

Winter Workout



Exercise Information Sheet

Welcome to your Winter Workout programme. Try to perform at least twice a week. Use the calendar below to keep a record. The only piece of equipment you'll need for this programme is a mat or something padded to lie on like a towel. If you have any medical conditions which may affect your ability to perform exercise please check with your medical professional before you get stuck in!

Calendar

Keep track by ticking the corresponding box each time you complete your workout.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Circuit 1 - Perform each exercise 15-20 times, twice through.

Prisoner Squat

Stand up straight with feet shoulder width apart, raise your hands to your head. Keeping your heels on the floor and your back straight, bend at the hips and knees to squat towards the floor, tilting your upper body as you go. Drive hips forward to return to starting position.

Technique tip! - Keep your knees behind your toes, shift your bum backwards instead.

Box Press Up

From a kneeling position, lean forward and place hands on the floor, more than shoulder width apart. Lift feet off floor, leaning on knees. Bend your arms and lower your body until elbows reach a 90° angle. Breathing out, return to starting position.

Too easy? - Move your knees further back and straighten your hips to increase the difficulty.

Circuit 2 - Perform each exercise 15-20 times, twice through.

Use the bottom step of your stairs as your deck

Quick Step Up

Stand facing a low step, and step up one leg at a time so that you are standing on the step, then step back down one leg at a time, in a marching pattern, Once you are confident with the movement increase the tempo whilst maintaining control.

Technique Tip - Make sure you always land with your legs bent to avoid jarring your joints.

Tricep Step Dip

Sit on the edge of step with hands placed either side of you. Lift yourself off the step by extending your arms, and shift your weight forward so your bum is just in front of the step. Lower yourself down, taking elbows straight back, then lift back by extending arms.

Technique tip! - Don't bend your legs to lower, try and isolate your arms, just bend your elbows.

Cobra

Lay on your front with hands by sides. Pull your shoulder blades together and lift arms off floor. Using your lower back, lift head and chest off floor. Lower and repeat.

Technique tip! - Make sure you don't push with you stomach muscles.

Circuit 3 - Perform each exercise 15-20 times, twice through.

Bridge

Lie on the floor with knees bent and feet planted on floor. With hands on the floor, lift your hips up until they are fully extended, clenching your bum at the top. Slowly return to the start position, and repeat.

Technique tip! - Make sure you use your full range of movement at the hips.

Ab Curls with Rotation

Lie with knees bent, feet on floor and fingers to temples. Using your abdominals to pull the ribs towards the hips, lift your head and shoulders from the floor, then turn right, then left, then lower to start position, keeping stomach engaged, and repeat.

Neck hurting? - Try pushing your tongue in to the roof of your mouth as you lift.

Finish off with some light stretching.

For more advice on exercise please don't hesitate to contact us at info@greenwichtraining.com, we'd love to hear from you!