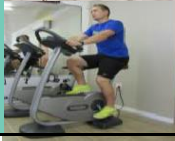


Weightloss Exercise Program

Home- Level 3- F

Day 1

	Exercise	Code	Image 1	Image 2	Repetitions/Equipment/Instructions
1	Standing Quad Stretch	210			3*15 sec hold Wall Pull foot to bum and stand on one leg
2	Standing Toe Touch Stretch	181			3*15 sec hold Exercise matt Bend over till you touch your toes, keep your legs straight.
3	Upright Cycle	94			8-10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.
4	Ladies Tricep Dips	55			3*12 reps Bench or chairs Palms on bench. Dip down, bending elbows 90°.
5	Walking Lunges	41			4*20 steps Open floor Step forward, bend knees 90°. Repeat.
6	Jogging on the spot	99			3*1 min Space to move You can jog gently or at a fast pace on the spot, depending on your level of fitness.
7	Bridging/Plank	10			4*30 sec hold Exercise matt and stopwatch Do not arch back. Hips level with the floor.
8	Hip Ball pull-ins	6			3*10 reps Exercise matt and ball Both feet on ball. Lift hips. Pull ball in.
9	Jumping Jacks	10			3*10 reps Space to move Jump up and down, hands together when feet are open.
10	Chinnies	26			4*30 reps Exercise matt Like cycling, bring opposite arm to opposite knee.
11	Upright Cycle	94			8-10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.

Weightloss Exercise Program

Home- Level 3- F

Day 2

	Exercise	Code	Photo 1	Photo 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 backwards.
2	Figure 4 Stretch	113			3*15 sec hold Exercise matt Leg crossed over, push knee downwards.
3	Upright Cycle	94			8-10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.
4	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.
5	One Legged Squat	42			4*10L/10R Bench or chair Squat down so both knees bend at 90°.
6	Step Running	93			3*1 min Step Run up and down the step. Switch feet halfway.
7	Side Bridging	16			3*30 sec hold Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
8	Side Leg Lifts	34			3*20L/20R Exercise matt Bottom leg bent, top leg straight, lifting 30cm
9	Wall Pushing	95			3*1 min Wall Start running and try to push the wall over.
10	30° crunch (sliding up)	30			4*20 reps Exercise matt Bend knees, place hands on thighs, crunch up.
11	Upright Cycle	94			8-10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.

Weightloss Exercise Program

Home- Level 3- F

Day 3

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Elbow Push Backs	189			3*10 reps Stand up straight Hands behind head. Push elbows back.
2	Standing Quad Stretch	210			3*15 sec hold Wall Pull foot to bum and stand on one leg
3	Upright Cycle	94			8-10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.
4	DB One Arm Rows	71			3*15L/15R Weight, bench, or chair Back flat. Head up. Pull weight up to side.
5	Ball Squats	37			3*20 reps Exercise ball and wall Ball against back, roll down until legs are 90°.
6	Jogging on the Spot	99			3*1 min Space to move You can jog gently or at a fast pace on the spot, depending on your level of fitness.
7	Bridging/Plank	10			4*30 sec hold Exercise matt and stopwatch Do not arch back. Hips level with the floor.
8	Push-up, alt legs	8			3*20 reps Exercise matt Push up position. Shoulders over hands. Alternate your legs up and down.
9	Jumping Jacks	13			3*10 reps Space to move Jump up and down, hands together when feet are open.
10	Chinnies	26			4*30 reps Exercise matt Like cycling, bring opposite arm to opposite knee.
11	Upright Cycle	94			8-10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.

Weightloss Exercise Program

Home- Level 3- F

Day 4

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Standing Toe Touch Stretch	181			3*15 sec hold Exercise matt Bend over till you touch your toes, keep your legs straight.
2	Standing Side Stretch	215			3*15 sec hold Space Lean to the side, lifting one arm up to the side and stretch, rotate
3	Upright Cycle	94			8-10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.
4	DB Bicep Curls	63			3*20 reps Exercise matt Palms facing up. Lift the weights.
5	Walking Lunges	41			4*20 steps Open floor Step forward, bend knees 90°. Repeat.
6	Step Running	93			3*1 min Step Run up and down the step. Switch feet halfway.
7	Side Bridging	16			3*30 sec hold Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
8	Superman, all fours	33			3*20 reps Exercise matt Lift left arm, right leg then alternate
9	Wall Pushing	95			3*1 min Wall Start running and try to push the wall over.
10	30° crunch (sliding up)	30			4*30 reps Exercise matt Bend knees, place hands on thighs, crunch up.
11	Upright Cycle	94			8-10 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.