

GB IE

WHOLE-BODY PROGRAMME

Make sure to take breaks between the sets to loosen up. Don't forget regular breathing in and out.

WARNING: This is not a toy. Keep out of reach of children. As with any fitness product, equipment or exercise routine, consult your doctor prior to use.

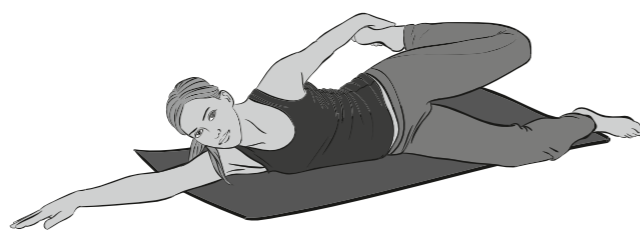


Warm-up: Running with arm variations

To warm up, start with easy running on the spot. Vary this by swinging your arms alternately, letting the arms move in a circular motion to the running rhythm or punch them forward.

TIME: 3 - 5 minutes

INTENSITY: Low impact warm up



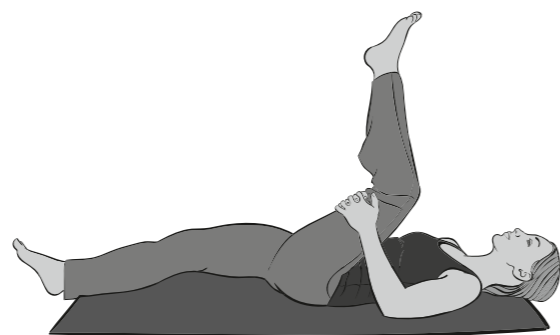
Stretch:

Front of leg

Lying on your side, use your bottom leg as support with a slight bend in your knee. Hold the foot of the top leg and pull your leg back towards your bottom until you feel a stretch in the thigh. Tense your abdominal muscles to stop your back from arching.

TIME: 3 x 20 - 30 seconds

INTENSITY: stretch gently - avoid pain



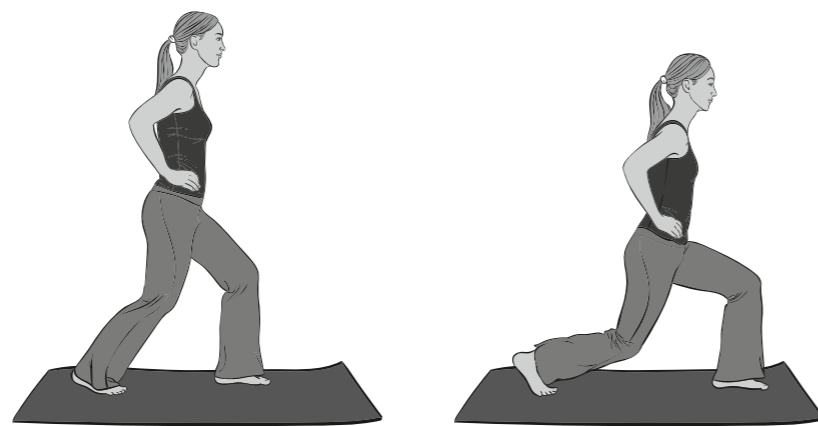
Stretch:

Back of leg

Lying on your back, bend one leg and pull it towards your body with both hands, to feel the stretch in your hamstring.

TIME: 3 x 20 - 30 seconds

INTENSITY: stretch gently - avoid pain



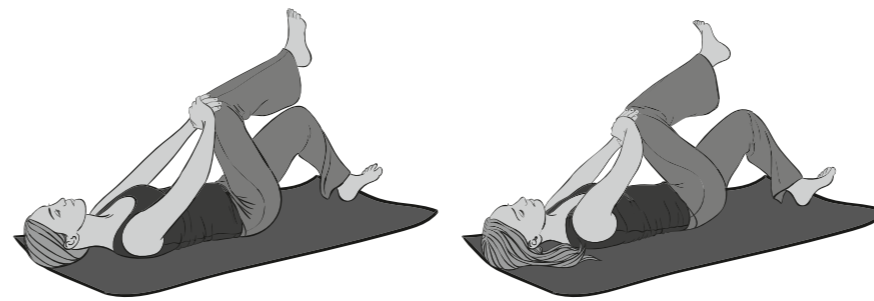
Leg strength:

Lunge

Take a big step backwards then drop the back knee towards the floor whilst bending the front knee to 90 degrees, hold the lunge, then push up through the heel of the front foot to return to the start position.

