|  |  |  |
| --- | --- | --- |
| **Circuit exercises** | **Frequency** |  |
| **Bodyweight squat***This* *targets the thighs, hips, and gluteus.* | 10-20 | https://thumb9.shutterstock.com/display_pic_with_logo/598477/292859072/stock-vector-body-workout-exercise-fitness-training-set-stick-figure-pictogram-icons-292859072.jpg |
| **Tricep dip***This generally works the chest, triceps, and front shoulders.* | 10-15 | http://us.123rf.com/450wm/leremy/leremy1507/leremy150700003/42083468-body-workout-exercise-fitness-training-set-2-stick-figure-pictogram-icons.jpg?ver=6 |
| **Walking lunges***This targets the gluteus,hamstrings and quadriceps in your thighs.* | 10-20 | https://thumb9.shutterstock.com/display_pic_with_logo/598477/292859072/stock-vector-body-workout-exercise-fitness-training-set-stick-figure-pictogram-icons-292859072.jpg |
| **Plank** *This works your core. It also can help to elongate the spine, strengthen the arms and wrists, and increase balance*. | 15-30 seconds | A General Fitness Workout Timer |
| **Jumping jacks***This targets you calf, thigh, core, chest and shoulder muscles*. | 15-30 seconds | https://thumb9.shutterstock.com/display_pic_with_logo/598477/292859072/stock-vector-body-workout-exercise-fitness-training-set-stick-figure-pictogram-icons-292859072.jpg |
| **Side-lying leg lifts** *This targets the hips and outer thighs.* | 10-15 each side | https://thumb10.shutterstock.com/display_pic_with_logo/170198872/636757093/stock-vector-exercises-body-workout-stretching-man-stick-figure-healthy-life-style-vector-pictogram-636757093.jpg |
| **Pelvic floor lift***This targets the muscles around the bladder.* | 10-15 times | https://thumb9.shutterstock.com/display_pic_with_logo/598477/292859072/stock-vector-body-workout-exercise-fitness-training-set-stick-figure-pictogram-icons-292859072.jpg |

*This workout is designed to work all the major muscle groups.*

**Guidance notes**

**Warm up** – Always do at least a **5 minutes** warm up before any exercise routine.

Make sure you raise your heart rate and get your muscles warm to prevent injury. You can jog on the spot, skip, pedal on a stationary bike or jog up and down stairs.

**Cool down** – After any exercise you must perform some basic stretches to reduce your heart rate gradually and to stretch out and rebuild used muscles, for approximately **10 minutes**.



Remember to **stay hydrated** and drink **eight** glasses of **water per day**.

\*If you are not used to regular exercise, have heart/lung disease symptoms, pregnant, recovering from an injury, obese etc.), **please consult a physician before starting any exercise.**

**How often?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Exercise type** | **Beginners** | **Intermediate/Advance** |
| Monday | Circuit exercises | 1 complete circuit | 2-3 complete circuits with 3-5 minute rest between each circuit |
| Tuesday | 1-2 k walk/run/yoga/pilates/swim/cycle |
| Wednesday | Circuit exercises | 1 complete circuit | 2-3 complete circuits with 3-5minute rest between each circuit |
| Thursday | 1-2 k walk/run/yoga/pilates/swim/cycle |
| Friday | Circuit exercises | 1 complete circuit | 2-3 complete circuits with 3-5 minute rest between each circuit |
| Saturday | 1-2 k walk/run/yoga/pilates/swim/cycle |
| Sunday | Rest |