

Weightloss Exercise Program

Home- Level 3 - M

Day 1

	Exercise	Code	Image 1	Image 2	Repetitions/Equipment/Instructions
1	Lunge Stretch	117			3*15 sec hold Exercise matt Place one foot in front of your knee and lean forward.
2	Figure 4 Stretch	113			3*15 sec hold Exercise matt Leg crossed over. Push knee downwards.
3	Recumbent Cycle	100			7-10 min Recumbent cycle The cycle with the back support.
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	Ball Squats	37			3*20 reps Exercise ball and wall Ball against back, roll down until legs are 90°.
6	Standing Theraband Pull Outs	179			3*20 reps Theraband Pulling theraband outwards
7	Shadow Boxing	103			4*10 reps Space to move Air boxing. Different combinations. Move your feet.
8	Bridging/Plank	10			3*30 sec hold Exercise matt and stopwatch Do not arch back. Hips level with the floor.
9	Push-up, alt legs	8			4*20 reps Exercise matt Push up position. Shoulders over hands. Move your legs up and down while alternating them.
10	Hundreds, feet on ball	20			4*30 reps Exercise matt and ball Arms straight. Crunch bringing hands to knees.
11	Wall Pushing	95			4*45 sec Wall Start running and try to push the wall over.



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Day 2

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions	
1	Doorway Stretch	119			3*15 sec hold	Doorframe 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	Recumbent Cycle	100			7-10 min	Recumbent cycle The cycle with the back support.
4	Push-ups	83			3*10 reps	Exercise matt Back straight. Bend arms 90°.
5	Walking Lunges	41			3*20 steps	Open floor Step forward. Bend knees 90°. Repeat.
6	Ladies Tricep Dips	55			3*10 reps	Bench or chairs Palms on bench. Dip down, bending elbows 90°.
7	Jogging on the Spot	99			4*20 reps	Floor Space You can jog gently or at a fast pace on the spot, depending on your level of fitness.
8	Side Bridging	16			3*30 sec hold	Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
9	Stick Stretch	134			40 reps	Exercise matt and stick Lay on back and hold a stick with arms stretched out. Slowly move arms overhead and slowly return to start.
10	Chinnies	26			4*20-30 reps	Exercise matt Like cycling, bring opposite arm to opposite knee.
11	Wall Pushing	95			4*45 sec	Wall Start running and try to push the wall over.

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Day 3

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Figure 4 Stretch	113			3*15 sec hold Exercise matt Leg crossed over. Push knee downwards.
2	Standing Side Stretch	215			3*15 sec hold Space to stretch Stand up straight while lifting one arm up to the side and stretch
3	Recumbent Cycle	100			7-10 min Recumbent cycle The cycle with the back support.
4	DB Lateral Raises	62			3*10 reps Dumbbells Lift weights to shoulder height.
5	Ball Squats	37			3*20 reps Exercise ball and wall Ball against back roll down until legs are 90°.
6	DB Bicep Curls	63			3*20 reps Dumbbells Palms facing up. Lift the weights.
7	Shadow Boxing	103			4*1 min Space to move Air boxing. Different combinations. Move your feet.
8	Bridging/Plank	10			3*30 sec hold Exercise matt and stopwatch Do not arch back. Hips level with the floor.
9	Push-up, alt legs	8			4*20 reps Exercise matt Push up position. Shoulders over hands. Move your legs up and down while alternating them.
10	Sit-up, feet hooked in	21			4*20 reps Exercise matt Hook feet in, place hands behind ears and sit up.
11	Jogging on the Spot	99			4*45 sec Floor space You can jog gently or at a fast pace on the spot, depending on your level of fitness.

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Day 4

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Lunge Stretch	117			3*15 sec hold Exercise matt Place one foot in front of your knee and lean forward.
2	Lower & Upper Back Stretch	121			3*15 sec hold Exercise matt Stand all fours. Take one arm over the other. Kneel backwards.
3	Recumbent Cycle	100			7-10 min Recumbent cycle The cycle with the back support.
4	Standing theraband pull out	179			4*10L/10R Theraband Pulling theraband outwards
5	One Legged Squat	42			4*10L/10R Bench or chair Squat down so both knees bend at 90°.
6	Hip Ball pull-ins	6			3*10 reps Exercise matt and ball Both feet on ball. Lift hips. Pull ball in.
7	Jogging on the Spot	99			4*45 sec Floor space You can jog gently or at a fast pace on the spot, depending on your level of fitness.
8	Side Bridging	16			3*30 sec hold Exercise matt and stopwatch Rest bodyweight on forearm and side of foot.
9	Superman, all fours	33			4*20 reps Exercise matt Lift left arm, right leg then alternate
10	Chinnies	26			4*20-30 reps Exercise matt Like cycling, bring opposite arm to opposite knee.
11	Wall Pushing	95			4*45 sec Wall Start running and try to push the wall over.