

# Intermediate Training Program

## WARM UP

### Ride exercise bike on Level 4 for 5 minutes

Warming up your muscles gradually helps prevent injury

## CIRCUIT EXERCISES

### 1 Step ups x 10 each side

Stand tall. Step onto step with your whole foot x 10 leading with right foot, then 10 leading with left foot (choose your height from the three steps available).



### 2 Hand pedals - 5 minutes

Sit tall and turn hand pedals at a good pace, forwards or backwards.



### 3 Upright row x 10

Stand close to pole. Lift weight towards your chin bending your elbows out to the side. Lower weight until your arms are long, then lift again. Keep your body still and use just your arms x 10 (choose from the three kettle bell weights available).



### 4 Dots side squat x 10 each side

Stand on a dot. Step one foot out to the side onto another dot, keep looking forward with your chest up. Bend your bottom back as if you were going to sit down, stand tall again and bring your feet together.



## Intermediate program

This program is most suitable for someone who does some exercise already but would like to become more active or try something new.

## 5 Side swing - 5 minutes

Keeping the top half of your body still, use your side core muscles to swing your legs left and right.



## 6 Balance moving disc - 1-2 minutes each side

Stand tall. With one foot on moving disc just touch the hand holds with finger tips - if you can use no hands. Aim for 1-2 minutes. *You're aiming to wobble to test your balance, but not too much - you must feel safe.*



Complete two rounds of the circuit. As you progress complete three rounds.

## COOL DOWN

### • Walk - 5 minutes

Take some deep breaths and return the oxygen to your blood and muscles

### • Stretch:

Perform stretches to where you feel a release in your muscle (not pain) 20 second hold for each stretch

#### Quad stretch

##### Option 1

- Take half a step back tilt your hips to the sky (if you can't reach your foot)

##### Option 2

- Stand upright and bend one leg back, grabbing top of the foot
- Bring foot close to your bottom but keep knee in line with other knee
- Hold wall or object for balance if needed

#### Calf Stretch

- Stand tall and take a big step back keeping your feet hip width apart bend your front knee, pushing the heel of the back foot into the ground
- Then swap legs take a big step back with the other foot

#### Hamstring stretch

- Sit or Stand upright, bend one knee and extend the other leg straight in front of you, heel to ground
- Lower your chest down until you feel the stretch in back of thigh

#### Chest and shoulder stretch

##### Option 1

- Reach both hands to the side and back

##### Option 2

- Clasp your hands together behind your back and extend them behind you

#### Triceps stretch

- Lift your hand to the sky
- Extend one arm above you, then bend your elbow so your hand drops behind your head
- Gently push your elbow down with other hand

#### Upper back stretch

- Sit on a surface so your legs are at 90 degrees, or stand
- Place one hand on top of the other with arms straight in front of you
- Press your arms away from your body

#### Side stretch

- Raise your arms straight above you and clasp your hands together
- Push your hands up and then over to the right side of you, then to the left side of you

### Some tips!

- Talk to your GP if you haven't exercised in the past six months, or have any health conditions or injuries, as you might need an individualised program
- Try each exercise slowly and carefully when you try the exercises for the first time. Do not continue to do any exercise that does not feel right to you
- Stop immediately if you feel any dizziness, nausea or pain. If you do not feel better within a couple of minutes, consult a medical professional
- It is best to avoid exercising in extreme weather conditions and UV levels
- Remember to bring water bottle when you're exercising, and a small towel and alcohol-based spray so you can clean the equipment after use.