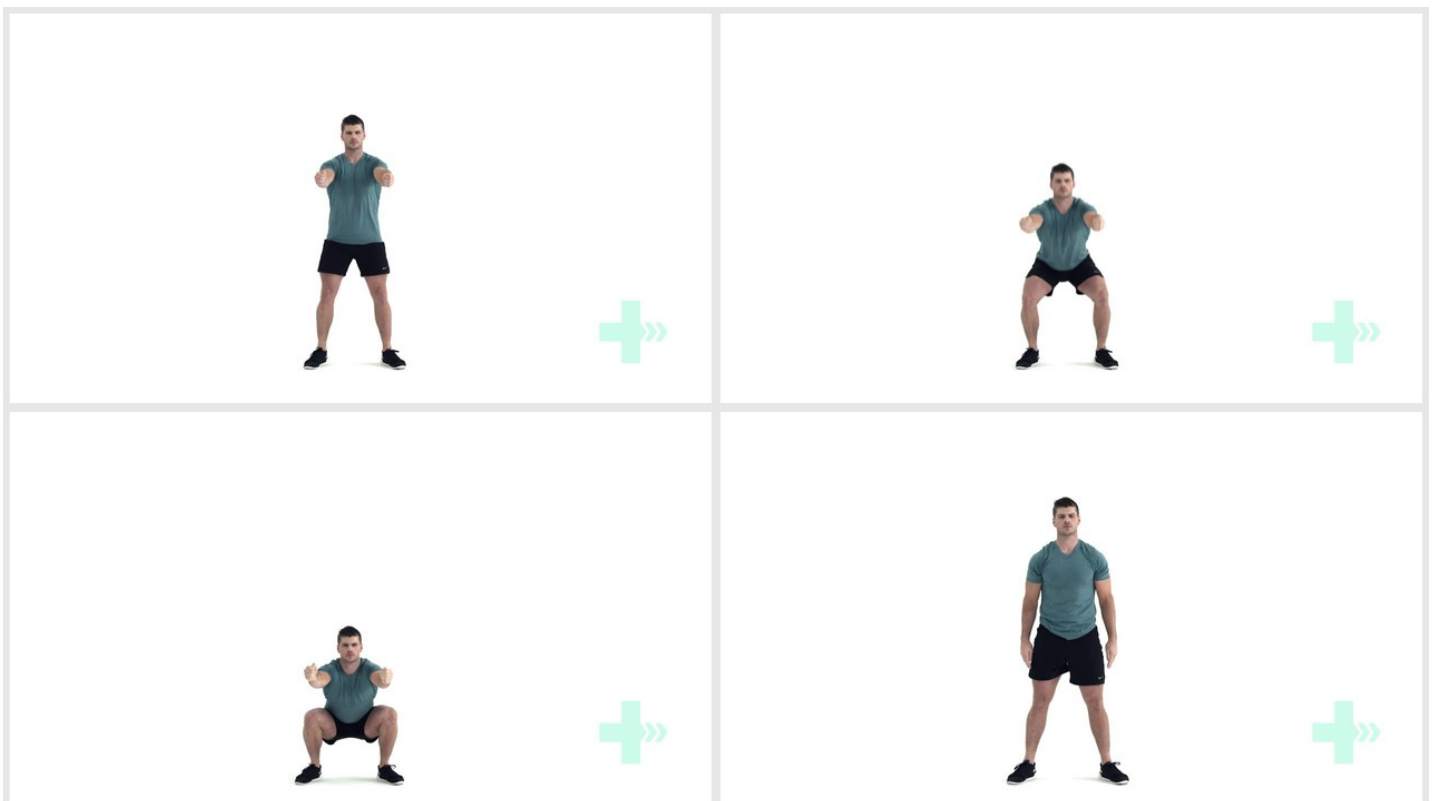


Better Health Nutrition & Fitness
WA

4 pairs of exercises 20 sec : 20 sec x 8 rounds then move on to the next pair of exercises. This will take you 16 minutes allowing a short warm up and stretch afterwards. Perform 2 mins of light cardio warm up stationary jogging and then stretch at the end.

