

WARM UP & STRETCHING

Estimated Time: 15 minutes+

Stretching muscles and stretching exercises will prevent injury and help prepare your body for the exercise to follow. Aim to spend time in your workout for stretching, both at the beginning and the end.

WARM-UP

A warm-up helps your body prepare itself for exercise both mentally and physically, and reduces the chance of injury. The aim is to increase circulation around the body, in a gradual manner, as not to put any pressure onto the body. During the warm-up any injury or illness you have can often be recognised, and further injury prevented.

Extra clothing can be worn, to help increase the body temperature, which in turn will make your muscles more pliable, and ready to be stretched. The warm-up can be a combination of rhythmic exercise, such as those shown in aerobic videos, or a slower version of the aerobic activity to come. For example walking before you jog.

What is important is that you warm up and do some static stretching. The body will take time to warm up properly; i.e. shut down areas such as the digestive system, in order to supply the muscles with more blood. Aim for a minimum of 5 minutes for a warm-up and the same for stretching. When working out, take into consideration that it may take a good 30 minutes for your body to be working at its best. During cold weather and certainly if you're going to do an activity which requires sudden bursts, make sure you spend more time warming up.

STRETCHING

The aim of stretching is to gently lengthen muscles before and after any form of exercise, and to improve tissue elasticity / flexibility. If done correctly, stretching will help prevent injuries and increase athletic performance.

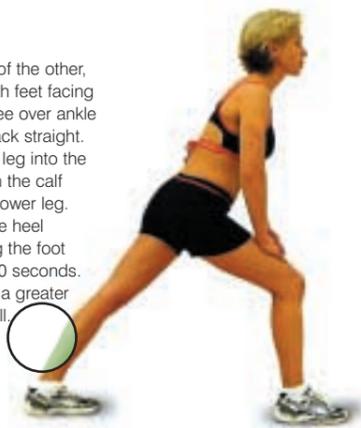
These key points must be remembered whilst stretching: Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the bodies natural lubrication to protect the surface of your bones at these joints. Always warm up the body prior to stretching. After exercise, slowly bring your heart rate down before you begin stretching in order to avoid blood pooling within your muscles, which can lead to cramp and dizzy spells.

If you're wet and sweaty, take a bath or shower then stretch, as the hot water will help relax the muscles, and prevent you from catching a chill. Never bounce whilst you stretch, unless you are doing specific stretches for certain sports, i.e. ballistic stretching for martial arts. Hold the stretch until you feel the muscle loosen off, then repeat for a further 15 seconds.

Whilst stretching you should feel some light pain, if you don't feel anything, then you may be doing the stretch incorrectly, or simply the muscle has eased off. Stop immediately if you feel any severe pain. Remember to breathe regularly and rhythmically, do not hold your breath. Start with your legs, and work up the body, in order not to miss out any stretch.

1. Calf Stretch

Standing one foot in front of the other, feet comfortably apart, both feet facing forward, front leg bent (knee over ankle joint), back leg straight, back straight. Press the heel of the back leg into the floor until a stretch is felt in the calf muscle in the back of the lower leg. If no stretch is felt, slide the heel slowly backwards, keeping the foot on the floor. Hold for 20/30 seconds. For improved stability and a greater stretch, push against a wall.



2. Hamstring Stretch

Lie on your back, bending one leg keeping that foot on the floor, to prevent you lifting your buttocks during the stretch. Raise your other leg, holding it either side of your knee joint, to gradually pull the leg towards you. You should feel the hamstring muscle stretching at the back of this leg. Concentrate on keeping your buttocks on the floor, and keeping the stretched leg as straight as possible. Hold for a period of 20/30 seconds.



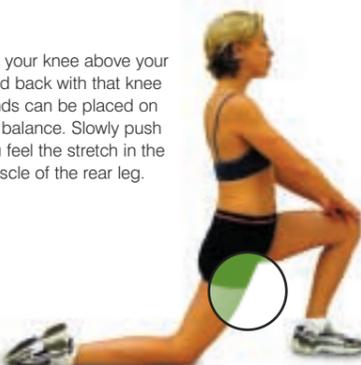
3. Quad Stretch

This stretch can be performed either standing, or laying on your side. If standing use a chair or wall for support. Grab one leg at the ankle, and slowly pull your heel up towards your bottom, whilst slowly applying a stretch on the quadricep muscles (the large muscles at the front of the upper leg). If you can not reach your ankle, wrap a towel around your ankle, and pull on that, do this version lying down. Aim to keep your knees together and back straight throughout the stretch. Push your hips forward to increase the stretch on the quadricep muscles. Hold for 20/30 seconds.



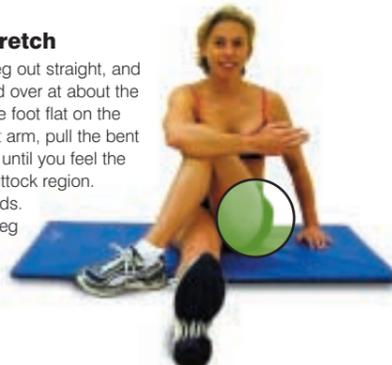
4. Hip Flexors

Place one leg forward with your knee above your toe, and the other stretched back with that knee touching the floor. Your hands can be placed on the front leg or floor to aid balance. Slowly push the pelvis forward until you feel the stretch in the upper thigh / hip flexor muscle of the rear leg. Hold for 20/30 seconds.



