

Get up and GO!

Use this as a warm up for other activities or on its own to energise and mobilise the body, and feel great! If you need a shorter warm up just do the first 5 minutes.

- A** Start by marching on the spot for one minute and roll your shoulders back as you march.



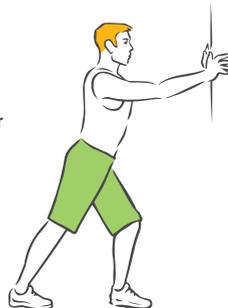
- B** Lift your knees up alternately for one minute. Touch your knee with the opposite hand and slightly rotate your upper body towards your lifted knee. Keep your back tall.



- C** Curl your legs back behind you for one minute, touching your heels with your hands.



- D** Extend one leg behind you with your heel on the ground. Bend your front leg then and lift and lower your back heel making sure it touches the ground each time. Feel the back of your leg lengthening. Repeat 15 times and change legs.



- E** Reach one arm up and stretch towards the ceiling. Focus on the lengthening feeling down your side from the ribs to the hips. Repeat 5 times on each side.

Repeat from the start and try to make each movement bigger by reaching more and lifting higher.

ALSO TRY: MODERATE-PACED WALKING, SLOW STEADY SWIMMING, SLOW STAIR CLIMBING AND KEEP FIT CLASSES

The Energiser

This is a simple cardiovascular routine you can do at home or in the park. It's suitable for anyone.

- A** Start by walking or marching on the spot for 2 minutes. Clap your hands alternately in front of your chest and behind your back while you march, to warm up your upper body.



- B** Slow your movements down and start to take big steps forward, alternating each leg. If you're at home, take a step forward and then step back and repeat on the other side. If you're in the park, continue to step forward.



- C** Turn your big step into a lunge, keeping your feet parallel. Step forward, hold, bend at both knees, roll through your front foot – heel to toe, and lower your body vertically to the ground. Your back knee, hips and torso should be in one vertical line. Keep your back tall and push through your front heel to lift, extending your leg and squeezing through your buttocks. Repeat for 4 – 10 lunges on each leg. The lower you lunge the harder it is. Try to maintain an intensity where you feel you can still talk.



- D** March on the spot or walk for another minute. Aim to work harder than your first walk.

- E** Now turn sideways for the 'crab walk'! Take a wide step with your right foot, and squat back with your weight in your heels. Lift up and step your feet together, now squat again with your feet together, weight into your heels, then lift. If you're in the park take another wide step to your right, or if you're at home take a step to your left. Continue either alternating between right and left or staying on the right and change to lead with the left leg half way through. Aim to do 20 squats (stepping out with each foot 10 times). Keep checking your posture and focus on pulling your tummy in.



- F** Walk or march on the spot for one minute.

Go back and repeat steps 'b' to 'f' to complete a 10 minute workout.

ALSO TRY: WALKING, GARDENING, HOUSEWORK, RECREATIONAL SWIMMING, BIKING AND BOWLING

The Easy Cardio Circuit

- A** Start by marching on the spot to warm up, rolling your shoulders back as you march. Do this for 2 minutes.



- B** Tap your toes out to the side, right then left, keeping your heel off the ground. Take your arms out to the side at shoulder height while you do this ('jumping jack' arms). Repeat for one minute.



- C** March on the spot again but this time take a step forward and back as you march. Visualise a big square in front of you. Step forward into the far corners of the square and back into the near corners. Repeat for one minute.



- D** Squat to the right, stepping out wide and bending your knees. Keep your weight into your heels and your back tall. Lift back up and repeat to the left. Keep alternating right and left for one minute.



- E** Lunge back on both the right and left sides by tapping your toes behind you and keeping your heel off the ground. Extend your arms in front to shoulder height as your toes tap back. Make your movements as big as you can.



Go back to 'b' and repeat each move for a 10 minute workout.

ALSO TRY: EASY OR BEGINNER WORKOUT DVDS AND GENTLE AEROBICS ROUTINES

The TV workout!

Exercises you can do in front of the TV

A TV SQUATS

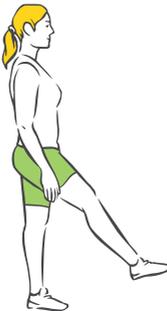
Sitting in front of the TV on your sofa or armchair, move forward to the edge of your seat. Sit tall with your feet flat on the floor hip width apart, with your weight into your heels and knees in line with your ankles. How hard this is will depend on how low your seat is! Use your hands to help you lift but push your weight through your heels and legs.



