

## HOME EXERCISE PROGRAM 1



Squats	3 x 30 sec										
Lunges	3 x 30 sec										
Glute Bridge	3 x 30 sec										
Push Ups	3 x 30 sec										
Dips	3 x 30 sec										
Sit Ups	3 x 30 sec										
Slow Abs	3 x 30 sec										
AB Twist	3 x 30 sec										
Plank Donkees	3 x 30 sec										

- 30 second on, 30 seconds break
- Complete all 3 sets of exercise then move down the list
- Have small sip of water at the end of each set
- Eat a healthy meal after the session
- Drink 4 litres of water per day
- Try to get in a 30 min walk, or 30 Mins on Exercise bike per day
- Eat mainly 'living foods' – lean meats, chicken, fish, eggs, vegetables, fruits, nuts.

**“The amount of exercise you do and Everything you eat or drink, puts you one step closer to or one step further from your desired goal”**

If you have any pain, feel dizzy or just don't feel right, stop exercising. If you feel you may be injured prior/during/after this, please see a doctor or physio. The above program is just a guide and participant take full responsibility while exercising. Be smart, do the exercises controlled and with correct technique. Enjoy! 😊