

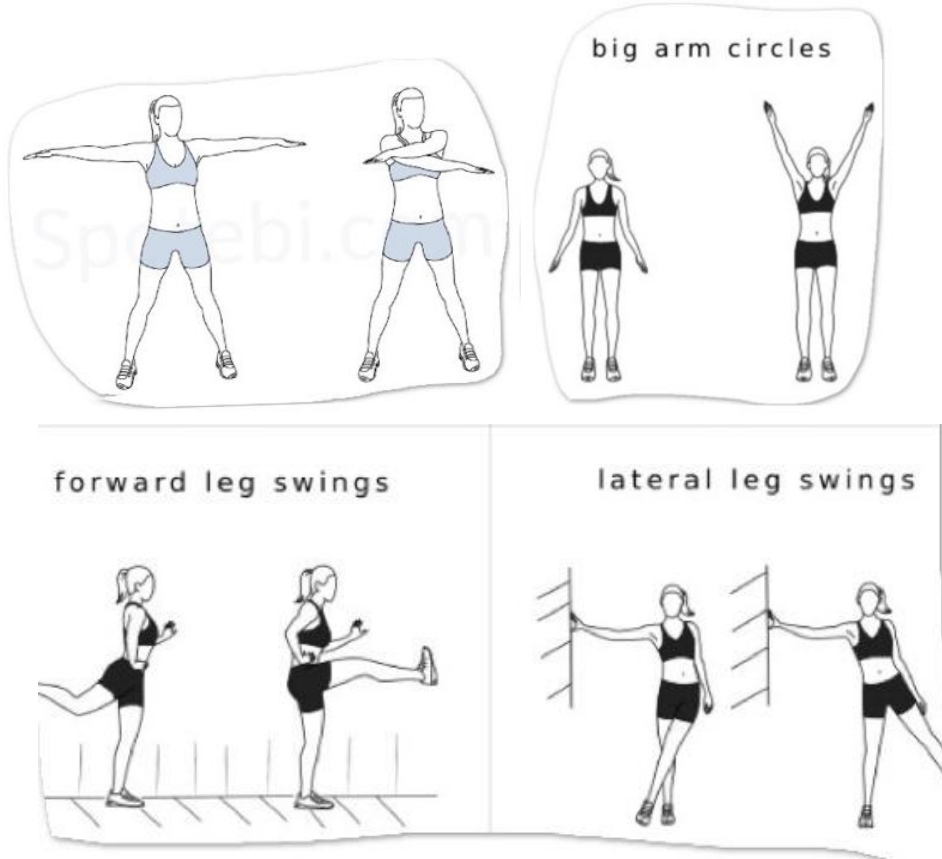
WEEKLY WORKOUT

By Lisa Cash - Fit Up Fitness Boonah

A great workout you can do at home that improves balance, lower body strength, range of movement and cardiovascular health.

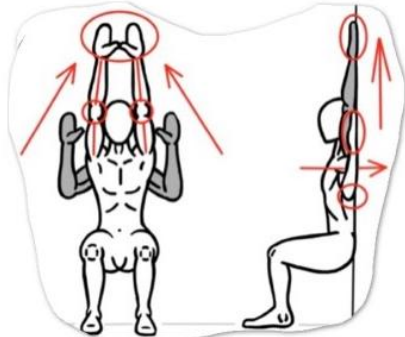
WARM UP

5-15 minute walk then the following dynamic leg and arm exercises to warm up. 30 seconds of each exercise.

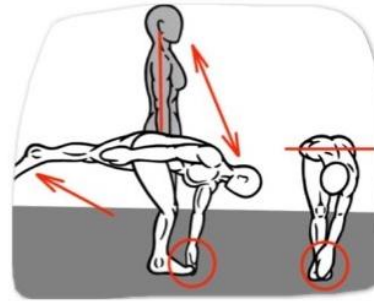


THE WORKOUT

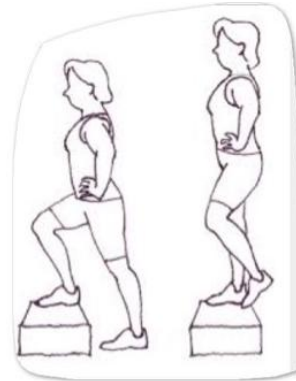
PERFORM THREE (3) SETS OF EACH EXERCISE WITH 60 SECONDS REST IN BETWEEN EACH SET.



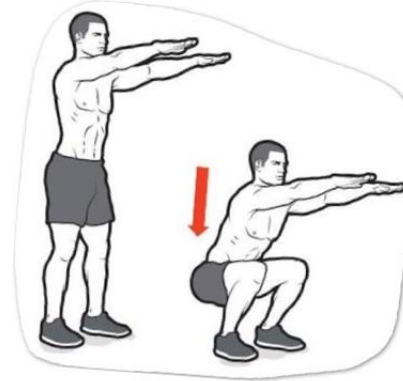
30 SEC WALL ANGELS



ECCENTRIC HAMSTRING LOAD 10 EACH SIDE



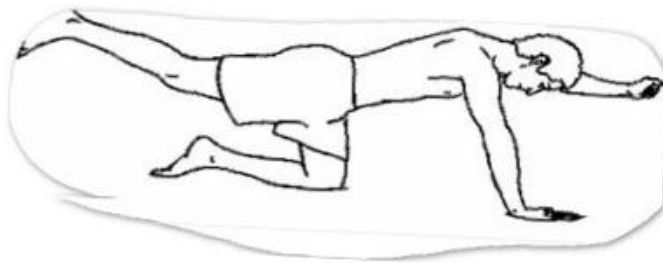
STEP UPS L & R 20 EACH LEG
Don't have a step?
Use your front door way



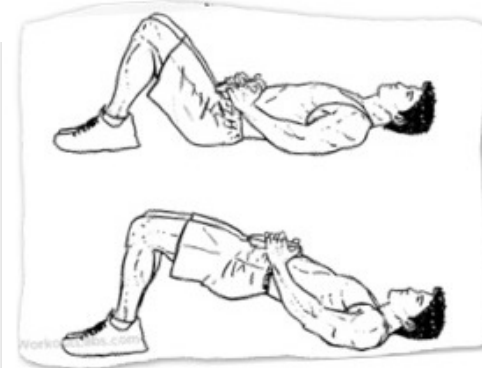
SQUATS (TO BENCH) 10 Don't have a bench?
Squat to the seat of a chair, no resting on the chair :)



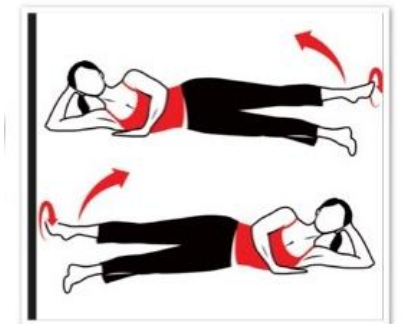
SINGLE LEG SQUAT 10 EACH LEG



SUPERMANS 10 TOTAL (HOLD EACH FOR 3 SECONDS)



GLUTE RAISES - 20



LEG CIRCLES - 20 EACH WAY, EACH LEG

COOL DOWN - Go for a short recovery walk & stretch! GREAT WORK!