1. Squat and reach

3 Sets / 5 Reps



Start position is the same as for the squat

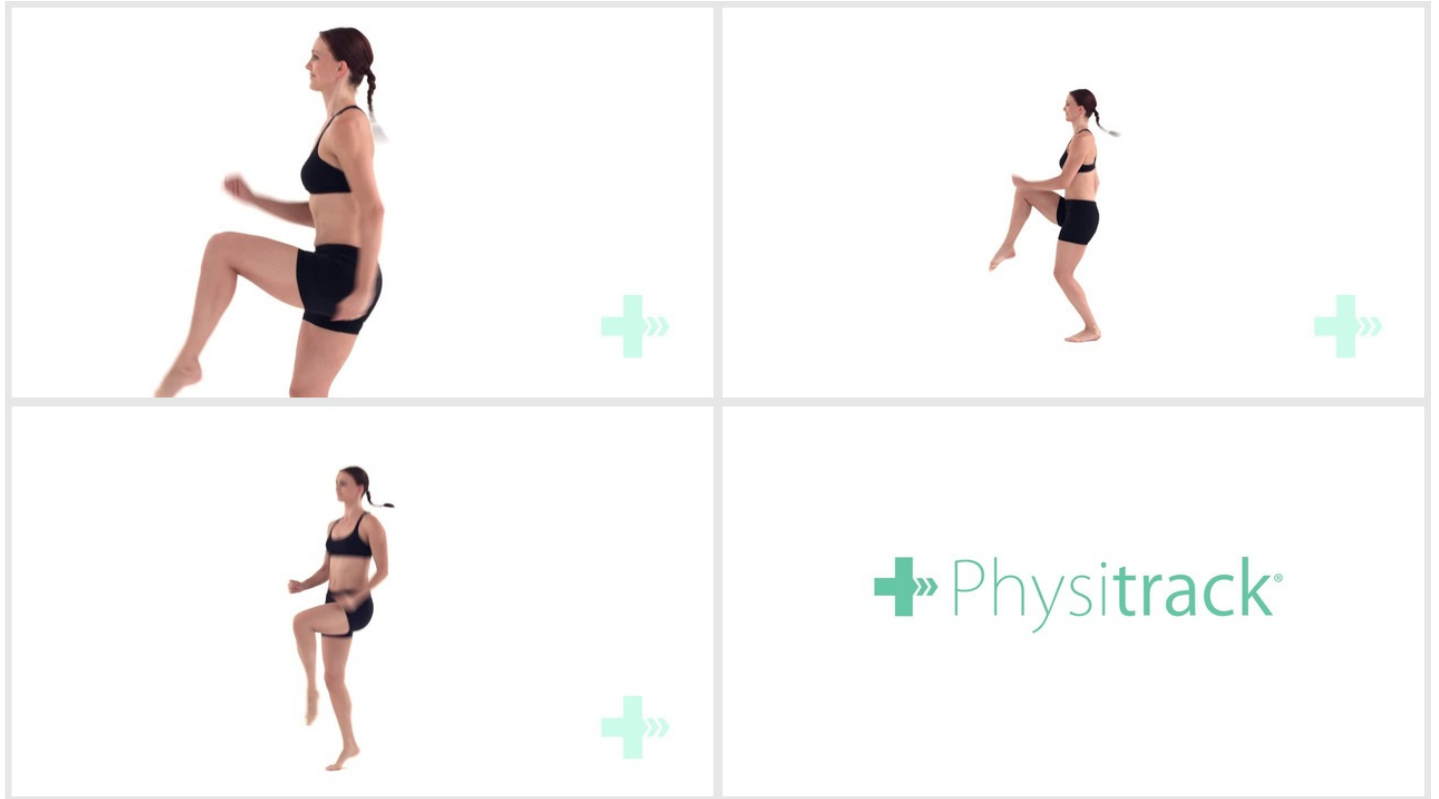
Perform 3 standard squats and at the top of the third squat move onto the toes reaching upwards with the arms, repeat this motion three times and at the top of the the third reaching squat, move into a leaping jump.

The landings should be soft on the balls of the feet then sinking to heels with some bend with the hips and knees.

Keep the feet shoulder width apart and do not allow the knees to buckle inward or outward upon landing.

2. High knees jog

3 Sets / 1 Rep / 30 sec duration



Jog on the spot bringing your knees up as high as you can.

Make sure you land lightly on the balls of your feet, springing the leg quickly back up.

3. High knee lift to stability ball

1 Set / 1 Rep



Stand up straight holding a stability ball between both hands.

Lift the ball above your head.

Lift one knee as high as you can whilst simultaneously lowering the ball back down.

