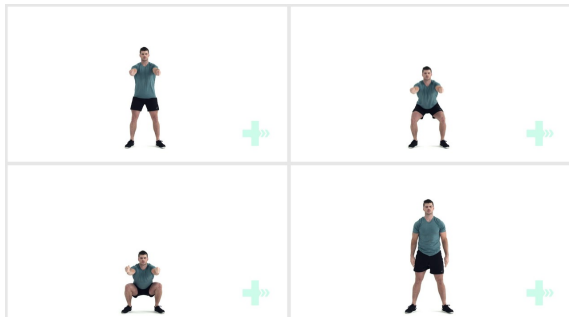


Home Exercise Program

MeasureUp
115 Pitt Street
Level 1
SYDNEY, NSW, 2000

1 Set / 15 Reps



1. Squat and reach

Start position is the same as for the squat

Perform 3 standard squats and at the top of the third squat move onto the toes reaching upwards with the arms, repeat this motion three times and at the top of the the third reaching squat, move into a leaping jump.

The landings should be soft on the balls of the feet then sinking to heels with some bend with the hips and knees.

Keep the feet shoulder width apart and do not allow the knees to buckle inward or outward upon landing.

Complete AMRAP in time allowed; rest; move on to the next exercise in the circuit.

Note for Circuit

Complete each exercise once for the allocated time per round (see below) then move onto the next exercise in the circuit.

Work and Rest periods:

Round 01 = 60 seconds/45 seconds rest;

Round 02 = 45 seconds/15 seconds rest;

Round 03 = 30 seconds/10 seconds rest.

Repeat circuit as many times as possible in 30 minutes.

1 Set / 16 Reps



2. Push ups - with rotation

Start Position is the same as the standard push up.

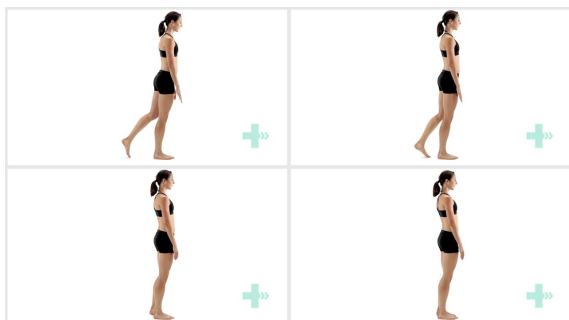
Perform three pushups keeping your body in a straight line.

After the third pushup hold at the top of the action and then raise the left hand toward the sky, hold for one second and then return to the push up position then switch arms and reach upwards with the right arm.

The number of pushups performed in phase one of the exercise should be adapted to cater for the level of personal fitness.

Complete AMRAP in time allowed; rest; move on to the next exercise in the circuit.

1 Set / 1 Rep



3. SL body hinge

Stand on your affected leg with the opposite leg extended behind you.

Tighten the abdominal and leg muscles as you hinge forward at the waist and raise the back leg.

Keep your body and leg in line with one another.

Complete AMRAP in time allowed; rest; move on to the next exercise in the circuit.

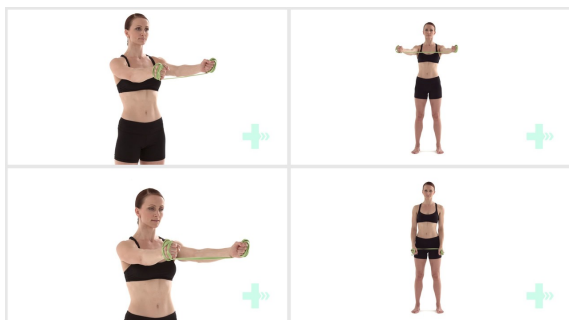
Note - complete exercise on each leg before moving to the next exercise (e.g. round 01: 60 seconds left leg, the 60 seconds right leg).



4. Modified hollow hold to extended legs - dish

Lie on your back with your legs bent and feet flat on the floor.
 Bring your legs up to table top position with your hips and knees at 90 degrees.
 Your arms should be by your sides, palms facing down.
 Push your tongue into the roof of your mouth, and tighten your abdominal muscles as you raise your chest off the floor.
 Your gaze should remain towards the ceiling.
 Lift your arms from the floor.
 Slowly straighten your legs out, ensuring you keep the same position with your body.
 Hold this position.

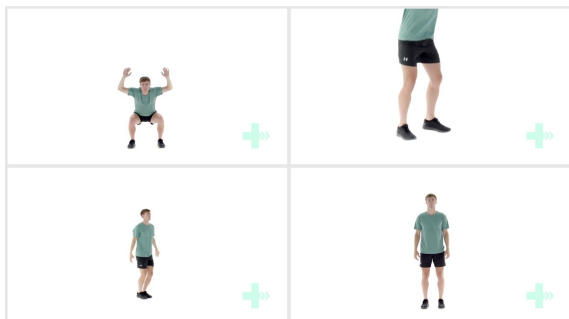
Continuous static movement; Round 01 = 60 seconds; Round 02 = 45 seconds; Round 03 = 30 seconds
Note: Scale as required.



5. Resisted scapula "T"

Hold a resistance band in both hands and gather up some tension.
 Start with your hands at chest height and your arms straight and move them out in a "T" shape, keeping your shoulder blades back and down.
 Control the movement back to the start position and repeat.

Include this exercise if you have access to a resistance band. Otherwise move onto next exercise in the circuit.
Remember to push shoulders down (avoid hunching through the traps!)
Slow and controlled movement - don't allow resistance band to control you!



6. Jumping jack into squat jump

Stand up straight with your feet together.
 Jump upwards whilst simultaneously opening your legs and arms outwards to form a shape resembling a star.
 Land with your feet a shoulder-width apart and immediately descend into a squat.
 Spring back out of the squat to return to the start position.
 Repeat the movement in a fluid and controlled manner.

Reps are an estimate only. Complete AMRAP in time allowed; rest; move on to the next exercise in the circuit.
Once you have the movement pattern controlled, create a continuous flow.
Regress to standard star jumps if you aren't getting your heart rate up!