

EXERCISE PROGRAMS



Cardio and Core



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Introduction

This exercise routine is created for men and women to target their cardio-respiratory endurance along with their core muscles. Throughout this workout there are two different cardio exercises and a range of core which target all the muscles around the torso.

Exercise intensity – moderate to high.

Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Workout Tips

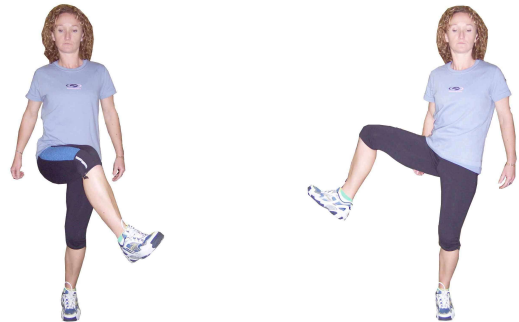
- ▶ Hydration is vital while exercising. Ensure your client is drinking throughout the session.
- ▶ Make sure the clients body is warm before engaging in conditioning activity. This can include dynamic stretching and/or light cardio.
- ▶ Advise your client that a fast-digesting carb-filled snack bar is a good pre-workout food to have about 30 minutes prior, i.e. a sports drink or energy.
- ▶ Rest between sets should start at about 60 seconds and can be reduced to 45 seconds as your client progresses.

Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

Hip Circles

- Stand on one leg
- Side on to fixed object or wall for support
- Bend knee up & rotate thigh in clockwise direction
- Repeat several times in both directions



Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

Ankle Mobility - Circles

- Sit, stand or lie
- Lift one foot up in the air
- Rotate foot in clockwise direction
- Change direction to rotate foot anti-clockwise



Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

Run - Treadmill

- Select a treadmill
- Set timer or use preset treadmill program
- Run for designated time
- Monitor heart rate if possible



Complete 20 minutes.

Pike - Exercise Ball

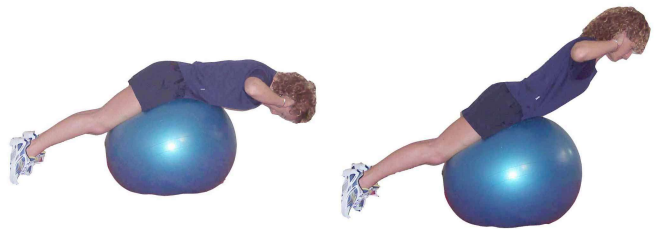
- Hands on floor, feet on the ball
- Body parallel to floor
- With straight legs, invert torso & roll ball towards hands
- Return slowly to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Back Extension - Exercise Ball

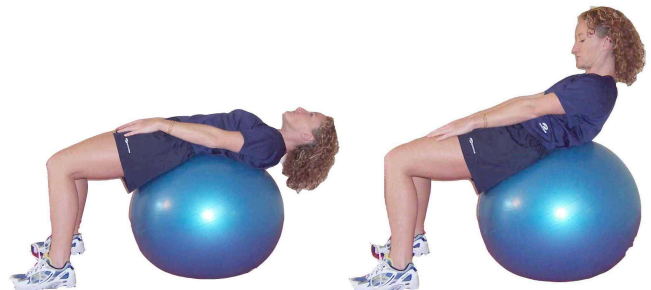
- Lie face down, hips on crest of exercise ball
- Feet secured on floor
- Body relaxed over the ball
- Hands on ears, slow extend torso
- Ankles, hips & shoulders to align



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Abdominal Crunch - Exercise Ball

- Position lower back on crest of the exercise ball
- Feet wide enough to maintain stability
- Hands on thighs
- Crunch forward, slide fingers to mid thigh
- Return shoulders to ball



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Plank - Elbows & Toes

- Lie face down, support body on forearms & toes
- Ankle, hip & shoulder in alignment
- Maintain neutral spine position



Hold for 30-90 seconds. Repeat 2-4 times.

Opposite Arm & Leg Extension - Kneeling

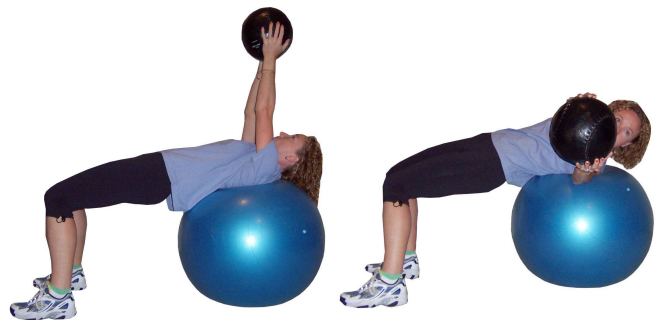
- Kneel with hands on floor below shoulders
- Present lower abdominals
- Lift alternate arm & leg whilst maintaining neutral spine position
- Repeat on the other side



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Torso Rotations On Exercise Ball - Medicine Ball

- Lie with shoulders on crest of the ball
- Knees bent, feet flat on floor
- Lift hips to align with shoulders & knees
- Hold medicine ball directly above shoulders
- Keep hips in position, rotate torso & roll onto one shoulder
- Repeat in the other direction



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lateral Leg Rolls - Feet Up

- Lie on the floor
- Knees & hips bent, feet off the floor
- Roll knees from side to side
- Shoulders remain flat on floor



Complete 2-4 sets of 4-6 repetitions. Rest 30s between sets.

Low Back Stretch - Lying Twist - Partner Assisted

- Lie face up
- One leg straight, other leg bend
- Roll bent leg across body
- Partner holds shoulder to floor & pushes back of hip toward bent knee



Hold for 20-40 seconds. Repeat 1-3 times.

Torso Extension Stretch

- Rest in an extended cobra position, hips close to floor, arms straight



Complete 2-4 sets of 5-10 repetitions. Rest 60s between sets.