

LOCKDOWN DAILY HOME WORKOUT TO KEEP FIT

ENSURE THAT NEUTRAL SPINE (STRAIGHT BACK) Is maintained throughout all exercises below) also ensure that the core (stomach muscles) is braced so that good posture is maintained throughout all exercises. 12 Reps for everything to ensure you maintain the balance between **Strength**, **Fitness** and **Endurance**.

On alternate days - Days 1, 3 and 5

Floor Exercises 12 reps of each - no equipment 18 mins - [See Times exercises 1,2 and 3](#)

1. Basic Lunges (left leg 12; right leg 12)
2. Side Lunges 12L & 12R
3. Burpees **ONLY IF NO JOINT ISSUES**
4. Lateral deep squats
5. Push-up with leg raises 12L & 12 R
6. Curtsy lunges 12 L & 12 R
7. Mountain climber 12 & 12 alternating L&R
8. Push-up jumping jacks **ONLY IF NO JOINT ISSUES**
9. Hip extension holds/glute raises
10. Push- up to plank 12 & 12 alternating L&R
11. The bicycle crunch 12 L & 12 R **ONLY IF NO JOINT ISSUES OR BACK ISSUES**
12. Side lifts (Not on attached Times feature - lie on floor on side with lower arm on floor and raise torso.)

PLUS

Ab-Roller - 12 repetitions **ONLY IF NO SHOULDER ISSUES** (*can be purchased cheaply through Amazon*)

On Alternate Days 2, 4 and 6

With resistance bands 12 reps for each exercise (needs chair)- 15 mins ([see Loop Bands pdf and youtube video](#))

1. Seated Bicep Curls 12L & 12 R
2. Front shoulder/Calf Raises 12L & 12R
3. Standing lateral Leg raises 12L & 12R
4. Lying lateral leg raises 12L & 12 R
5. Standing kick-backs 12L & 12R
6. Standing front leg raises 12L & 12R
7. Seated leg extensions 12L & 12R
8. Reverse leg Abductors 12
9. Dorsal Leg raises 12L & 12R

PLUS on Days 2, 4 and 6

12 REPS FOR EVERYTHING BELOW.

With dumb bells (women 2.5kg; men 5.0kg) – needs chair - 10 mins - see You Tube video

1. Seated Tricep Curl (SEATED TRICEPS EXTENSION)
2. Concentration Curl (SEATED ONE ARM AT A TIME)
3. Shoulder Press
4. Standing Side Raise
5. Alternating Front Deltoid Raise
6. Screwdriver
7. Deadlift **ONLY IF NO JOINT OR BACK ISSUES**
8. Squat
9. Standing Bicep Curl

PLUS

Ab- roller 12 Reps **ONLY IF NO SHOULDER ISSUES** (*can be purchased cheaply through Amazon*)

REST DAY 7

ANYONE WITH JOINT ISSUES SHOULD OPT FOR THE WALK RATHER THAN THE RUN (ESPECIALLY WHEN IN COMBINATION WITH THE ABOVE). THIS WILL ENSURE THAT THE JOINTS HAVE ENOUGH TIME TO RECOVER BETWEEN WORKOUTS!

PLUS on any of 3 days each week - Aerobic Exercises

- Either 2 mile brisk walk – 35 mins
- Or 2 mile jog – 20 mins
- Or 6 to 12 mile cycle – 30-60 mins
- Or any mix of these options

Other than trainers, the only equipment needed are 2 dumb bells; resistance bands ; ab-roller (total cost – around £50) , and of course an optional bike for cycling

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