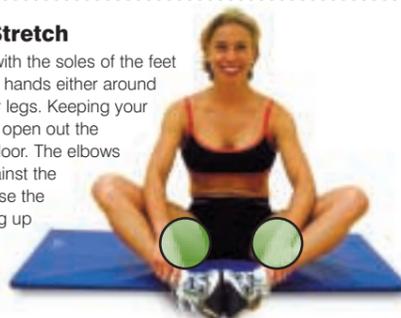
5. Buttocks Stretch

Sit up with your left leg out straight, and your right leg crossed over at about the knee joint, placing the foot flat on the floor. Using your right arm, pull the bent left leg slowly across until you feel the stretch in the right buttock region. Hold for 20/30 seconds. Simply reverse both leg and arm to do the other side.



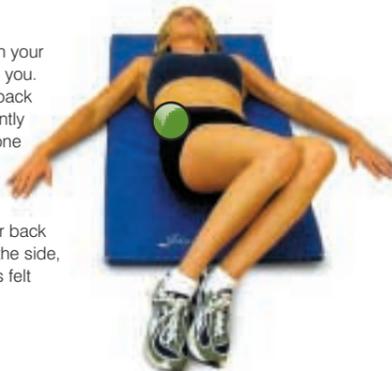
6. Adductor Stretch

Sitting on the floor with the soles of the feet together, place your hands either around your ankles or lower legs. Keeping your back straight gently open out the knees towards the floor. The elbows can be pressed against the inner knee to increase the stretch. Avoid pulling up on your feet during the stretch. Hold for a period of 20/30 seconds.



7. Lower Back

Lie on your back, with your legs bent up towards you. Keeping your upper back firmly on the floor, gently lower your knees to one side, hold for about 20 seconds, then repeat on the other side. Allow your lower back to rotate naturally to the side, however if any pain is felt avoid this stretch.



8. Side Bends

Stand with your feet shoulder width apart, keeping a slight bend in your legs. Slowly bend over to one side, until you feel a stretch along your side. Your arms can be on your hips, or in the air to increase the stretch. Avoid leaning forward or back, and keep the movement smooth with no bouncing. Hold for 20/30 seconds.



9. Chest Stretch

Stand or sit upright and place your hands on the small of your back. Slowly bring in your elbows, until you feel the stretch on your chest. Aim to keep the elbows high during the stretch. Remember to breathe comfortably throughout the stretch. Hold for 20/30 seconds.



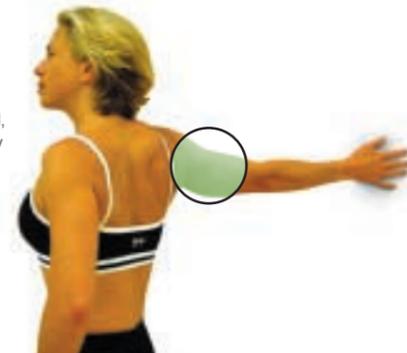
10. Deltoids Shoulder Stretch

Can be achieved either seated or standing. Take one arm across the front of your body, and use the other arm to perform the stretch. Push the arm into the chest at a point just to the side of the elbow joint. Aim to keep the arm straight and breathe comfortably. Hold for 20/30 seconds.



11. Bicep Stretch

Place your arm straight against a wall, with your palm facing the wall. With your body close to the wall, slowly turn your body away from it, keeping the arm in contact with the wall. Hold for 20/30 seconds. This is an excellent stretch for the biceps and chest muscles.



12. Tricep Muscle Stretch

Sit or stand tall, with good posture. Place one arm behind your head, with your hand facing down your spine. Use the other hand to gradually push down on the elbow joint, whilst slowly increasing the stretch on the tricep muscle. Hold for 20/30 seconds. Repeat again on the other side.



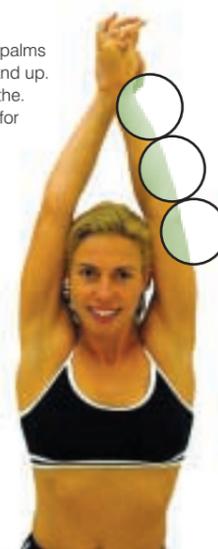
13. Upper Back

Whilst on all fours, look down towards the floor, then push your shoulders as high as they can go. Aim to hold in the stretched up position for 10 seconds before repeating.



14. Wrists and Arms

With your fingers interlocked above your head, palms facing upwards, push your arms slightly back and up. Avoid arching the back, and remember to breathe. Hold for 20/30 seconds. This is a good stretch for your shoulders, arms and wrist.



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ABDOMINALS

Estimated Time: 15 minutes+

Having good core stability with strong abdominal and lower back muscles is necessary for all-round body strength, as any lifting with either the arms or legs, will make use of the abdominal muscles. Aim to progress to performing all 12 exercises in an abdominal circuit, 2-3 times a week.

TIPS FOR ABDOMINAL EXERCISES

Great care and excellent technique are required to strengthen the abdominal muscles with sit-ups. To be effective, sit-ups must pull the torso upward from a lying position toward the knees, using only the abdominal group. Often, more powerful muscles (those that flex the legs and hips), do much of the work. This is especially true with straight-leg sit-ups. For best results, abdominals should be performed slowly with legs resting on a chair/bench, so that legs are bent at 90 degrees. Twisting at the top of the sit-up movement causes tremendous rotational stress on the lower back that can lead to injury. When doing sit-ups, never push through back pain. Stop immediately at even the slightest twinge in the lower back.

