

6. The Strength and Cardio Circuit

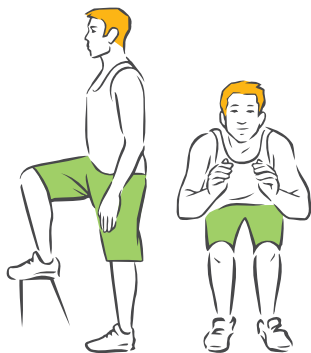


For this workout you will need a platform such as a step or bench 8 – 12 inches high, or you can use the bottom rung of a staircase or step in your home. The higher it is the harder your exercise will be so start off low and progress! You also need a weighted ball (2 – 10 kg) or use a football if you don't have one. If that's too easy, use any weighted object you can hold close to your torso – a sack of spuds is ideal! Do the following exercises in succession.

REMEMBER: Before doing RED and GREEN 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. Follow any one of our YELLOW zone workouts for a minimum of 4 minutes after this exercise.

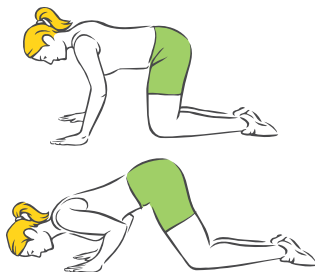
A STEP, RUN OR JUMP UPS

Stand close to your step/bench. Run or step up onto the step, right foot then left and step back down. Aim to step/run up fast and step down with a little more control. So it's step/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 that you're running up left, right, stepping down, left right. For a harder variation try jumping up and landing in a squat on top of the step and stepping down.



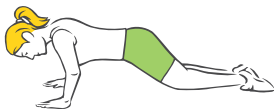
B THE PRESS AND LEG PULL

Go onto your hands and knees, hands underneath shoulders in a narrow press up position, knees just behind hips. Aim to tuck your elbows in and draw your shoulder blades back and down. Lower into a press up position being careful not to sag your back or hunch your shoulders.

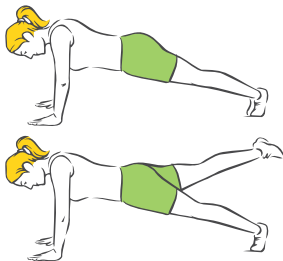


Press back up (keep your back still) and slide one leg out from underneath you and extend, squeezing your bottom. Be careful that you don't lean onto the opposite hip as you extend the leg – your hips must remain level. Return the leg and go into another press up, repeating the movement until you have done 3 – 6 on each leg.

If you find this easy try doing the press up with your knees slightly further back.



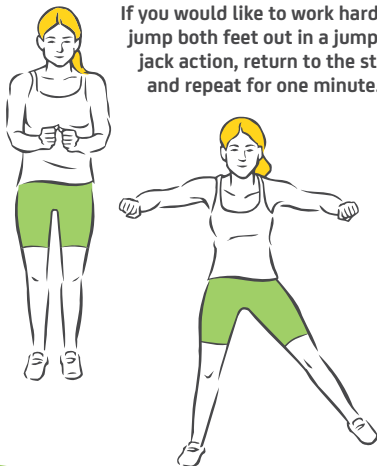
If you find that easy too try doing in a full press up position. You must however maintain your core strength, i.e. shoulders, abs, pelvic floor lifted throughout and make sure your back doesn't sag.



C LUNGE OR JUMP JACKS

Starting with your feet together, step out wide to the right and bring your arms out to the side in a jumping jack action. Your heel should be off the ground. Come back to the starting position and repeat on the other side. Keep repeating, going as fast as you can while getting full extension on the legs.

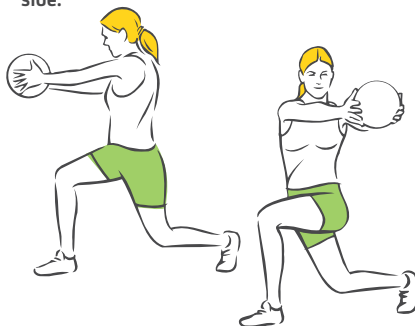
If you would like to work harder, jump both feet out in a jumping jack action, return to the start and repeat for one minute.



D LUNGES WITH WAIST TWIST

Start with your ball or weighted object in front and next to your chest, arms bent, and hands on either side to grip the ball/object. Feet should be hip width apart. Pay particular attention to posture here, keeping your shoulders blades drawn back and down.

Step forward with your right foot until your left heel is off the ground. Keeping your weight centred on the ball of your left foot and the heel of your right, bend slightly at both knees to lower your torso vertically to the ground. Rotate your upper body (with the ball) to the right. Return to centre, step back and repeat on the left side.



For a harder version, extend your arms out in front and lower into a deeper lunge position with your knees bent at 90 degrees. Repeat alternating right to left for 5 – 10 lunges on each side.

Repeat 'a' to 'd' for a 10 minute workout.

ALSO TRY: RUNNING AND WALKING STRENGTH CIRCUIT', CIRCUIT CLASSES, TEAM AND RACQUET SPORTS, GYM WORKOUTS AND COMBAT STYLE CLASSES

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