BEGINNERS: 6 - 10 x in 3 sets

ADVANCED: 11 - 15 x in 3 sets



Glutes Strength:

Glute lift

Lying on your back with your legs bent, bend one knee until you can push against it with both hands. Now, lift your pelvis until the hip joint of the supporting leg is extended. Slowly lower the pelvis back down to the floor. Change sides after one set.

BEGINNERS: 6 - 10 x in 3 sets

ADVANCED: 11 - 15 x in 3 sets



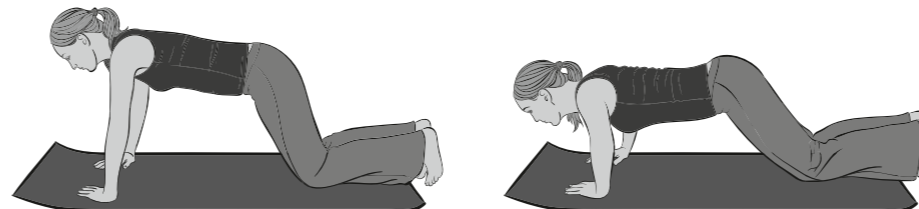
Abdominal strength:

Sit-ups

CLASSIC: From a lying-down position, use your hand to support the back of your neck. Put your legs at right angles with your toes pulled up. Press your heels into the floor slowly roll your upper body a few centimetres upwards without swinging. Then, lower your body slowly again.

BEGINNERS: 8 - 12 x in 3 sets

ADVANCED: 13 x 18 x in 3 sets



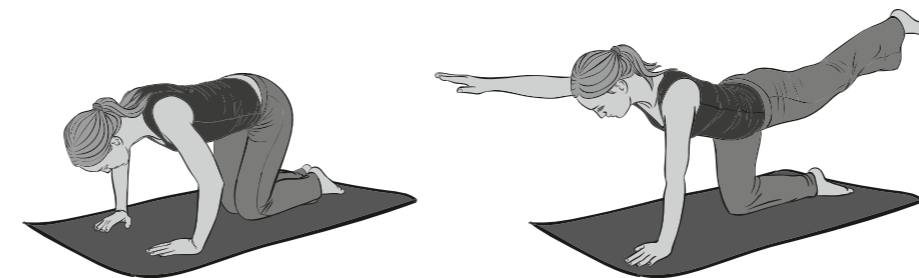
Shoulder strength:

Knee push-up

On all fours, tense your stomach muscles so that your back does not arch. Lower your body by bending your arms until you are close to the floor. Then, extend your arms again.

BEGINNERS: 8 - 11 x in 3 sets

ADVANCED: 11 - 15 x in 3 sets



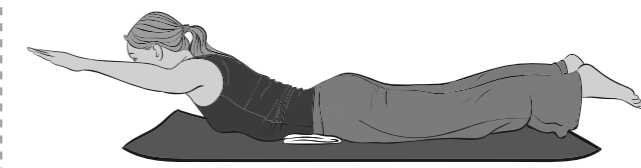
Torso strength:

Whole-body tension

On all fours, raise one arm and the opposite leg at the same time. Hold the pose before returning to the start position, then repeating on the other side.

BEGINNERS: Hold for 3 - 4 x 5 seconds

ADVANCED: Hold for 3 - 4 x 10 seconds



Back strength:

Back stretch

Lying on your stomach, tense your abdominal and bottom muscles. Bend your arms in a "U" shape. Try to lift your shoulders a few centimetres off the floor. Your head stays straight in the extension of the spine. Placing a towel under your stomach helps to prevent arching your back.

BEGINNERS: 6 - 8 x 5 seconds

ADVANCED: Hold for 3 x 15 - 20 seconds



Relaxation:

Pelvic twist

Lying on your back, bend both legs. Put your arms to the side in a "U" shape. Now, rotate both knees to the left towards the floor, also letting the pelvis rotate. Make sure the shoulders remain in place. Hold the rotation position for several seconds before turning both knees to the other side.

TIME: 2 - 3 minutes

Calm and relaxed stretch.

Breathing in and out several times on the stretched side.