As you stand up tall, focus on pulling in your tummy muscles, squeeze your buttocks and push your hips forward until your legs are straight and your buttocks are completely squeezed. Next lower back down the way you came but don't sit down completely. Hover 4 – 10 inches from your seat and then repeat the move. Start by doing 4 squats and add a squat each time you do this workout until you can do 20 squats!

B STANDING BALANCE

Stay standing after your squats. Think about your posture and connect to your core muscles. Pull up through your pelvic floor - imagine drawing your pubic bone and tailbone together and pulling them up inside you. You'll know if you're doing it right if your tummy naturally comes in as you do this. This inner strength will now help you to stay more balanced as you try to peel one foot off the floor. If you feel unstable, go behind your chair and use the back of the chair as a support. To keep your hips completely balanced, imagine a



stake running from one hip to the other. Try taking your foot behind you and squeezing your bottom! Hold for as long as you can balance and change legs.

C THE DUMB WAITER

Sitting tall and on the edge of your seat (see posture tips) place your hands in front of your waist, your arms at right angles as if carrying a tray in your hands. Keep your elbows locked into the ribs, part the hands and squeeze the shoulder blades together, keeping them lowered down the back of the rib cage. Connect to your core muscles (see 'standing balance' above) as you do this. Hold for a few seconds, release and repeat 8 – 12 times.



D THE HIP AND BACK STRETCH

Sitting tall on the edge of your seat, cross your right leg over your left. Turn your torso towards your right, placing your left hand on the outside of your right thigh. Keeping a tall posture, gently press your right thigh to the left with your left hand, and try to rotate gently further to the right with your upper body. Keep your hips facing square to the front. Take deep breaths, hold the twist for 30 – 60 seconds and then change sides.



Go back and repeat each exercise for a 10 minute workout.

ALSO TRY: KEEP FIT CLASSES, PILATES, CHAIR FITNESS CLASSES, GENTLE CIRCUIT TRAINING AND GENTLE TONING WORKOUTS

The Intense Cardio Circuit

You will need a platform such as a step or bench 8 – 12 inches high, or you can use the bottom rung of a staircase or step in your home. The higher it is the harder your exercise will be so start off low and progress! Do the following exercises in successions.

REMEMBER: Before doing an intense cardio workout you must warm up for a minimum of 5 minutes. Try the 'Get up and GO!' workout. You must also cool down and stretch out, so follow any one of our stretching workouts for a minimum of 4 minutes after this exercise.

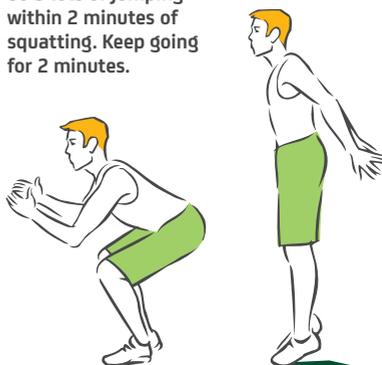
A STEP UPS

Stand close to your step/bench. Run up onto the step, right foot then left, and step back down. Aim to run up fast and step down with a little more control, so it's run up right, left, step down right, left and repeat. The faster and higher you go the harder it will be. Always make sure the whole of your foot is going onto the step. Keep your back tall and try to look straight ahead. Repeat for one minute then change leading legs so you're running up left, right, and stepping down, left right.



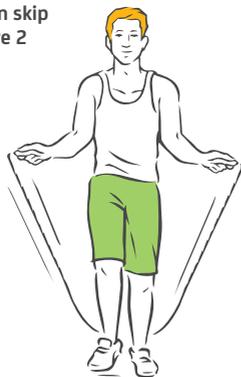
B SQUAT JUMPS

Standing with your feet a little wider than hip width apart, squat back with your weight into your heels, and with back tall (see posture tips on page 77). Bring your arms forward as you squat back, pulling them back by your sides as you stand tall. Start to increase the pace of your squat and add a jump as you lift up out of your squat to stand tall. Squat back down and jump up as many times as you can (try 4 to begin with and build up). Go back to a squat when your muscles are tired. Aim to do 3 lots of jumping within 2 minutes of squatting. Keep going for 2 minutes.



C SKIPPING

You can use a skipping rope or just simulate the action. Place your right heel in front with toes off the ground. Now lift your right knee up and hop as you transfer your weight onto your right foot, placing your left heel in front. Hop to switch again. Repeat the action right to left for 2 minutes. Aim to keep your hands by your side, rotating your forearms as if turning a rope. Keep moving and try to skip for at least 30 seconds within a 2 minute period. Build from there until you can skip for the entire 2 minutes.

