



Indoor Workout

Please consult your GP or Exercise Physiologist before commencing any exercise program.

Complete this circuit 2-3 times per week with at least 1 day in between. After 1 round rest for 2-3 minutes before repeating for a second round.

- **Step Ups (1 minute each leg)**
Using an step inside (if you don't have you can do a tap to a chair) step up leading with the left leg before stepping down with the left. Repeat for 1 minute before switching to leading with the right leg)
- **Couch Push Up (1 minute)**
Holding yourself up on the couch with your feet on the ground. Slowly lower yourself using your arms before pushing yourself back up again.
- **Single leg lunges (1 minute each leg)**
Standing up straight rest one foot on the couch or a chair. Bend your back knee to lower yourself toward the ground. Pause before pushing back up again. Repeat for 1 minute before switching legs.
- **Oblique Crunch (1 minute)**
Lying on the floor on a towel or mat, lift your legs off the ground to create a right angle. Place your hands behind your head and bend trying to touch your left elbow to your right knee. Repeat for 1 minute before switching to take your right elbow to your left knee.
- **Squats (1 minute)**
Stand tall with your arms crossed over your shoulders. Using your hips push your bottom back and down. Keep your back straight and your knees over your ankles. Pause before squeezing your bottom muscles and pushing yourself back up.

