

GB IE

WHOLE BODY WORKOUT

Make sure you rest between sets and don't forget to breath throughout.

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.

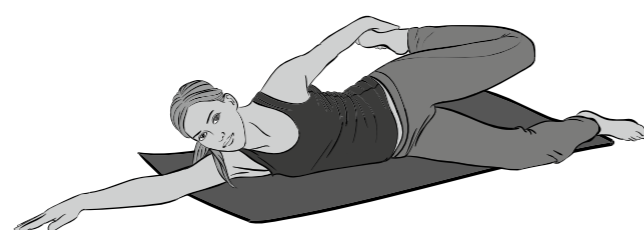


Warm-up: Running with arm variations

To warm up, start by gently running on the spot. You can incorporate your arms by moving them in a circular motion or punching out in front of you.

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



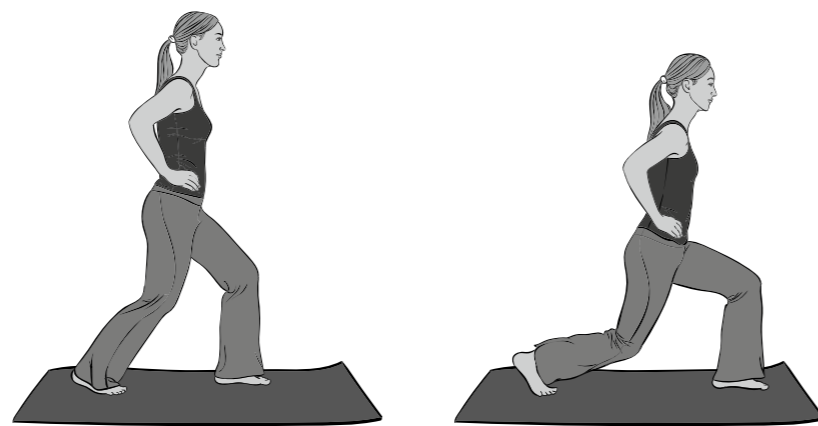
Stretch:

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



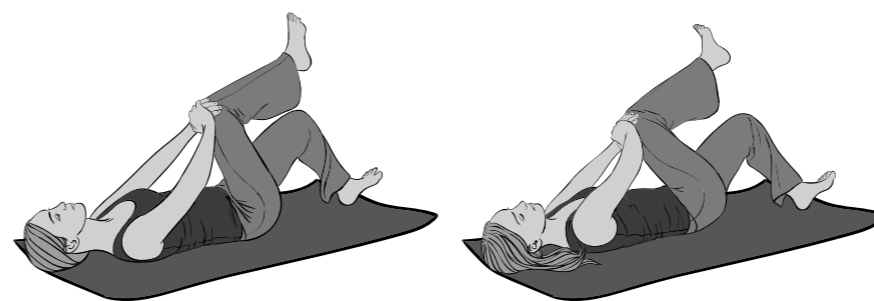
Leg strength:

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 both legs bent. Bring one knee up until you can push against it with both hands. From here, raise your pelvis from the floor and lower back down. Change legs after a set.

BEGINNERS: 6 - 10 x in 3 sets

ADVANCED: 11 - 15 x in 3 sets



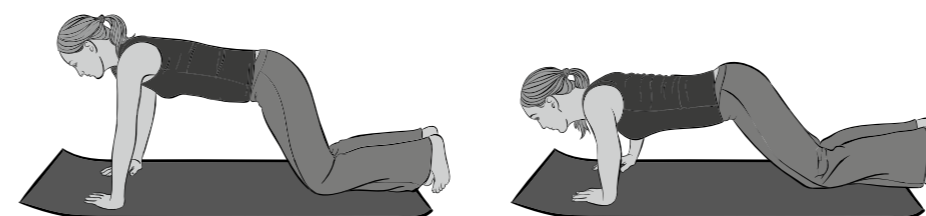
Abdominal strength:

Sit-ups

CLASSIC: Place your legs at right angles with your toes pulled up, push you heels into the floor, then slowly roll your upper body upwards by a few centimetres without swinging. Breathe out whilst crunching up and breath in returning to the start position.

BEGINNERS: 8 - 12 x in 3 sets

ADVANCED: 13 x 18 x in 3 sets



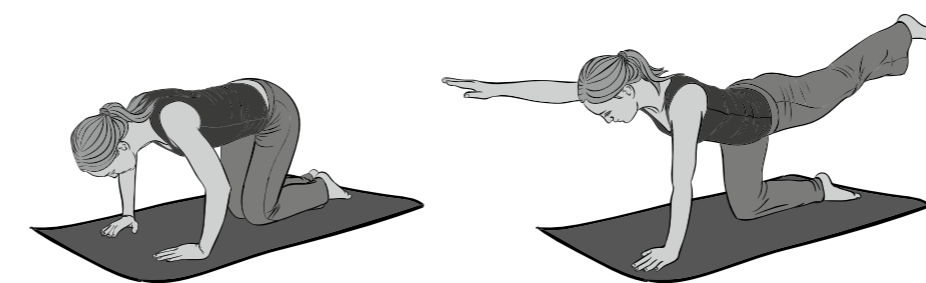
Shoulder strength:

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 repeat 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 with your arms stretched out in front of you, tense your abdominal muscles whilst lifting your shoulders and feet off the ground. Ensure your head remains in a neutral position to the spine. If you find it easier, place a towel under your stomach to prevent your back from arching.

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.