

# HOME WORKOUT

## ADVANCED

Rotate through these exercises once for a 15 minute workout. As you improve and progress, rotate through twice for a 30 minute workout and reap extra health benefits.

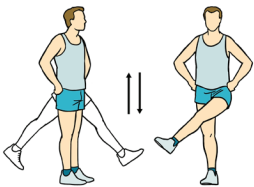
You can take a small rest between exercises – but remember, the smaller the rest, the fitter you get!



### Warm-up

#### Leg Swings

10 reps each leg



- Stand tall, holding onto a pole, wall or stationary object for support.
- Swing one leg as far out to the front and then back as you comfortably can, actively using your muscles.
- Switch sides once you have completed 10 repetitions on the first leg, then move on to the next exercise.

#### Windmills

10 reps

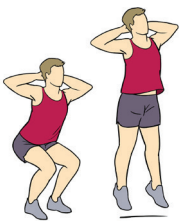


- Stand with your feet shoulder width apart. Stand straight and keep your chest up.
- Raise your arms to shoulder level.
- Rotate your torso at 90 degrees to your right, then return rotating to left.
- Repeat movement 10 times, then move on to the next exercise.

### Strength exercises

#### Jump Squats

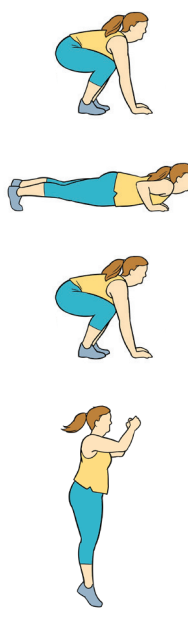
10 reps



- Stand with your feet shoulder-width apart.
- Start by doing a regular squat, then jump up powerfully.
- When you land, lower your body back into the squat position. Land as quietly as possible, and control your squat down.
- Perform 10 repetitions, then move on to the next exercise.

#### Burpees

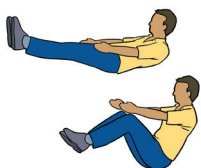
10 reps



- Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
- Push your hips back, bend your knees, and lower your body into a squat.
- Place your hands on the floor directly in front of you, shifting your weight onto them.
- Kick your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels.
- Jump your feet back so that they land just outside of your hands.
- Reach your arms over head and powerfully jump up into the air.
- Land and immediately lower back down into a squat, ready to go again!
- Perform 10 repetitions, then move on to the next exercise.

#### V Sit-up

10 reps



- Start on your back with your legs lifted from the hips at a 45 degree angle and with your hands and shoulders off the floor.
- Lift your torso and bend your knees.
- Straighten your legs and slowly lower your torso back to the floor.
- Perform 10 repetitions, then move onto the next exercise.

Partner:



Government of Western Australia  
Department of Health



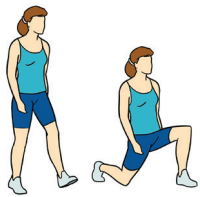
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### Strength exercises (continued)

#### Walking Lunges

10 reps each leg



- Stand up straight.
- Take a big step forward with your right leg to get into a split stance.
- Lower your back knee towards the ground until your front knee is bent at roughly 90 degrees and maintained behind your toes.
- Push-up with your front foot into starting position.
- Stand back upward and this time step through with your back leg to complete another lunge.
- You should feel this in your legs and buttocks!
- Switch sides once you have completed 10 repetitions on the first leg, then move on to the next exercise.

#### Mountain Climbers

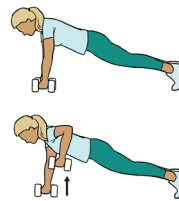
20 reps



- Start in a push-up position Without changing the posture of your lower back (it should be arched), raise your right knee toward your chest. Pause, return to the starting position and repeat with your left leg
- The faster you go, the more you will puff!
- Perform 20 repetitions, then move on to the next exercise.

#### Push-ups Plus Row

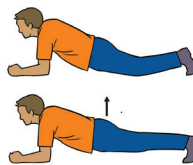
10 reps



- Place your hands on the ground. For an easier version, place your knees on the ground, otherwise have your toes on the ground.
- Keeping your back straight, lower your body down towards the ground, bending at your elbows.
- Push back up to the starting position.
- Lift one arm up by your side, bending at your elbow.
- Squeeze your shoulder blades back together.
- Return your hand to starting position and repeat entire movement again (this time lifting with the other arm).
- Perform 10 repetitions, then move on to the next exercise.
- If you have hand weights or dumbbells at home, you can use them to make it harder!

#### Plank – Front

Hold for 30 seconds



- Position yourself on forearms and toes on the ground.
- Keeping your back straight, hold this position.
- Hold for 30 seconds, however stop if you start to feel lower back tension/pain.



### Cardio

#### Air Boxing

10 reps



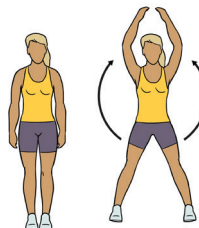
#### For a great interval work out, try:

Punching slowly for 20 seconds, then fast for 10 seconds – repeat 10 times.

- Get into a comfortable standing stance, slightly bending your knees.
- Punch the air, twisting your torso with each punch.
- Start punching at a comfortable rate, enough to get you puffing!
- When you are confident that you are ready to speed up, then you can begin to move faster.
- Perform for 30 seconds, then move onto the next exercise.

#### Star Jumps

Perform for 30 seconds



- Stand straight with your feet together and hands by your sides.
- Jump up, spread your feet and bring both hands together above your head.
- Jump again and return to starting position.
- Perform for 30 seconds.

### Enjoyed this workout?

Why not try our **Couch to 3km Run** next!

Partner:



Government of Western Australia  
Department of Health

