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## ***5 Minute Workout***

### **Warm Up (5 Minutes)**

Marching On the Spot (1 Minute)

Skipping (1 Minute) (pretend or use a rope if you have one)

High Knees (1 Minute)

(Jogging on the spot, elevating your knees as high as possible)

Heel Flicks (1 Minute)

(Hands on bum, hitting your hands with your heels)

Jumping Jacks (1 Minute)

(Jumping whilst raising hands above your head then return feet together and arms lower to your side)



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## 5 Minute Workout

### Squats (1 Minute)



Starting position standing fully upright with feet hip width apart

Next, squat down slowly (as low as you feel comfortable) as if sitting down in a chair

At your lowest point, your knees SHOULD NOT go beyond your toes

(See Picture)

Return to starting position

Beginners just use your own bodyweight

For more advanced clients, use dumbbells or if at home use bottles of water or bean tins etc



(fig1)



(fig2)

### Lunges (1 Minute)

Starting position, take a stride forward (fig1)

Next, lower yourself until your rear leg is parallel to the floor (fig2)

Return to starting position

Do 30 Seconds on each leg

Beginners use your own bodyweight

For more advanced clients use resistance such as dumbbells or bottled water/bean tins etc



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(fig1)

### **Sit Ups/Crunches (1 minute)**

Lay on the floor with knees bent and feet flat on the floor

Hands on temples or arms crossed across your chest, raise your shoulders and torso off the floor

Return to starting position

Beginners, do the basic version (fig1)

For more advanced clients, there are many advanced variations such as:

Version 1: Feet off the floor, legs parallel to the ground

Version 2: V-sit, Legs straight up in the air at a 80 degree angle (so the body raises to a v shape)



(Fig1)



(fig2)

### **Push Ups (1 minute)**

Starting position as in fig1

Lower yourself until your arms are parallel to the floor (fig2)

Return to starting position

Beginners do the basic version (on your knees)

For more advanced clients, you could try single arm push ups or try clap push ups (clapping between each repetition)



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## Dips (1minute)



(fig1)



(fig2)

You will need a chair or a sturdy bench for this exercise

Starting position is arms straight with thighs parallel to the floor (fig1)

Next, bending your elbows lower your body until your elbows are at a 90 degree angle without using your lower body (fig2)

Return to starting position

## Continue to Warm down/Stretch on the next page



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## Warm Down/Stretching

(Each Stretch should be held for 15-30 Seconds) (Remember to Stretch both sides/legs)



Calf Stretch



Quad Stretch



Hamstrings Stretc



Lower Back Stretch



Triceps Stretch



Shoulder Stretch