




Beginner Level - Card 1

Exercise	Sets/Reps Rest Periods	Advice
Air Squat 	2x 10 reps 30 second rest between each set	Keep back straight, push through heels and squat with hips. Keep arms out in front and eyes ahead.
Sit-Up 	3x 4 reps 30 second rest between each set	Keep knees at right angles, feet planted to the floor, keep hands across chest and brace core.
Mountain Climbers 	2x 6 reps 30 second rest between each set	Get into plank position, keep weight over shoulders, brace the core and bend in the knees.




Finisher Exercise: x2 10 second static sprints

Top Tips

- ✓ During sit-ups if struggling get assistance from someone to keep feet still and planted on the floor.
- ✓ To keep squats in rhythm try a 3 second count on the way down and 3 seconds on the way up.
- ✓ Focus on breathing also during air squat – inhale on the way down and exhale on the transition and way up.
- ✓ Brace core and keep weight over shoulders in the mountain climbers to maintain solid posture.



Beginner Level – Card 2

Exercise	Sets/ Reps Rest Periods	Advice
<p>Half Press-Ups</p> 	<p>2x 5 reps 15 seconds rest between each set</p>	<p>Cross legs at the back, push from arms and shoulders. Brace core throughout.</p>
<p>Forward Lunges</p> 	<p>2x 4 reps 15 seconds rest between each set</p>	<p>Keep back upright and straight, make stride length short and keep head up and looking ahead.</p>
<p>Hot Hands</p> 	<p>2x 6 reps 15 seconds rest between each set</p>	<p>Get into plank position, brace the core and use shoulder to make movement.</p>




Finisher Exercise: x1 40 second Leg Raises

Top Tips

- ✓ To feel a greater 'pulse' in half press-ups and forward lunge, hold exercise for 3 seconds on the downward phase.
- ✓ Keep back straight during hot hands and use shoulders for mobility.
- ✓ Exhale and inhale evenly when doing leg raises – use diaphragm to produce movements. If you feel pain this is good but remember to take a break if the pain becomes overreaching.



Beginner Level – Card 3

Exercise	Sets/ Reps Rest Periods	Advice
Side Step Lateral Lunge 	3x 4 reps 20 second rest between each set	Maintain tall posture throughout, keep hands on hips and brace the core for stability.
Crab Toe Touches 	3x 3 reps 20 second rest between each set	Alternate hand to foot, brace the core for stability and create short movements.
Tricep Dips 	2x 6 reps 20 second rest between each set	Keep hands close together throughout movement, posture tall and cross legs at bottom.




Finisher Exercise: x2 20 second Wall Sits

Top Tips

- ✓ To create greater tension and 'pulse' during a Tricep Dip hold for 3 seconds on the downward phase and extend slowly upwards.
- ✓ Keep hands close together in Tricep Dips to provide greater muscle tension and exercise effectiveness.
- ✓ Remember to breathe in rhythm during Wall Sit's and maintain 90 degree angle with knees and legs – if this time is too demanding decrease it to 10 seconds and do an extra set.



Beginner Level – Card 4

Exercise	Sets/ Reps Rest Periods	Advice
Wall Sit 	3x 25 second holds 10 seconds rest between sets	Maintain 90 degree angle of knees and legs, arms out in front and steady breathing throughout.
Plank Hold 	3x 25 second holds 10 seconds rest between sets	Keep spine and back straight – avoid 'banana back' and keep feet close together when performing exercise.
Star Jumps 	2x 10 reps 10 seconds rest between sets	Perform exercise and extend with arms and land with soft knees during exercise.


Top Tips

- ✓ To decrease the intensity of the wall sit, don't slide down the wall quite as far. Aim for a 45-degree angle at the hips rather than a 90-degree angle. This will take a bit of pressure off your knees and lighten the load on the quadriceps.
- ✓ Another way to modify the wall sit is to hold the position for a shorter amount of time at first and increase your hold time as you get stronger. Try to hold for 5 to 10 seconds in the beginning.



Finisher Exercise: x3 10 Step-Ups (no knee raise needed)

Beginner Level – Card 5

Exercise	Sets/ Reps Rest Periods	Advice
Bulgarian Split Squats 	2x 4 reps per legs 10 second rest per leg	Keep body upright, hands across chest, inhale on way down and exhale upwards.
Step Ups (with knee raise) 	3x 8 reps per leg 10 second rest between each leg	Keep spine and back straight, keep looking forward, and raise knee forcefully through the step.
Side Plank Pulses 	3x 6 reps per side 5 seconds rest per set	Lead with arm at right angles, brace the core and relax shoulders within the top arm. Push from the ground upwards.

Finisher Exercise: x2 10 reps of Body Weight Squats (10 second rest)

Top Tips

- ✓ Brace core during all three exercises and focus on looking straight ahead and focus attention on even breathing patterns.
- ✓ Keep stride level short in the Bulgarian Split Squat – you will be stronger in one leg than the other naturally, but this exercise is great for increasing muscle power and strength in the legs!
- ✓ Drive with hip flexors during the Step Ups and keep posture tall, maintain balance through core tension and stability.