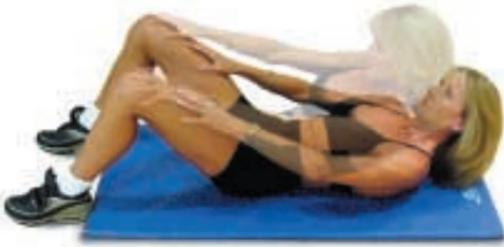
CHECKLIST

Lie on back with knees bent. Feet flat on the floor close to the buttocks, or raised up on a bench. Avoid having the feet held down, unless you want to work your Hip Flexor muscles. No jerking or twisting movements for beginners. Breathe comfortable throughout the exercise. Commence curls with the shoulders then the upper back and finally the lower back. Bring torso up no more than 30 degrees; hold momentarily then lower the torso. Clasp hands behind the neck just to support the weight of the head. Don't pull on your head when doing the exercise. Keep your chin off your chest, aim to keep your upper spine straight (neutral) Warm up your stomach muscles with easy stomach exercises, before you advance. Finish off by stretching out the abdominals. By doing some dorsal raises, this will help stretch out your abdominals. If you have use of an abdominal exerciser, this will help give you correct position.

1. Hands to Knees

Rest your hands on your thighs, and slowly slide the hands along your leg, up towards your knees. Control the movement on the way down, remembering the slower you work, the harder the exercise. Keep your chin off your chest, and if your neck aches, support your head with one hand.

BEGINNERS AIM FOR 8-12 LIFTS REPEAT TWICE
INTERMEDIATES AIM FOR 15+ LIFTS REPEAT TWICE
ADVANCED AIM FOR 20+ LIFTS REPEAT THREE TIMES



2. Normal Sit-up

Place your feet in tight towards your bottom, or rest them on a bench, to isolate your abdominals. With your hands locked behind your head, keeping your chin off your chest, come up to an angle no more than 30 Degrees. You should commence the exercise with your shoulders and aim to keep the elbows out by your sides. Stop immediately if you feel any pain.

BEGINNERS AIM FOR 8-12 LIFTS REPEAT TWICE
INTERMEDIATES AIM FOR 15 LIFTS REPEAT TWICE
ADVANCED AIM FOR 25+ LIFTS REPEAT TWICE



3. Bridging

This is a good exercise for both the abdominals and gluts muscles. Lay on your back, with your heels close to your bottom. Keep your hands by your sides, throughout the exercise for both balance and to aid the movement. Aim to slowly lift your buttocks of the floor, keeping a straight line between your knees and lower back.

BEGINNERS AIM FOR 10 LIFTS REPEAT TWICE
INTERMEDIATES AIM FOR 15 LIFTS REPEAT TWICE
ADVANCED AIM FOR 25 LIFTS REPEAT TWICE



4. Abdominal Crunch

Lift both feet of the floor, bending the legs at the knee. Smoothly pull the knees in towards the chest, and at the same time, lift up the shoulders and head to an angle of no more than 30 degrees, then go back out again. Keep your chin off your chest, and stop immediately if you feel any pain. Avoid letting the legs come up or go out too far, as this can cause injury to the lower back. If you suffer from a lower back injury, avoid this exercise.

BEGINNERS AIM FOR 8-12 LIFTS REPEAT TWICE
INTERMEDIATES AIM FOR 15 LIFTS REPEAT TWICE
ADVANCED AIM FOR 25+ LIFTS REPEAT TWICE



5. Reverse Curls

A good exercise for developing the lower abdominal muscles. Place your hands, by your sides, with your feet up towards the ceiling. Slow small movements are required to push your pelvis and lower back off the floor. Avoid swinging the legs forward and back, and for stability the legs can be crossed. Avoid this exercise if you have lower back pain.

BEGINNERS AIM FOR 8-12 LIFTS REPEAT TWICE
INTERMEDIATES AIM FOR 15 LIFTS REPEAT TWICE
ADVANCED AIM FOR 20+ LIFTS REPEAT TWICE



6. Static Abs

Avoid this exercise if you suffer from lower back problems. Resting on your forearms, and your toes, hold your body up. Keep your elbows under your shoulder blades with your forearms facing forward. Aim to keep a straight line throughout your legs and spine.

BEGINNERS AVOID THIS EXERCISE
INTERMEDIATES AIM FOR 30 SECONDS OF LIFT REPEAT TWICE
ADVANCED AIM FOR 45 + SECONDS OF LIFT REPEAT TWICE



7. Nasty Abdominal

Lie down with one leg crossed over the other. Keep both feet off the floor, and as you do the exercise bring the leg into the chest. At the same time, do a normal sit up with hands behind your head. To make this harder, hold some small weights in your hands, and do a pec deck movement as you come up.

BEGINNERS AVOID THIS EXERCISE
INTERMEDIATES AIM FOR 10 LIFTS EACH SIDE REPEAT TWICE
ADVANCED AIM FOR 15+ LIFTS EACH SIDE REPEAT TWICE



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8. Dorsal Raises

A good exercise for developing strength in the lower back. Keep your feet on the floor when doing this exercise. The aim is to lift your head and shoulders only 4 to 6 inches off the floor. You can assist your back muscles if they are weak by pushing up with your arms, otherwise place your hands under your forehead, and lift your head and elbows off the ground. Always look straight down at the floor and with all exercises stop if you feel any pain. The exercise can be made harder by extending your arms out in front of you.

