

HOME WORKOUT 1

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	Pushup	4	12 to 15		20s	From your knees with full range of motion- nose to the ground hands under your shoulders and elbows going backwards on a 45° angle. Keep your scapular strong and when you push back up push up releasing your scapular to allow maximal chest squeeze
A2	Tricep Dip				20s	Using a chair, put your hands with fingers facing forwards under your shoulders. Lower your bottom vertically down until your upper arms are horizontal (max) or if you can't go that low- go until you feel you are still challenging yourself. Push directly up (not forwards) and keep your elbows behind you (not flaring out to the side). Concentrate on the mind muscle connection with your shoulders and triceps.
A3	Arm-Ups				20s	Try and put something on your back do you must keep your upper body and hips stable throughout the movement. Keeping your shoulder blades pinned down and pressing through the chest arms and shoulders, abs are tight and hips are slightly higher than horizontal to make sure the lowerback doesn't get overloaded with pressure.
A4	Swim Jacks				30s	Lying on your stomach with your legs together and your arms above your head. Pull your shoulder blades down and lift your arms and shoulders off the ground as well as squeezing your glutes to lift your knees as high as you can. Doing the same movement as a starjump, move your arms and legs in and out all the time focusing on squeezing the shoulder blades down and glutes to keep the legs up.
B1	Bulgarian Split Squats	4	12 to 15		10s	Placing one leg on a chair, lean your upperbody slightly forwards to create more flexion of the glute. Shoulders back and down, upperbody strong and sink knee straight down. From here try and get front leg to parallel and push from the quad and the glute back up. Dont let the upperbody move during the upward motion- keep control of your abs and push through your foot.
B2	Goblet Squat				10s	Hold your hands in front of you at your chest (if you do have any weights you are welcome to use them). Tighten your abs and back and keeping your upperbody vertical concentrate on your mind muscle connection to use your quads and glutes to control you down and back up. Dont let your upperbody sway on the upward movement keep the legs engaged.
B3	SL Pistol Squat				10s	Standing on one leg, flex the quad of the other leg as hard as you can by pointing your toe up. Squat on the other leg ONLY as low as you can go that you can maintain FULL contraction of your quad. This may only be a few inches. The exercise is not focused on the leg that is bending, but rather the leg in the air that is flexed.
B4	SL Glute Bridge				30s	Lying on your back, use any small step, low chair or sofa you may have at home (~20-30cm high). Start with both legs on the chair and flex your glutes by tucking your chin in and imagining your cracking a walnut between your glutes. Slowly lift one leg up and try to maintain the flexion and hip position with the other leg. Notice where that position is and lower your hip down almost to the ground and squeeze back up to try and replicate the original position. Use your muscle mind connection to focus in on the glutes and hamstrings.
C1	Mountain Climbers	4	12 to 15		10s	Starting on your hands and feet, position your hands directly under your shoulders and your head in front of your hands. Keep your back and hips strong throughout the basic plank position. Bring your knee in towards your chest and squeeze your abs together
C2	Superman Plank				10s	Starting on your elbows and feet or if that is too difficult then start on your hands and knees. The goal is to contract your posterior chain and stabilize your abs so there is no movement there. Lift your opposite arm and leg as high as they can go making sure you dont lose control of your core
C3	HipUp (reverse) Crunches				10s	Lying on your back, lift both feet up in the air and squeeze your top abs by lifting your head off the ground and squeezing forwards. Concentrating on pushing your feet STRAIGHT up (not forwards towards your head) lift with your lower abs your hips off the ground and repeat
C4	Bicycle Crunch				30s	Staying on your back, start with your knees bend at 90° to the ground and upper abs flexed by lifting your head off the ground. Keep squeezing your abs down and pin your lower back to the ground. Only lower each leg as far as you can whilst maintaining full ab pressure with the lower back on the ground. Legs dont come past 90° so that you have to squeeze your abs up to touch your knee (or at least get close)