

High level Exercises



Kettlebell Swings

- Stand tall with your feet shoulder width apart.
- Squat down and grasp the kettle bell with both hands.
- Like a pendulum, bend your knees slightly, hinge forwards from your hip and swing the kettle bell down inbetween your legs.
- Then straighten your knees and hips, swing the kettle bell up to shoulder/head height and repeat.



Lunge

- Stand tall and take one foot out forwards in a big step.
- Keep your front foot flat on the floor and your back foot up onto tip toes.
- Bend both knees down simultaneously, aiming towards 90 degrees whilst keeping your back upright.
- Then straighten both knees up and push back into your original standing position and repeat.



Deadlift

- Start standing tall with feet hip/shoulder width apart.
- Squat down to pick up the weight from the floor – keep your knees bent and torso upright.
- Then straighten your legs to standing, keeping your arms completely straight also.
- Squat down again to the floor and repeat.



Glute Bridges

- Start by lying flat on your back on a mat or a plinth with your arms resting by your side.
- Bend your knees up to 90 degrees, with your feet slightly apart and flat on the floor.
- Squeeze your hamstrings, glutes and core, and then slowly lift your hips up towards the ceiling.
- Then slowly take your hips downwards and repeat.



Plank

- Start by positioning yourself up onto your forearms, take both legs straight back and place your feet up onto tip toes about hip width apart.
- Hold this position for as long as possible without dropping your hips/lower back down.



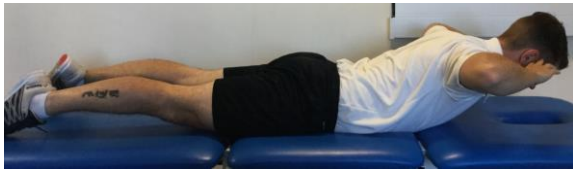
Side Bend

- Stand tall with feet hip width apart.
- Start by choosing an appropriate weight and place the weight in one hand by your side.
- Slowly side bend down the side that has the weight in your hand.
- Then slowly return back up to standing and repeat. Remember to change to the opposite side.



Squat

- Stand tall with feet hip width apart.
- Slowly bend your knees down and stick your glutes backwards like you are going to sit on a chair.
- Keep your feet flat on the floor and your knees in line with your toes – do not let your knees drop inwards.
- Aim for as low as you can then slowly straighten your legs and repeat.



Back Extensions

- Start by lying flat on your stomach on a mat or on a plinth.
- Place your arms either beside your body or bent up beside your head.
- Squeeze your lower back muscles, slowly raise up your torso from the ground whilst keeping your feet on the floor.
- Hold this position for a second whilst keep your neck in a neutral position.
- Then slowly take your torso down to the floor and repeat.



Wood Chop

- Choose one appropriate weight and hold with both hands.
- Stand tall with feet shoulder width apart.
- Start with the weight at one hip and then take the weight up in a diagonal line to the opposite corner.
- Take the weight directly down to the same hip and repeat.
- Make sure to change sides.