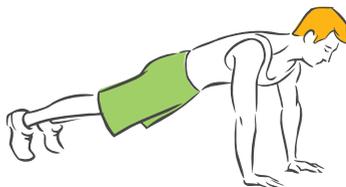


ALSO TRY: 'STRENGTH AND TONING FOR EVERYONE', GYM WORKOUTS, INTERVAL WORKOUTS, SPINNING AND CYCLING CLASSES

D MOUNTAIN CLIMBER

Place your hands onto your step or bench. You can even use a very sturdy footstool or coffee table for this. Make sure your back is tall (see posture tips), your legs extended and that your shoulders are drawn down away from your ears (think of a press up position). It's important to work your tummy muscles here so your back doesn't sag. Bring your right knee up to your chest, foot off the floor. Now jump to switch legs so that your left foot is up to your chest and off the floor, right leg extended behind you, ball of the foot on the floor. You may find to begin with that you can only bring your knee up to your hips. Aim to increase the range and the speed as you get fitter.

To make it even harder, work with your hands on the floor. Start with 10 – 20 second bursts within a 2 minute period, and increase gradually until you can keep going for the entire 2 minutes.



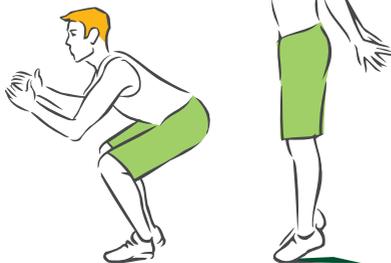
Go back and repeat each exercise for one minute.

The Interval Session

REMEMBER: Before doing intense cardio workouts you must warm up for a minimum of 5 minutes. Try the 'Get Up and GO!' workout. You must also cool down and stretch out, so follow any one of our Stretching workouts for a minimum of 4 minutes after you've finished.

First choose one or two intense cardio exercises. These can be fast steps ups, skipping, squat jumps or jumping jacks. (See 'Intense Cardio and Strength exercises.)

- A** After your warm up do your first chosen cardio exercise for one minute at an easy pace, i.e. step up slowly or squat without the jumps in the squat jump. This pace should be harder than the warm up but not as hard as the next stage.



- B** Continue now with your first chosen cardio exercise but really up the pace for 30 seconds. Go as hard as you can ensuring you're using the correct technique and can keep going for the entire burst.

- C** Go back to a slow pace, e.g. slow step ups or squats. It's important during this phase that you recover from the phase before, so slow down as much as you can to feel your breathing relax. You should aim to work at a pace where your breathing recovers after 30 seconds. You may need to do this a few times to find the right intensity.

- D** Now go as hard as you can for 30 seconds using your second chosen cardio activity.

- E** Lower the intensity now and recover with slow step ups, squats or simply walk around.

- F** Go back and repeat steps 'b' to 'e' 3 – 5 times. The more you do this workout, the more efficient you will be and the more rounds you can fit into your 10 minutes - so keep going!

ALSO TRY: 'STRENGTH AND CARDIO CIRCUIT', SPINNING CLASSES, HITT TRAINING CLASSES, RUNNING AND SWIMMING INTERVALS

The Stair Climbing Workout

Turn your staircase into a gym with this 10 minute workout.

A To warm up, start by going up and down your staircase slowly 3 - 5 times (aim for 30 - 40 stair climbs).

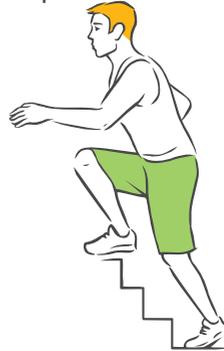


B Repeat the 30 - 40 steps but pick up the pace. Be mindful of each step you take and think about your posture. You should feel your heart rate going up and your breathing increase.

C Now take two steps at a time. Make sure your whole foot goes onto the step and push through your heels to lift up tall. Pause for a second at the top of your lift, squeeze your bottom and think about pulling in your tummy. Again focus on your posture and try to do this without holding onto the rail. Use your core muscles to help you balance – have your back tall, tummy in and shoulders down. Run back down and repeat. If this feels easy try taking 3 steps at a time.



D Now run up the stairs as fast as you can, go back down and repeat for 30 - 40 steps.



Repeat steps 'b' to 'e' to for a 10 minute workout.

ALSO TRY: 'STRENGTH AND TONING FOR EVERYONE', GYM WORKOUTS, INTERVAL WORKOUTS, SPINNING AND CYCLING CLASSES