

# Advanced Training Program

## WARM UP

### Ride exercise bike for 5 minutes

*Warming up your muscles gradually helps prevent injury*

## CIRCUIT EXERCISES

### 1 Sit to stand single leg x 10

Sit on chair or bench then stand tall. Using one leg and the toes of the other leg, sit down again x 10 (as you progress lift your knee to the front).



### 2 Tricep dip x 10

Sit on chair. Take your hands behind your bottom to the side of you and bend at the elbow. Slide your bottom off the chair. Using your body weight bend your elbows then lengthen your arms again. Try to keep your elbows straight above your wrist.



### 3 Cross-training machine - 5 minutes

Swing your legs and arms on the cross-training machine.



### 4 Push up x 10

Find some clear ground. Place your hands shoulder width apart on the ground. Keep your head shoulders hips and heels in a straight line. Bring your chest toward the ground and then push away.



**Advanced program** ❤️❤️❤️

*This program is most suitable for someone who is already active and has good fitness.*

## 5 Swivel machine - 5 minutes

Stand tall, hold onto the hand grips and turn your hips to one side then the other.



## 6 Leg lunge backs x 10 each side

Stand tall. Take a big step back with one foot landing only on your toes and bring your feet back together. Lift your hands to the sky as you progress.



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

## COOL DOWN

### • Walk around the oval

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.