

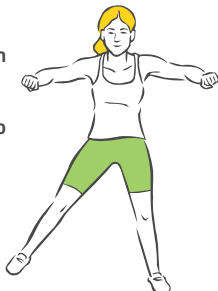
3. The Easy Cardio Circuit



- 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

How to exercise safely

- Wear comfortable clothing that allows your skin to breathe and a good pair of supportive training shoes
- Ladies should always wear a supportive sports bra – doesn't matter how big or small you are!
- Aim to eat a small meal 2 hours before a workout or a snack, like a banana, 20 minutes before
- Drink water before, during and after your workouts
- Make sure you pick activities to suit your fitness level. See the 'activity zone' table
- Spread out your workouts over the week and aim to alternate days where you do more GREEN or more RED exercise. Always have a day where you completely rest from GREEN and RED, doing more gentle BLUE or YELLOW zone activities
- If you are pregnant or recently had a baby you need to keep your intensity low and should always consult with a doctor before exercising. Some exercise will need to be adapted to suit you so please get help from a qualified instructor
- Always warm up and cool down for intense workouts (GREEN and RED). YELLOW and BLUE workouts have their own built-in warm up phase
- If you feel any pain when exercising stop immediately and re-assess what you are doing
- If your muscles feel achy the day after a workout, take it easier the next day. Do some more gentle workouts from the YELLOW and BLUE zones