BEGINNERS AIM FOR 6-8 REPETITIONS REPEAT TWICE
INTERMEDIATE AIM FOR 10-12 REPETITIONS REPEAT TWICE
ADVANCED AIM FOR 12-15 REPETITIONS REPEATED THREE TIMES



9. Lying Side Bends Obliques

Work one side at a time, by resting your head on one hand, and with the other bend to the side with your shoulders off the floor, towards your feet. Concentrate on bending at the waist to touch your foot, rather than simply stretching out your arm. Your feet should be up close towards your bottom, with your legs bent. Control the movement, remembering the slower you work, the harder the exercise. Keep your chin off your chest, and stop immediately if there is any pain.

BEGINNERS AIM FOR 10 BENDS EACH SIDE REPEAT TWICE
INTERMEDIATES AIM FOR 15 BENDS EACH SIDE REPEAT TWICE
ADVANCED AIM FOR 20+ BENDS EACH SIDE REPEAT TWICE



10. Hands to Knees Obliques

Read notes on sit ups prior to doing this exercise. Place one leg across the other, keeping the foot either on a bench, or close to your bottom. Hold your head with one hand, keeping your chin off your chest, and avoid pulling on your neck. With the other hand take it across your body, just above your knee. Remember to take left hand to right knee, then vice versa. Avoid forcing the body around, as this can cause a lot of stress on the lower back.

BEGINNERS AIM FOR 6-8 LIFTS EACH SIDE REPEAT TWICE
INTERMEDIATES AIM FOR 10-12 LIFTS EACH SIDE REPEAT TWICE
ADVANCED AIM FOR 15+ LIFTS EACH SIDE REPEAT TWICE



11. Knee to Side Obliques

Bring your heels up towards your bottom, and rest your knees to one side on the floor. With your hands clasped behind your head, come up smoothly using your side oblique muscles.

BEGINNERS AIM FOR 6-8 LIFTS EACH SIDE REPEAT TWICE
INTERMEDIATES AIM FOR 10-12 LIFTS EACH SIDE REPEAT TWICE
ADVANCED AIM FOR 15+ LIFTS EACH SIDE REPEAT TWICE



12. Weighted Side Bends

Keeping your back straight, and hips facing forward, bend down to the side, with small weights in your hands, following the direction of your outer thigh. Return again and repeat on the other side. To make the exercise harder, work each side continuously then change sides. Control the movement, remembering the slower you work, the harder the exercise. Avoid leaning forward during the exercise, and remember to start with lightweights, or no weights at all. This exercise can also be performed standing up, or sitting down.

BEGINNERS AIM FOR 10 BENDS EACH SIDE REPEAT TWICE
INTERMEDIATES AIM FOR 15 BENDS EACH SIDE REPEAT TWICE
ADVANCED AIM FOR 20+ BENDS EACH SIDE REPEAT TWICE



ARMS

Estimated Time: **30 minutes+**

When using weights an individual can certainly achieve remarkable gains in body strength. Avoid dangerous or high-risk exercises, start with the basics, and develop good technique then progress slowly, adding either new exercises, or increase the weight. Aim to train 2-3 times a week with rest days between sessions.

TIPS FOR WEIGHT TRAINING

For a stronger toned upper body, look at training all your different muscles groups. For persons wishing to increase muscle size, lifting heavy weights for low reps (less than 8) isolating muscles groups each session will give best results. For good strength and toning without the size, aim to lift light to medium weights for high reps (12+), for all muscle groups. The weight you choose should enable you to perform the exercise with good technique, however you should feel your muscles working with the last few lifts.

CHECKLIST

Warm up and stretch for a good ten minutes before you commence the workout. Stay warm by wearing a sweatshirt when not lifting. As soon as poor technique is used, the risk of injury increases, stop before this happens, signs are swinging of the weights or straining in the face, normally with your neck turned. Work the muscle smoothly and slowly, to isolate the muscle you are trying to work. Rapid jerking movements, enable the weight to be lifted using both momentum and other muscles. Concentrate on lowering the weight, slower than what you lifted it. Mimicking other peoples programs should be avoided, have a qualified trainer design the program for you.

Make sure the weights are safe, collars are on tight or adjustment pins are in securely. The area in which you train needs to be safe, no weights or obstacles on the floor, plenty of head room, with a floor that is strong enough, just encase you drop the weight. Avoid both hyperventilation and holding of your breath, before and during lifting, unless you are an experienced lifter. Breathe continuously throughout the exercise, exhaling as you lift, and inhaling as you lower. Always wear training shoes with good grip. Avoid putting your body through any unnatural motion, such as excessive arching of the spine or lifting with a rounded spine. Keep the weights dry by using gloves, chalk or having a towel handy. Lifting weights away from your body, makes the exercise harder, take this in mind when choosing your weight. Aim to train with a partner, they can help you lift a weight off if there is a problem, and also check your technique.

