



Please print off these programs. As you work through the program, tick the box if you completed the whole set, if you could only do part of the set then write in how many reps you did or how long you held the position for so we can track your progress

**HOME CORE 5**

Week \_\_\_\_\_

EXERCISE	SET 1	SET 2	SET 3	SET 4
20 situps as warm up				
Jump and Hold 3 x 3 ES				
1 x Alphabet				
Fit ball balance 3 x 30sec				
Push Ups Wide x 10				
Fit ball tilts x 10 ES				
Frog Jumps 3 x 10				

**HOME CORE 6 - 50 sec on/10sec off**

Week \_\_\_\_\_

1. Sit ups	9. Bridge
2. Crunches	10. Side bridge
3. Bicycles	11. Side bridge
4. Scissors	12. Side leg raise
5. Twisties	13. Side leg raise
6. Prone Hold	14. Lunges
7. Ankletaps	15. Burpees
8. Back arches	Stretch recovery



## Explanations

Exercise	Explanation
<b>Jump and Hold 3 x 3 ES</b>	Starting standing on one foot for the entire set. Jump forward and land on the one foot, then to your right, backwards, and back to your left so you are back where you started. Three times through this and then swap legs. Try to land with a bent knee and hold where you land without wobbling or moving your foot.
<b>1 x Alphabet</b>	Laying on your back with straight legs and hands under your bum. Feet just off the ground. Keeping your legs straight draw each letter of the alphabet in capitals with your feet and return to prone hold between each letter. Try to not touch the ground for the whole alphabet. Rest as few times as you can.
<b>Fit ball balance 3 x 30sec</b>	Starting sitting on the ball legs out in front of the ground for 30sec then without touching the ground if you can, 30secs on your knees and finally 30 sec with cross legs. 4 sets.
<b>Push Ups Wide x 10</b>	Hands wider than shoulder width. Should feel this more in your chest than your arms.
<b>Fit ball tilts x 10 ES</b>	Kneeling tall on the fit ball with hips underneath you. Holding a medicine ball or similar in your hands. Arms straight above head. Lean as far to one side as you can without losing balance and then the other side.
<b>Frog Jumps 3 x 10</b>	Starting in a deep squat with your hands between your feet. Slowly walk your hands out in front of you until you come into a plank position and then jump your legs up to the outside of your hands again.

<b>Sit ups</b>	Hands across chest, feet flat on the ground
<b>Crunches</b>	Hands sliding along thighs to just over the knees. Feet flat on the ground and in closer than sit up
<b>Bicycles</b>	Laying on back hands under bum, flat back. Straightening one leg at a time like pedalling on your bike.
<b>Scissors</b>	Laying on back hands under bum, flat back. Taking legs as wide as possible and then together and crossing over
<b>Twisties</b>	Laying on back. Bringing opposite knee to opposite elbow.
<b>Prone hold</b>	Laying on back hands under bum, flat back. Keeping legs straight and feet just off the ground
<b>Ankle taps</b>	Sit up position. shoulders off the ground. Reach around and tap each ankle so your body is tilting left and right
<b>Back arches</b>	Laying on stomach. Hand on bum. Keep your feet on the ground. Arch your back so your chest comes off the ground
<b>Bridge</b>	On toes and elbows, flat back. Hip level
<b>Side bridge</b>	On foot and one elbow. Keep your body straight. Reach up for the roof with your other arm
<b>Side leg raise</b>	Laying on side with a straight body. Keep legs straight. Lift and lower top leg while keeping your foot pointing towards the wall
<b>Lunge</b>	Stepping forward and lowering down until your knee touches the ground. Push back to the starting position. control
<b>Burpees</b>	Starting on the ground. Push up. Stand up. Jump up.