

CARDIOVASCULAR ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

EXERCISE

A

B

C

BIKE



INCREASE SPEED/RESISTANCE

MARCHING



HIGH KNEE MARCHING

CARDIOVASCULAR ZONE

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EXERCISE

A

B

C

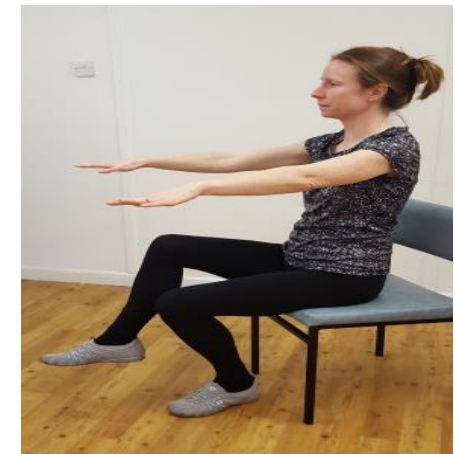
SIT TO STAND



USE HANDS

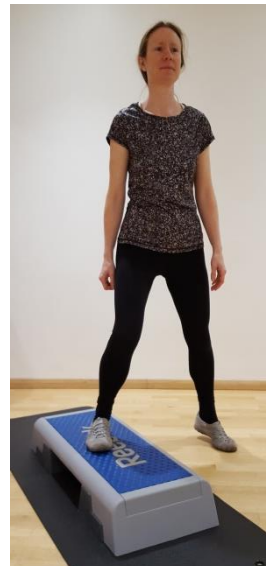
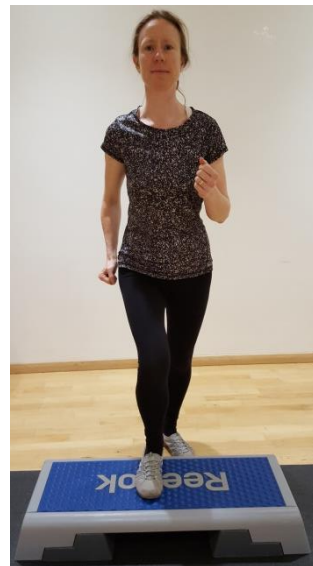


NO HANDS



ALTERNATE SINGLE LEG

STEP UPS



STEPPING
SIDE TO SIDE



HIGHER LEVEL STEP

CARDIOVASCULAR ZONE

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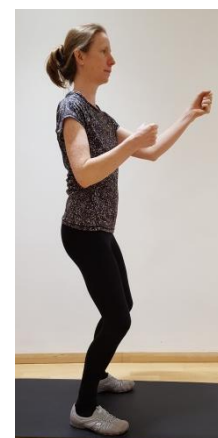
EXERCISE

A

B

C

ARM PUNCHES



IN STANDING, FEET WIDE

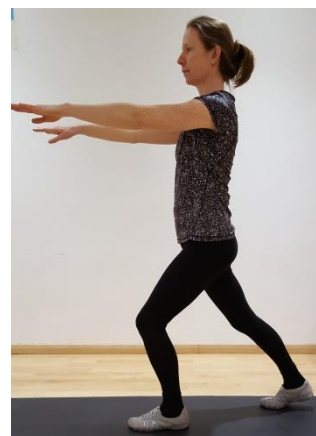


ADDITIONAL HAND WEIGHTS

MISC.



X STEPPING/JUMPING JACKS: STEPPING TO SIDE & SPREAD ARMS WIDE, RETURN TO FEET TOGETHER & ARMS BY SIDES.



POSTERIOR TOE DIGS: STEP FOOT BACK & RAISE ARMS AHEAD, RETURN FEET & ARMS, REPEAT ON OTHER SIDE.



SKIPPING ROPE;
SMALL JUMPS ON
THE SPOT WHILST
CIRCLING THE
ARMS AS
THOUGH
TURNING A
SKIPPING ROPE.

STRENGTH ZONE

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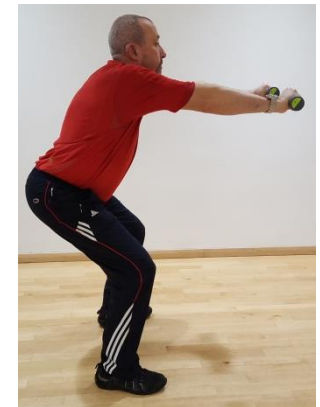
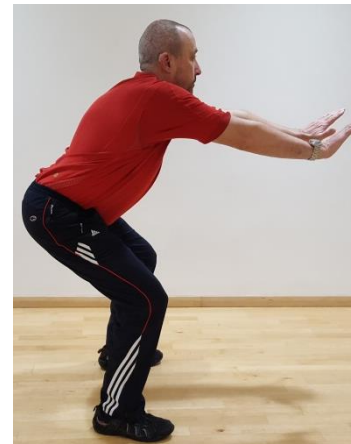
EXERCISE