1. Bicep Curls Normal

Hold the weights with your palms facing away from you, in the downward position. Aim to keep the elbows tucked into the side and avoid swinging the weights up, or arching your back. Move the weights in a smooth motion from your middle up towards your shoulders, then lower under control, and repeat. Keep your abdominal muscles tight, and breathe comfortably throughout.



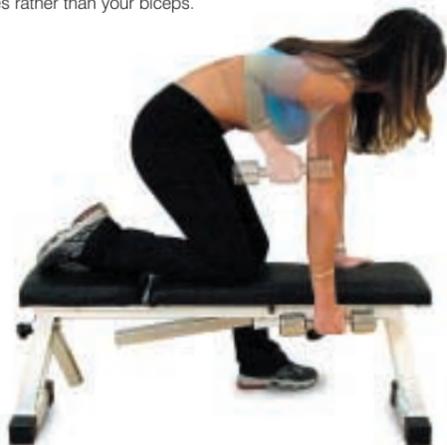
2. Single Arm Pullover

Hold a dumbbell in one hand, and use the other hand to stabilise the action. Aim to keep the elbow of the weighted arm pointing up towards the ceiling. Lower and raise the weight in a smooth motion, taking care not to hit yourself with the weight and also to make sure that your thumb is not on the inside of your arm. You can also work the wrist by tilting the weight straight at the end of the movement, parallel to the floor. The exercise action can also be performed in a seated, lying or standing position.



3. Arm Upright Row

Support your body by placing your left hand and knee on a bench, whilst placing the weight in your right hand, with the right foot securely on the floor. Aim to keep your back parallel to the floor, whilst lifting the weighted elbow from a straight position to an angle of 90 degrees. Concentrate on keeping the elbow close to your side, lifting the weight using your back muscles rather than your biceps.



4. Lying Bench Machine

Lie comfortably on a bench or step-box, with your head resting down and your feet firmly to the floor. Push the weight up directly above your chest, to arm's length, then lower the weight down smoothly and under control, before repeating. Declining the bench so that your head is lower, will work your lower pectorals, whereas inclining the bench will work your upper pectorals. Remember to breathe comfortably throughout the exercise. CARE SHOULD BE TAKEN NOT TO ARCH THE LOWER BACK.



5. Pec Deck

Keep back straight during the exercise. Bend arms at right angles, keeping upper arm level with your shoulders. Bring in elbows and hands together, remembering to keep your upper arm level with your shoulders, breathing comfortable throughout the exercise.



6. Press Up

Place your hands underneath your shoulders with fingers facing forward. Rest your knees on the floor, ideally on an exercise mat, most people find that crossing their legs aids stability. Bend at your elbows, lowering your chest down, no lower than 2 inches from the floor. Aim to make a right angle with your arms, keeping a straight line through your spine. The rhythm should be smooth, with one push every 2 seconds. Avoid forcing your bottom into the air, and also arching of the back.



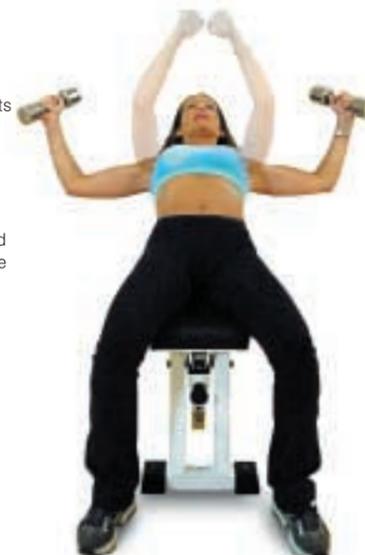
7. Shoulder Press

A good exercise to isolate the shoulder muscle's especially the deltoids. Raise the dumbbells to shoulder height, with your palms facing in towards you. Lift the dumbbells up bringing the weight above your head, in a smooth motion. Aim to keep elbows tucked into your side at the start of the lift, and keep your palms facing inwards throughout the lift. This exercise can be performed either seated or standing, with both hands or alternating each arm.



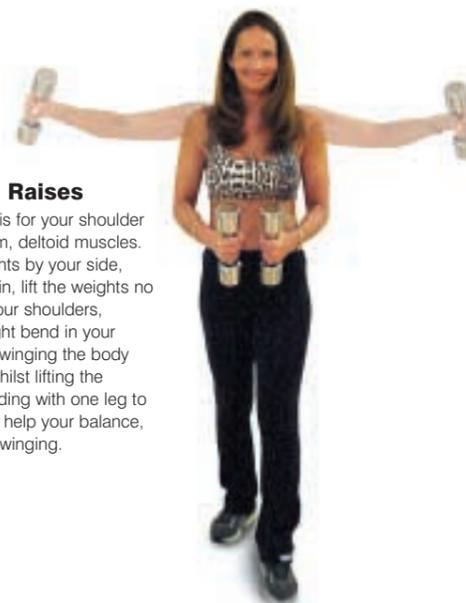
8. Bench Flys

Lay on a bench with head resting on it, and feet placed firmly on the floor. The weights go out to the side, then up into the centre of the body. Keep palms facing inwards, with elbows bent slightly. Avoid letting the elbows go lower than the shoulders, and aim to keep the weights inline with your ears.



9. Lateral Raises

This exercise is for your shoulder and upper arm, deltoid muscles. With the weights by your side, palms facing in, lift the weights no higher than your shoulders, keeping a slight bend in your arms. Avoid swinging the body backwards, whilst lifting the weights. Standing with one leg to your rear, can help your balance, and prevent swinging.



