

## Healthy Lifestyle Programme

(Repeat twice a week - Monday and Tuesday)

Exercise	Reps	Sets	Weight	Rest	Technique Points
Dumbbell Squat	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> <li>1. Stand holding Dumbbells to side of thighs, with bench/step in front</li> <li>2. Pick up one leg and place foot on top of bench with foot pointing forwards</li> <li>3. Drive upwards using leg, keeping torso upright</li> <li>4. Lower down in controlled fashion and repeat</li> <li>5. Always keep the knees tracking in line with the 2nd and 3rd toes, if they don't, decrease your range of motion until this is achieved</li> </ol>
Chin ups (assisted if necessary)	12 each	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> <li>1. Start with arms straight (you can use a variety of grips - under, over, shake hand)</li> <li>2. Lift body until chin is above bar</li> <li>3. Return, with control, to start position</li> </ol>
Dumbbell Stiff leg deadlift Leg Curl	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> <li>1. Stand holding the DB's with overhand clasp grip and arms to side</li> <li>2. Place body weight on heels and push bum backwards</li> <li>3. At same time lower torso maintaining posture in spine with small curve in low back</li> <li>4. Keep bar close to you as you lower bar until feel stretch in hamstrings (approx just below knee)</li> </ol>
Dumbbell Chest Press	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> <li>1. Lying on bench, grip bar at approx just outside shoulder width</li> <li>2. Lower bar down towards chest keeping bar over midline of chest (in line with nipples)</li> <li>3. As you do this keep your elbows tucked in to side of torso (this may feel strange at first). This will create a stronger shoulder structure hence avoid shoulder injury</li> <li>4. Lower bar until bar touches chest and press upwards to start position</li> </ol>
Dumbbell Alternate Lunges	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> <li>1. Start with feet hip width, step forwards with one leg into an exaggerated stride length.</li> <li>2. Ensure that your feet are still hip width and that both feet are pointing forwards (especially the back foot as most people tend to have the heel turned inwards).</li> <li>3. Lower yourself towards the floor keeping equal weight distribution between both legs</li> <li>4. Just before the knee touches the floor push back up into the start position</li> <li>5. Repeat with opposite leg and keep alternating until you achieve your desired number of repetitions</li> </ol>
Dumbbell One Arm Row	30 secs	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> <li>1. Using dumbbell, adopt a staggered stance with one foot in front of the other, grab hold of the handle</li> <li>2. Lean forwards and rest your forearm on the thigh of the front leg</li> <li>3. Make sure you have a neutral spine with your naval drawn in, pull the dynaband until your shoulders are parallel with the floor</li> <li>4. Lift the DB up so that your elbow brushes past your ribs achieving full range of motion. Make sure your elbow does not come out to the side</li> <li>5. Lower the DB towards the floor until your arm straightens. Make sure you do not drop your shoulder (the shoulder holding the DB) below the level of the other shoulder</li> </ol>

Exercise	Reps	Sets	Weight	Rest	Technique Points
Swiss Ball Leg Curl	12 each	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> <li>1. Place both legs on the SB hip width apart with toes facing upwards</li> <li>2. Lift hips of the floor so that they are in line with ankles and shoulders</li> <li>3. Turn palms out (supinated) so that they are facing to the ceiling</li> <li>4. Curl SB towards you keeping toes pointing upwards and keep hips lifted off the floor in line with ankles and shoulders</li> </ol>
Dumbbell Shoulder Press	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> <li>1. Take hold of the dumbbells, raise the dumbbell up level with the top of your shoulder</li> <li>2. Press the DB up in an arc movement so that the DB finishes over your head</li> <li>3. Lower the DB back down to the start position, repeat fro desired no of reps</li> </ol>

## Healthy Lifestyle Programme - Cardio

### Session One

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
1	Warm Up	Treadmill	1%	6-10kph	5 minutes	N/A	70-85% Max Heart Rate	Gradually Increase Heart Rate, level and speed over 5 mins
1	Interval	Running (Treadmill/Outside)	1%	6kph walk 12kph run	1 minute  1 minute	15	85% Max Heart Rate	Increase or decrease rest/work to suit fitness level i.e. Harder = Walk 1min run 2 mins
1	Cool Down	Treadmill or Walk	N/A	5 to 3.5kph	3-5 minutes	N/A	120bpm (beats per minute)	Aim to get Heart Rate below 100bpm
1	Stretch	Stretch	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

### Session Two

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
2	Warm Up	Treadmill	1%	6-10kph	5 minutes	N/A	70-85%	Gradually Increase Heart Rate, speed & level over 5 mins
2	Interval	Cycle	10	80rpm 95rpm	1 minute 2 minutes	10	85%	Push down on pedal through heel and pull up using foot straps - push and pull action

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
2	Cool Down	Treadmill	N/A	5 to 3.5kph	3-5 minutes	N/A	<120/<12	Aim to get HR <100bpm
2	Stretch	N/A	N/A	N/A	30sec each x 3sets	3	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

### Session Three

Session	Element	Exercise	Level/Resistance	Speed	Time/Distance	Sets	Heart Rate	Comments
3	Warm Up	Swimming	N/A	Slow to Moderate	5 minutes	N/A	60-85%	Gradually Increase Heart Rate, speed & level over 5 mins
3	Swimming Session	Swimming Freestyle Freestyle Freestyle	N/A	Quick Moderate Slow to Moderate	25 metres 100 metres 200 metres	5 4 2	75-80%	Walk for 1 length recovery Rest for 1 minute between sets Rest for 30 seconds between sets
3	Cool Down	Walk in Pool	N/A	Walk	3-5 minutes	N/A	<120/<12	Aim to get HR <100bpm
3	Stretch	N/A	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

### Session Four

Session	Element	Exercise	Level/Resistance	Speed	Time/Distance	Sets	Heart Rate	Comments
3	Warm Up	Walk/Jog	N/A	70rpm	5 minutes	N/A	70-85%	Gradually Increase Heart Rate, speed & level over 5 mins
3	Walk/Jog	Outside	N/A	Jog/Run Walk	4 minutes 2 minutes	5	85%	To make easier run for 2 minutes, but can go out and walk/run for 30 minutes
3	Cool Down	Walk	N/A	Walk	3-5 minutes	N/A	120bpm	Aim to get HR <100bpm
3	Stretch	N/A	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

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