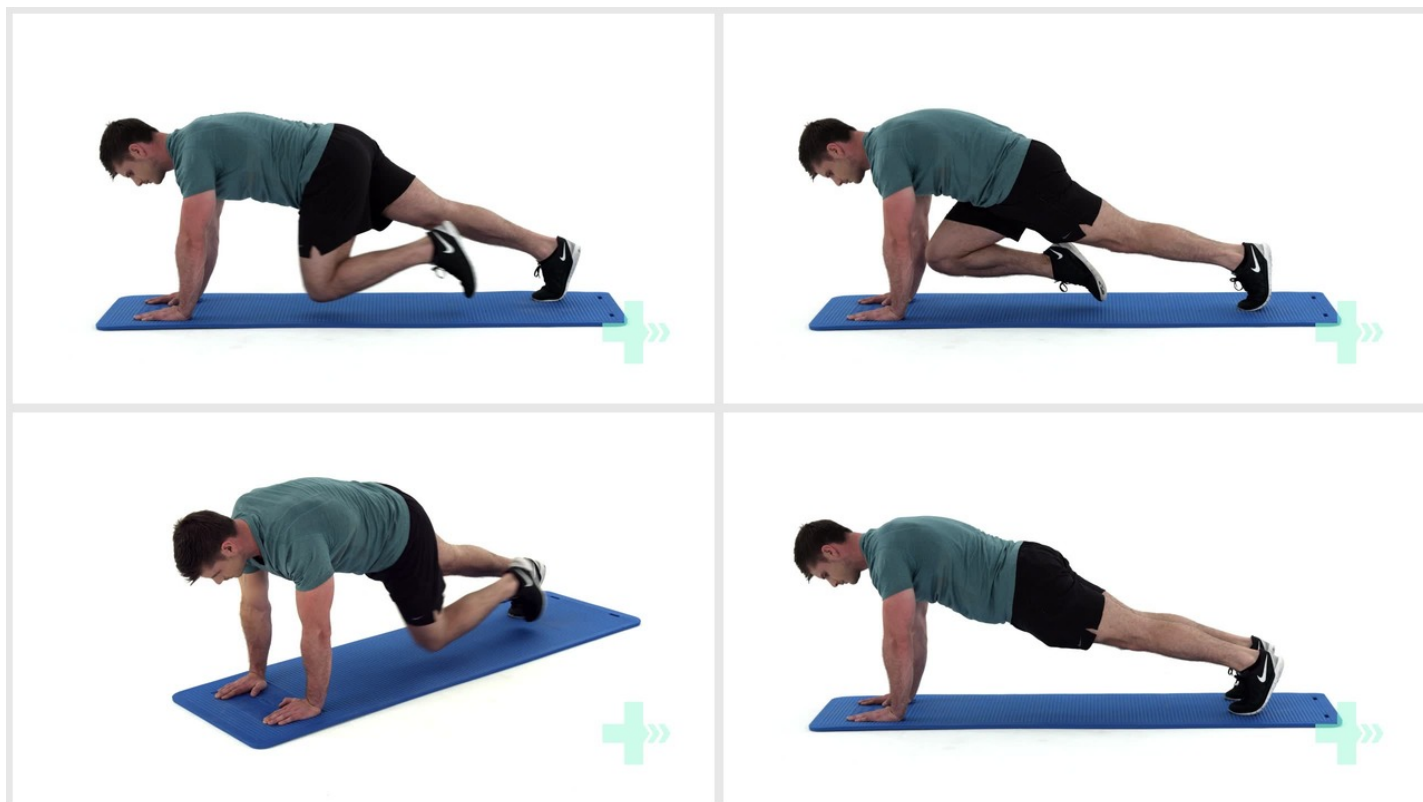
Bring your leg down and raise the ball above your head.

As you bring the ball back down, raise the other knee as high as you can.

Continue in this fashion.

4. Mountain climbers

3 Sets / 20 Reps / 10 sec duration



Adopt a plank position insuring your hands are directly beneath your shoulders.

Fully flex one hip and hold.

Extend the bent leg to the rear and repeat the movement pattern on the opposite side

5. Burpee

1 Set / 1 Rep / 10 sec duration / 80 bpm / 1 rpe



Start position is standing upright.

Drop down into a press up position and then fluidly move up into the squat thrust position, then without pause use both legs to leap upwards, extending the arms overhead during the upward movement.

Control the landing using the knees and hips to absorb the impact and return to the start position.

The overall movement should be fluid and continuous.

6. Pilates side kick in kneeling

1 Set / 1 Rep



Start in a kneeling position.

Move sideways onto one knee and place your hand on the mat directly underneath your shoulder to support your weight, stretching out your other leg.

Place your other hand behind your head.

Lift your working leg to hip height or slightly higher.