10. Tricep Dips

Sit comfortably on a bench or strong chair. Place your hands by your sides, on the bench, palms down facing forward. Place your feet together in front of you, or if you wish to make the exercise harder have your feet on another bench. Bend at the elbow, taking your arms back, whilst lowering yourself up and down. Make sure the bench or chair is secure, as they can slide away. The movement should be smooth and under control, with the aim to bend your arms to a 90 degree angle.



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LEGS

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Having to support the bodies weight, your legs are in constant use, especially in a static mode, i.e. standing in a que. Look at performing as many of these exercises as you can 2-3 times a week, remember you don't need to do all the exercises, stay within your own limits.

TIPS FOR LEG EXERCISES

Leg exercises can be performed without any equipment, anywhere so there should be no reason why you can't tone up your legs and buttocks. Having the largest group of muscles within the body in your gluts and quads, it is these muscles that will help burn excess calories and aid persons aiming for weight. For persons aiming to tone up or lose weight, combine these exercises with a healthy eating and aerobic exercise routine.

When performing the exercises, aim to work as slow as possible holding and controlling the movement throughout, to develop your muscular endurance. Use your arms to aid your balance, concentrating on keeping good technique. The most important rule when doing any squat style exercise is not to allow your knees to travel over your toes, as this causes excessive strain on your quadricep muscles. Either look at yourself in a mirror or look down to make sure that you can see your toes to prevent injury. As with all exercises remember to stretch both before and after your routine, however whilst doing these exercises, you may feel that you want to stretch or simply walk around for a short while, to prevent blood pooling which results in dizziness.

1. Calf Raises

Use the first step on the stairs or telephone directory to raise yourself up. Lift and lower your heels with all your weight on the balls of your foot, ideally at least two inches off the floor. If you have poor balance hold onto a chair whilst doing this exercise. To make it harder, work one leg at a time, stay up for longer periods of time, or hold weights in your hands. Remember to keep your back straight and head up throughout the exercise.

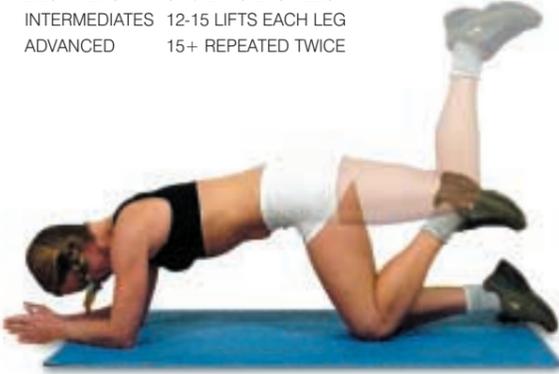
BEGINNERS 8-12 NO WEIGHT
 INTERMEDIATES 15+ SINGLE LEG
 ADVANCED 15+ SINGLE LEG WITH WEIGHT



2. Hip Extensors

Kneeling with your forearms resting on the floor, lift one leg up, the leg can be either straight or bent. Lift and lower the leg in either small pulsing movements, or a large smooth action. Repeat again on the other leg. Ankle weights will make this exercise harder.

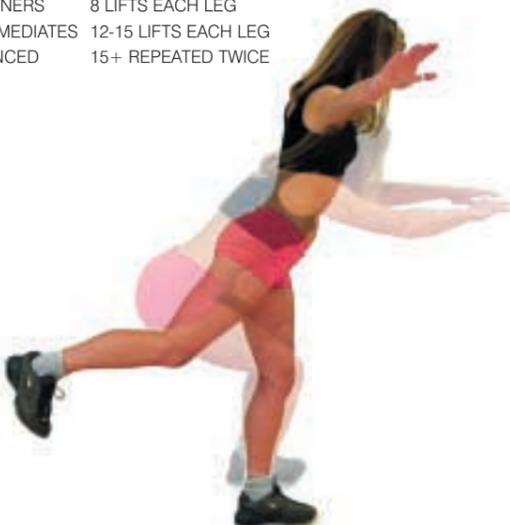
BEGINNERS 8-10 LIFTS EACH LEG
 INTERMEDIATES 12-15 LIFTS EACH LEG
 ADVANCED 15+ REPEATED TWICE



3. Standing Rear Squat

A good exercise for both the quadriceps (thighs) and gluts (buttock) muscles. Squat down remembering to keep your knees over your toes, with your arms extended out for balance. Come up, extending one leg to the rear, again keeping your hands out to aid your balance. You can either alternate legs, or work the same leg continuously for set repetitions then swap sides.

BEGINNERS 8 LIFTS EACH LEG
 INTERMEDIATES 12-15 LIFTS EACH LEG
 ADVANCED 15+ REPEATED TWICE



4. Bent Leg Raise

Rest your body weight on your forearms and one knee. Keeping the leg bent at 90 degrees, smoothly take the leg both out to the side, and upwards whilst maintaining the same position. Avoid excessive twisting from your lower spine throughout the exercise.

