

Beginner Training Program

WARM UP

Ride exercise bike for 5 minutes

Warming up your muscles gradually helps prevent injury

CIRCUIT EXERCISES

1 Sit to stand x 10

Sit on chair or bench then stand tall and sit down again x 10.



2 Tricep dip staying sitting x 10

Sit on chair. Take your hands behind your bottom to the side of you and bend at the elbow (just to where you can for your body), then lengthen your arms again x 10.



3 Cross-training machine - 5 minutes

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



4 Push ups against pole or wall x 10

Stand tall. Bring your arms out at shoulder height and place them on the pole or wall. Bring your chest toward the pole or wall and then push away.



Beginner program

This program is most suitable for people who want to be more active but do not do a lot of exercise.

5 Swivel machine - 5 minutes

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



6 Leg tap backs x 10 each side

Stand tall. Tap one foot behind keeping your standing leg bent. Bring your feet back together x 10 each side. As you progress tap your foot back further.



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
- 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