

EXERCISE PROGRAM

Name: Body Weight Exercises	Instructor: Crank
Program Aims: Muscle Endurance / Strength	Heart Rate Zone: Work it out
Restrains / Injuries: Joint injuries, muscle tears	
Warm Up / Stretches: 5-10 minutes: Walking, light jog, step ups, skipping	

Exercises	Muscle group	Reps / Time
If training at a park, most playgrounds should have bars to hang off for pull ups <ul style="list-style-type: none"> • Pull ups 	Back/Rhomboids/Biceps	20 reps x 4 sets
<ul style="list-style-type: none"> • Push ups Toes (advanced), knees (intermediate), on a high ledge or off a wall (beginner)	Chest/Shoulders/Triceps	20 reps x 4 sets
<ul style="list-style-type: none"> • Dips on a bench 	Triceps	20 reps x 4 sets
<ul style="list-style-type: none"> • Sumo squats • Squat and twist opposite knee to elbow • Side step squats 	Legs/Quads/Glutes	20 reps x 4 sets of each squat exercise
<ul style="list-style-type: none"> • Walking lunges (alternate legs as you walk) 	Legs/Quads/Glutes	20 reps x 4 sets
<ul style="list-style-type: none"> • Step ups on a step Low step (improve cardio), high step (improve strength)	Legs/Quads/Glutes	20 L/20 R reps X 4 sets
<ul style="list-style-type: none"> • Calf raises 	Legs/Calves	30 reps x 4 sets
<ul style="list-style-type: none"> • Side leg raises (lying on your side) • Glute raises: Feet on raised step (advanced) Feet on ground (beginner/intermediate)	Glute medius/minimus	20-25 reps X 4 sets L&R of each exercise
<ul style="list-style-type: none"> • Front plank Toes (advanced), knees (beginner/intermediate)	Core/Abdominals	Ideally hold for as long as possible.
<ul style="list-style-type: none"> • Back plank Feet on a raised step (advanced) Feet on ground (beginner/intermediate)	Core/Abdominals	Timed rounds: 30sec, 1min, 2min.
<ul style="list-style-type: none"> • Side plank Legs straight (advanced) Knees bent (beginner/intermediate)	Core/Abdominals	x 2 to 4 sets
<ul style="list-style-type: none"> • Sit ups • Leg raises: Double leg raises (advanced), Single leg raises (beginner/intermediate)	Abdominals	20-25 reps x 4 sets of each exercise

Cool down / Stretches, 5-10 min:

Cool down - light jog, steps, dynamic stretches (high knees, shoulder rotations etc)
 Stretches - Chest, shoulders, triceps, quads, hamstrings, calves, lower back.

Other:

*For an additional cardio workout have a running track set to do after each body weight exercise, eg run 100-400m or complete 2 hill sprints.

*Program does not have to be in reps I.e. can do in timed rounds eg. 45 sec, 1 min, 2 min rounds x however many sets to achieve full fatigue.

*Many new parks have workout equipment areas - check them out to vary up your exercises.

*If you have any questions about the program, email mel@crankhf.com.au