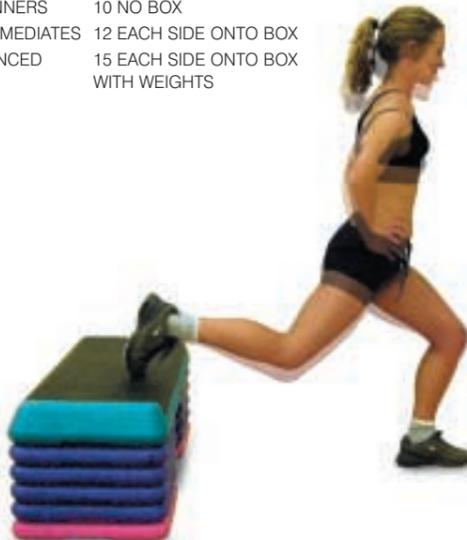
BEGINNERS 8 LIFTS EACH LEG
 INTERMEDIATES 12 LIFTS EACH LEG
 ADVANCED 15+ LIFTS EACH LEG



5. Lunge

There are a number of variations of this exercise, such as lunging onto a step box, having your rear leg raised or combining with arm exercises. There is one main rule when doing any squat style exercise, that is to avoid extending your knee past your toes. Keeping your feet shoulder width apart, take a stride forward with one leg, bending the rear leg slightly in order to keep the back straight. Bring the leg back again to the starting position and repeat either or the other side, or to make the exercise harder, stay with the same leg.

BEGINNERS 10 NO BOX
 INTERMEDIATES 12 EACH SIDE ONTO BOX
 ADVANCED 15 EACH SIDE ONTO BOX WITH WEIGHTS



6. Wall Squat

A good exercise for building up leg strength quickly, ideal for those peoples going skiing. Place your back firmly into a wall, with your legs at 90 degrees or more. Avoid coming down too low, as this puts excessive strain on your joints. Hold for as long as possible, however make sure you can get back up. A chair close by can be handy to help push you up. A variation of this exercise is to lower and rise without resting. Make sure your feet are firmly on the floor, as you may find that they slide forward. Your feet should be shoulder width apart, and can either face forward, or be pointing out at a 45-degree angle.

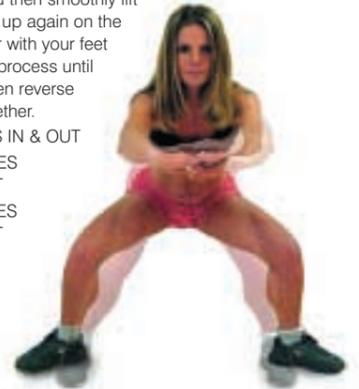
BEGINNERS AIM FOR 20-30 SECONDS
 INTERMEDIATES AIM FOR 30-45 SECONDS
 ADVANCED AIM FOR 1 MINUTE+



7. Moving Squat

A good exercise for both the quadriceps (thighs) and gluts (buttock) muscles. Squat down remembering to keep your knees over your toes, with your arms extended out in front of you, and back straight. Start with your feet close together, and then smoothly lift up turning your feet out. Lift up again on the balls of your feet, then lower with your feet facing forward. Repeat this process until your legs are wide apart, then reverse again to bring your feet together.

BEGINNERS 4 MOVES IN & OUT
 INTERMEDIATES 6-8 MOVES IN & OUT
 ADVANCED 8+ MOVES IN & OUT



8. One Leg Squat

This is a very good exercise for developing the quadriceps, gluts and hamstring muscles. Position yourself with one foot firmly placed on a step box. Holding onto either a chair, or keeping your hands against a wall, lower yourself down, keeping your back straight and head up. Remember the one main rule when doing any squat style exercise, that is to avoid extending your knee past your toes. Avoid going down any further than a 90-degree bend in your leg. The exercise can be made harder by holding onto a suitable dumbbell weight. If you feel energetic and have good balance, you can try doing a biceps curl with your weighted.

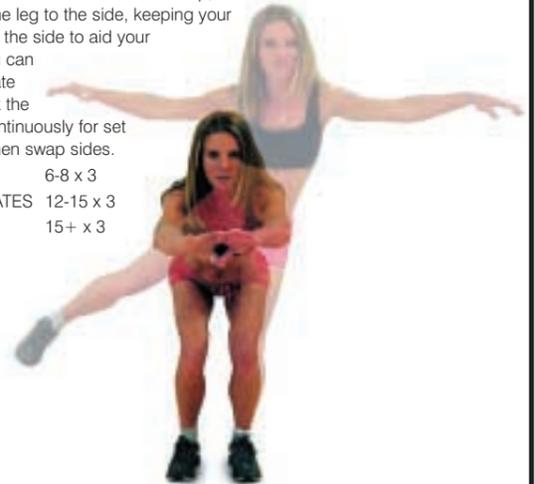
BEGINNERS 6-8 EACH LEG
 INTERMEDIATES 12 EACH LEG
 ADVANCED 12 EACH LEG REPEATED TWICE



9. Standing Side Squat

A good exercise for both the quadriceps (thighs) and gluts (buttock) muscles. Squat down remembering to keep your knees over your toes, with your arms out to the side. Come up, extending one leg to the side, keeping your hands out to the side to aid your balance. You can either alternate legs, or work the same leg continuously for set repetitions then swap sides.

BEGINNERS 6-8 x 3
 INTERMEDIATES 12-15 x 3
 ADVANCED 15+ x 3



10. Raised Squat

Place one foot on a secure step-box raised off the floor, the higher the box the harder the exercise. Keeping your back straight lower yourself down, taking your upper leg no lower than the knee on the step box. Always remember to avoid taking your knee over your toes.

