

HOME WORKOUT

BEGINNER

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.

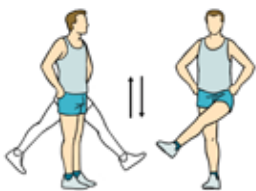
You can take a small rest between exercises – but remember, the smaller the rest, the fitter you get!



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

Squats

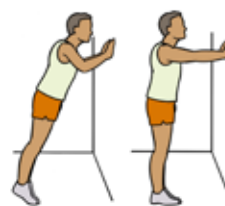
10 reps



- Start by standing up straight. Bend at the knees and hips to squat down as far as you comfortably can.
- Your hips should always be higher than your knees, and while your knee can come past your toes a little bit, make sure they don't protrude too far forward.
- Pause and then slowly rise and return to starting position.
- Perform 10 repetitions, then move on to the next exercise.

Wall Push-ups

10 reps



- From a standing position, place hands on a wall, shoulder width apart.
- Bring your feet away from the wall – the further your feet are away from the wall, the harder the exercise will be.
- Standing on the balls of your feet, bend at the elbows to lower your body towards the wall (you should be almost close enough to kiss the wall).
- Push back, straightening at your elbows.
- Perform 10 repetitions, then move on to the next exercise.

Calf Raises

10 reps



- Place your feet on the edge of a step, with your heels hanging over the side.
- Stand up on the balls of your feet.
- Rise up by standing onto your toes, keeping your knees straight.
- Lower back down again, dropping your heels below the level of the step.
- Perform 10 repetitions, then move on to the next exercise.

Bridges

10 reps



- Lie on your back, knees bent, feet on the ground.
- Raise your hips up into the air, keeping your stomach muscles turned on, and your bottom muscles tight.
- Your knees, hips and shoulders should be in a straight diagonal line.
- Slowly lower yourself back down.
- Perform 10 repetitions, then move on to the next exercise.

Partner:



Government of Western Australia
Department of Health



HOME WORKOUT

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Strength exercises (continued)

Clams

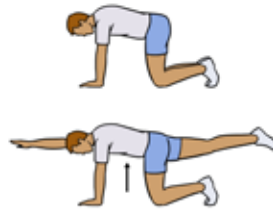
10 reps



- Lie on your side, and bend hips and knees.
- Make sure one hip is lying above the other.
- Bring your top leg upwards while keeping your feet touching.
- Slowly lower the leg down to the starting position.
- Perform 10 repetitions, then move on to the next exercise.

Superman

10 reps



- Position yourself on your hands and knees.
- Make sure your hands are directly under your shoulders with weight through the outside of the hand, and a soft elbow. Your knees should be directly in line with your hips.
- Raise your left arm forward, and kick your right leg back, and then alternate to your right arm and left leg. Try not to let your hips or lower back overly dip to one side throughout this movement.
- Perform 10 repetitions, then move on to the next exercise.



Cardio

High Knees

Perform for 30 seconds



- Stand up straight.
- Lift your left knee up in line with your belly.
- Repeat with the left side in a fast rhythm.
- For beginners, this is like marching on the spot. Try and go faster to get your heart rate up!
- Perform for 30 seconds.

Mastered this workout?

Why not try our [Intermediate Home Workout](#) next!

Partner:



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