A

B

C

LOWER LIMB SQUATS

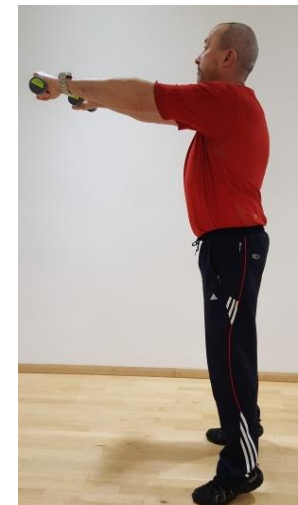
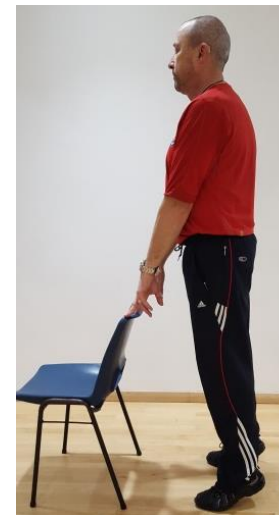


DEEP SQUAT WITH/WITHOUT
ADDITIONAL WEIGHTS

LOWER LIMB HEEL RAISES



RAISE HEELS UP AND DOWN OFF FLOOR



STRENGTH ZONE

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EXERCISE

A

B

C

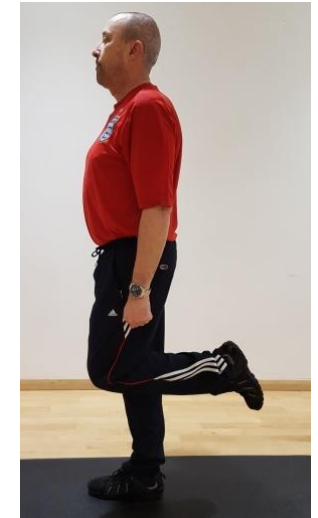
WHOLE BODY/ CORE BALANCE



SIT ON WOBBLE CUSHION OR GYM BALL & MAINTAIN SOFT UPRIGHT POSTURE. IF POSSIBLE STRAIGHTEN ONE LEG & HOLD POSITION FOR 5 SECOND COUNT



'SUPERMAN' – MAINTAIN STEADY POSITION



SINGLE LEG BALANCE

WHOLE BODY/ CORE 'BRIDGE'



GENTLY SQUEEZE TUMMY MUSCLES TO PUSH LOWER BACK INTO THE MAT



SQUEEZE TUMMY AND BUTTOCK MUSCLES AND LIFT HIPS FROM FLOOR, HOLD FOR A COUNT, LOWER WITH CONTROL



HOLD RAISED LEG IN THE AIR

STRENGTH ZONE

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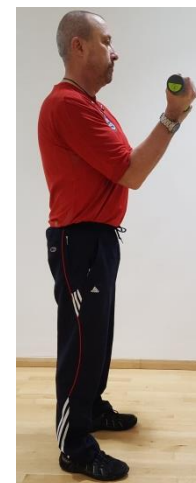
EXERCISE

A

B

C

UPPER LIMB WITH WEIGHTS



TRICPEPS DIP; lower & raise bottom from chair

VERTICAL 'PRESS UP'

UPPER LIMB WITH THERABAND

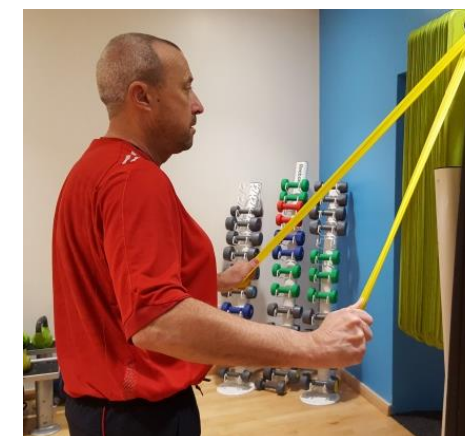
WHEN USING RESISTANCE BAND, GENTLY STRETCH... HOLD... THEN CONTROL RELEASE.



BICEPS:
HOLD BAND STILL WITH ONE HAND, PULL UP WITH OTHER HAND



ROTATOR CUFF; KEEP ELBOWS BY SIDES, OPEN OUT FOREARMS



PULL DOWN & BACK ON BAND

MOBILITY ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

EXERCISE

A

B

C

SPINAL FLEXION/BEND



FLATTEN THEN ARCH THE SMALL OF YOUR BACK



SPINAL ARCH/ EXTENSION



MOBILITY ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

EXERCISE

A

B

C

SPINAL TWIST



SPINAL RELEASE



LAY ONE ANKLE ACROSS
OPPOSITE KNEE, RELAX AND
EXHALE



CROSS ONE ANKLE OVER THE OTHER KNEE,
EXHALE A DRAW THIGH TOWARDS CHEST.



KNEEL ON ALL 4'S, EXHALE & SIT BACK ONTO HEELS.