BEGINNERS 6 EACH LEG
 INTERMEDIATES 10 EACH LEG
 ADVANCED 15 EACH LEG



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PLEASE NOTE

Adjust these workouts to your own fitness level, remembering to make sure that you're fit and healthy prior to embarking on any exercise. Not all exercises are suitable for everyone. Before you begin this program, you should have permission from your doctor to participate in vigorous exercise. If you feel discomfort or pain when you exercise, do not continue. The instructions and advice presented are in no way intended as a substitute for medical counselling. The creators, producers, participants and distributors of this poster disclaim any liability in connection with the exercise and advice provided here.

COMBINATION CIRCUITEstimated Time: **30 minutes+**

This combination circuit is designed to tone you up with minimal equipment and time. Aim to workout at home or the office to develop a healthier fitter you, combining this circuit twice a week with a healthy eating regime and aerobic exercise.

SOME KEY POINTS TO REMEMBER WHEN EXERCISING.

1. Keep a log of all your exercise, and as you get fitter and stronger increase your workout, in order to increase your fitness level. Your body will quickly become adapted to your workouts, and you will find minimal results unless you vary your program.
2. Performing weight lifting / circuit exercises at high speed can result in injury, control all of your exercises movements in order to feel the muscles work.
3. Never train sore or injured muscles, give your body the time to recover and rebuild itself.
4. Supply your body with the nutrients it requires to perform your workouts, and drink sufficient water during your exercising.
5. If you have no exercise equipment, improvise by using such items as tins of beans or liquid containers filled with sand / water. A thick towel will work well as an exercise mat.
6. Allow time in your weekly schedule to exercise, ideally at least 3 times a week for 30minutes+.
7. Training with a partner and to music is great motivation.

Use this circuit to give yourself some ideas for working out with minimal equipment. Start with the leg exercise, followed by the abdominal exercise, then the arm exercise. As you get fitter you may want to do, 2 leg, 2 abdominal and the 2 arm exercises, building up to 3 of each, then finally all the exercise for the legs, then the abdominal then the arms.

You don't need to do all of the exercises, remember you can add in more if you want, or simply change some of the exercises to suit your fitness / equipment conditions.

You will need to use a weight that allows you to perform the above exercises with good technique, look at these pointers for developing stronger muscles.

A muscle will only strengthen when forced to operate beyond its customary intensity (overload). Overload can be progressed by increasing the:

1. Resistance e.g. adding more weight.
2. Number of repetitions with a particular weight / exercise.
3. Number of sets of the exercise.
4. Intensity, i.e. reducing the recovery periods.

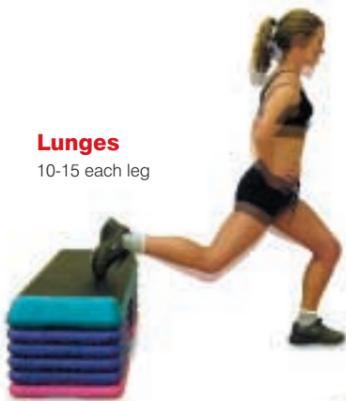
Aim to use free weights, barbells, dumbbells as these allow you not only to target a particular muscle group but also to engage other muscles that assist in the work, (fixators).

Lifting free weights improves your co-ordination by improving the neuromuscular pathways that connect your muscles to the central nervous system.

For body toning, look at lifting light weights for high reps, 12 / 15 +, for those that want to develop muscle tissue, aim for 2 / 3 sets of 8 / 12 repetitions with a heavier weight.

Lunges

10-15 each leg

**Hip Extensor**

12-15 each leg

**Wall Squat**

Aim to hold for 20 secs+

**Standing Side Squat**

8 each side

**Moving Squat**

In and out 3-8 times

**Calf Raises**

10-15 lifts

Bent Leg Raise

12-15 each side

**Standing Rear Squat**

8 each leg

**Hands to Knees**

10-15

**Standing Side Bends**

10 each side

**Normal Sit-Ups**

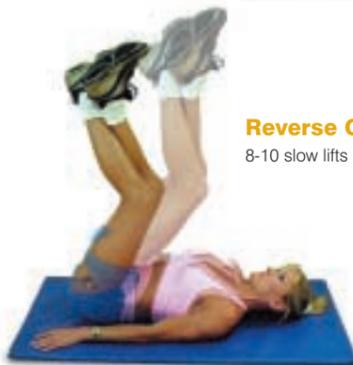
12-15

**Lying Side Bends**

10 each side

**Reverse Curl**

8-10 slow lifts

**Hands to Knees Oblique**

10

**Bridging**

8-12 slow lifts

**Dorsal Raises**

6-10 slow lifts

**Press-ups**

10-20 good exercises

**Tricep Dips**

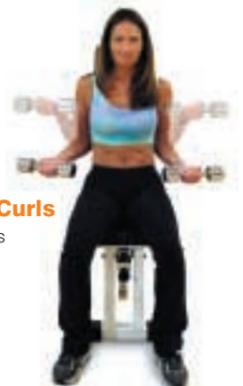
10-15 reps. Use a chair

**Shoulder Press**

10-12 reps

**Bicep Curls**

10-12 reps

**Pec Deck**

10-12 reps lightweight

**Chest Flys**

10-12 slow reps

**1 Arm Tricep**

8-10 reps each arm

**Lateral Raises**

10-12 reps

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