



## Exercise Bank

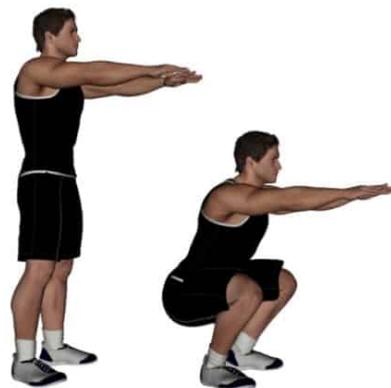
### Medium

#### Burpees



- 1) Start position is standing upright.
- 2) Drop down into a press up position and then fluidly move up into the squat thrust position, then without pause use both legs to leap upwards, extending the arms overhead during the upward movement.
- 3) Control the landing using the knees and hips to absorb the impact and return to the start position.
- 4) The overall movement should be fluid and continuous.

#### Bodyweight squat



- 1) Start position is standing straight with the arms out in front and bent at the elbows, the fists should be clenched and the palms facing inwards.
- 2) Move downwards into a squat position so that the knees are aligned over the toes and the heels are in contact with the floor, make sure the back is straight.
- 3) Keep the head and chest upright
- 4) Hold for 2 seconds and return to the start position.

### Long heel glute bridge



- 1) Lie on your back with your feet on the floor and knees hips width apart.
- 2) Straighten your knees a little and lift your toes.
- 3) When ready, push through your heels and lift your hips from the floor.
- 4) At the top of the movement, you should have a straight line between your shoulders, hips, and knees.
- 5) Return your foot to the floor and repeat with your other leg.

### Jumping Jacks



- 1) Stand upright with your feet together.
- 2) Jump upwards and open your legs outwards and at the same time bring your arms upwards you should be making a star pattern.
- 3) Land gently using your knees and hips to cushion the landing and then immediately spring back to the start position and bring your arms down by your sides.
- 4) Continue in a fluid and controlled manner.

### Wall sit (lower)



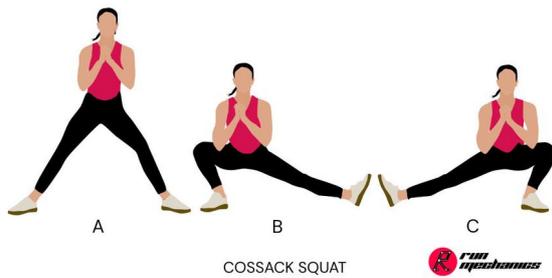
- 1) Stand up straight with a wall positioned behind you.
- 2) Lean your back and buttocks against the wall, then walk your feet forward.
- 3) Slide down the wall until you reach a 90-degree angle at your hips and knees.
- 4) Ensure your back and buttocks remain in contact with the wall.
- 5) Hold this position.

### Crunches



- 1) Lie on your back with your knees bent and your feet flat on the floor.
- 2) Flatten the small of your back against the floor and tighten your abdominal muscles.
- 4) Lift up your arms so they are pointing to the ceiling.
- 3) Reach one arm forwards at a time, lifting each side of your body with the movement.

## Lateral lunge



- 1) Start position is standing with the legs slightly bent into a crouch and the arms in the ready position placed in front of the trunk.
- 2) Stay in the crouch and step to the side.
- 3) Stay in the crouch position with the trunk upright, and then back to the starting position, remaining in the crouch position.
- 4) Repeat in the opposite direction using the other leg.

## Jump squats



- 1) Stand with feet shoulder-width apart.
- 2) Bend your knees, sink your hips back as if sitting in a chair, keeping knees together and behind toes.
- 3) Raise your arms for balance.
- 4) Drive through your heels to jump up, landing back in the squat.
- 5) Regain balance and repeat.