INHALE: swing your leg forward for 2 pulses, Dorsi flexing your foot

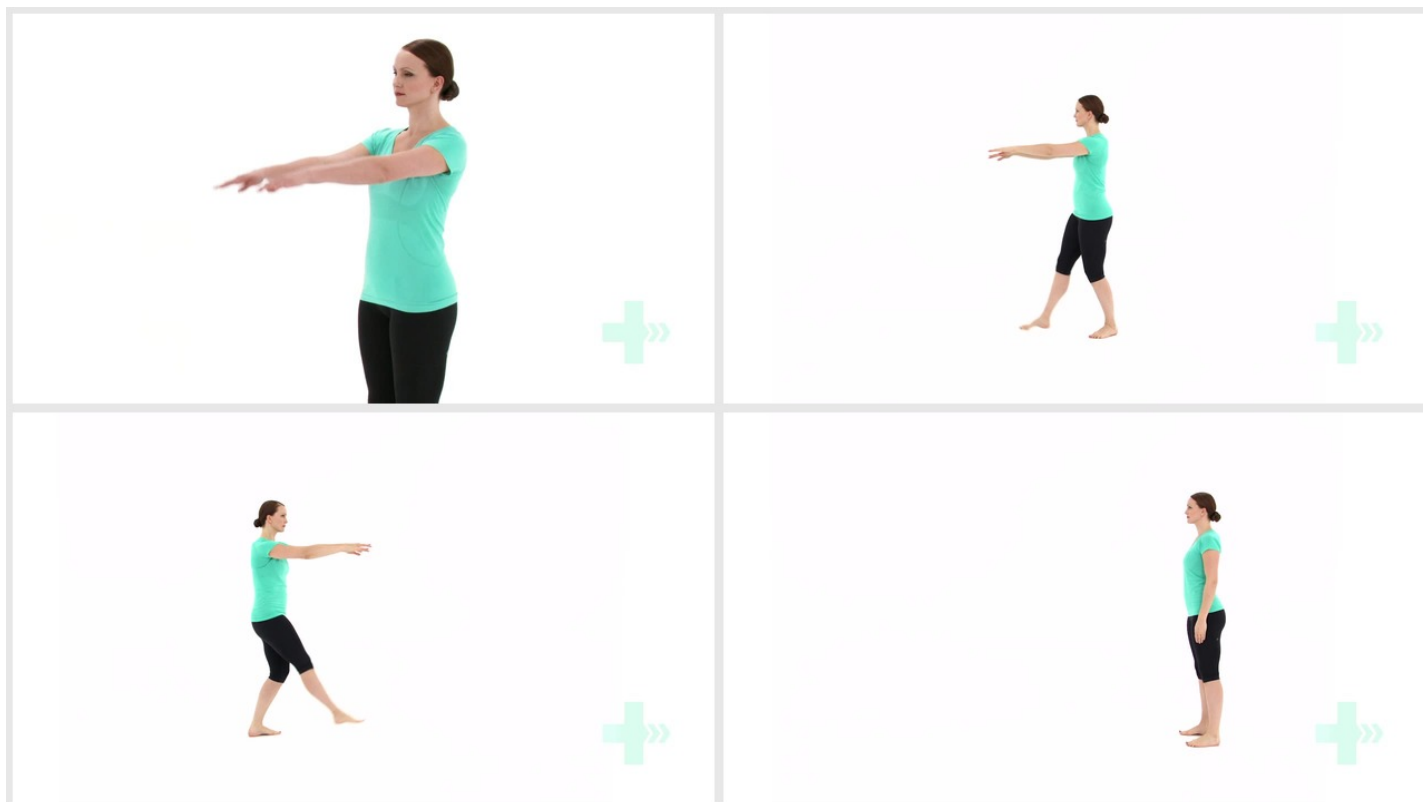
EXHALE: swing your leg back for 2 pulses, Plantar flexing (pointing) your foot

Keep kicking your leg back and forth, maintaining stability of the pelvis and the shoulder.

Do not sink into your shoulder and keep your working leg consistently high.

7. Skipping dynamic hamstring stretch 'Frankenstein's monster'

1 Set / 1 Rep



Stand up straight and check you have a clear space ahead of you.
Hold your arms out at shoulder height with your palms facing down.
Keeping your knee straight, kick your leg forwards towards your hands.
Feel the stretch in the back of your thigh.
Land lightly on the balls of both feet before repeating with your other leg.

8. Hip extension in 4 point kneeling (short lever)

1 Set / 1 Rep / 1 s hold



Start on your hands and knees with your hands under your shoulders and knees under your hips.

Your knees should be hips width apart.

Keeping your back straight tighten your abdominal muscles.

Lift one leg up behind you, keeping your knee at 90 degrees.

Think about pushing the sole of your elevated foot up towards the ceiling.

Control the movement as you bring your knee back down towards the floor, then repeat.

Ensure you do not arch your back or twist your hips as you do this.