

Toning Exercise Program

Home- Level 3 - F

Day 1

	Exercise	Code	Image 1	Image 2	Repetitions/Equipment/Instructions	
1	Lower & Upper Back Stretch	121			3*15 sec hold	Exercise matt Stand all fours. Take one arm over the other. Kneel forward.
2	Figure 4 Stretch	113			3*15 sec hold	Exercise matt Leg crossed over. Push knee downwards.
3	Elliptical	101			7-10 min	Elliptical machine Holding onto the handles
4	Ladies Tricep Dips	55			4*10 reps	Bench or chairs Palms on bench. Dip down, bending elbows 90°.
5	One Legged Squat	42			3*12L/12R	Bench or chair Squat down so both knees bend at 90°.
6	Alt Shoulder Press	78			3*20 reps	Dumbbells Start with both weights on the shoulders. Push both up whilst marching up with the one leg.
7	Push-up, alt legs	8			3*20 reps	Exercise matt Push up position. Shoulders over hands. Alternate lifting legs
8	Side Bridging	16			3*30 sec hold	Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
9	Hip Ball pull-ins	6			3*12 reps	Exercise matt and ball Both feet on ball. Lift hips. Pull ball in.
10	Chinnies	26			4*30 reps	Exercise matt Like cycling, bring opposite arm to opposite knee.



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Day 2

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Doorway Stretch	119			3*15 sec hold Exercise matt Place both elbows onto doorframe. Lean forward. Protect back.
2	Glute Stretch	114			3*15 sec hold Exercise matt Ankle over opposite knee. Pull leg towards.
3	Elliptical	101			7-10 min Elliptical machine Holding onto the handles
4	Push Up Rows	206			3*10 reps Dumbbells Rest your weight on weights and alternate lifting.
5	Walking Lunges	41			4*20 reps Open floor Step forward, bend knees 90°. Repeat.
6	DB Bicep Curls	63			3*20 reps Dumbbells Palms facing up. Lift the weights.
7	Pelvic lift with ball squeezes	220			4*20 reps Exercise matt and small ball or pillow Lay down on your back with small ball or pillow between your legs, lift your waist up and squeeze
8	Pelvic Lifts with Ring Squeezes	221			4*15 reps Exercise matt and exercise ring Lay down on your back with the ring around your knees, lift your waist and push out
9	Superman, all fours	33			4*20 reps Exercise matt Lift left arm, right leg then alternate.
10	Hundreds, feet in air	18			4*20 reps Exercise matt Arms straight. Crunch bringing hands to knees.



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Day 3

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions	
1	Hamstring Stretch/ Pulling	110			3*15 sec hold	Exercise matt Hands locked behind one knee. Pull leg.
2	Standing Side Stretch	215			3*15 sec hold	Space to stretch Lean to the side, lifting one arm up and stretch
3	Elliptical	101			7-10 min	Elliptical machine Holding onto the handles
4	Bug	69			3*12 reps	Dumbbells Arms slightly bent. Back flat. Lift weights to side.
5	Ball Squats	37			4*20 reps	Exercise ball and wall Ball against back, roll down until legs are 90°.
6	Standing Theraband Pull Outs	179			4*12 reps	Theraband Pulling theraband outwards
7	Bridging, alt legs	12			4*20 reps	Exercise matt Bridging position. Lift one leg, then alternate.
8	Side Leg Lifts	34			3*20L/20R	Exercise matt Bottom leg bent, top leg straight, lifting 30cm
9	30° crunch (sliding up)	30			4*30 reps	Exercise matt Bend knees, place hands on thighs, crunch up.
10	Ball Rotations	174			40 reps	Exercise matt Feet over ball. Rotating from side to side.



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Day 4

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Lower Back Stretch	112			3*15 sec hold Exercise matt Lay on back. Pull one knee towards chest.
2	Lower & Upper Back Stretch	121			3*15 sec hold Exercise matt Stand all fours. Take one arm over the other. Kneel forward.
3	Elliptical	101			7-10 min Elliptical machine Holding onto the handles
4	Push Up Rows	206			3*12 reps Exercise matt Rest your weight on weights and alternate lifting.
5	Walking Lunges	41			4*20 reps Open floor Step forward. Bend knees 90°. Repeat.
6	Ladies Push Ups on Bozu	223			3*12 steps Exercise matt and Bozu Push up position, knees on matt and push up.
7	Calf Raises	170			3*20 reps Step and wall Drop heels and lift with toes.
8	Hip lift, alt legs with ball	7			3*20 reps Exercise matt and ball Hips stay lifted. Alternate legs.
9	Superman, all fours	33			4*20 reps Exercise matt Lift left arm, right leg then alternate.
10	Chinnies	26			4*30 reps Exercise matt Like cycling, bring opposite arm to opposite knee.

