



HOME EXERCISE PRGOGRAMME

Class:	Bums and Tums
Trainer name:	Benine
Equipment:	Dumbbells (or do a bodyweight), Step or Chair (can be done without)
Date:	April 30, 2020

WARM-UP



Full body mobilization	5min	
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WORKOUT



SECTION 1
Repeat each group 3 times.



GROUP 1		
EXERCISE	REPS	NOTES/ILLUSTRATION
Dumbbell Squat	15	
Jump Squat	10	

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Sumo Squat	15	
Jump Lunge	10	


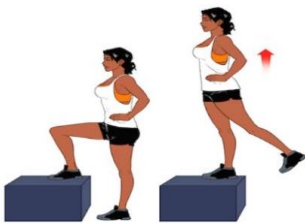
GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Deadlift	10	
In and Out Jump Squat	10	

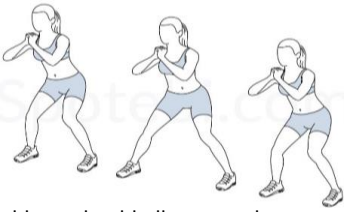

SECTION 2
Repeat each group 2 times.



GROUP 1		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating Back Lunges	20	 <p>Alternate legs counting on each leg.</p>
One Leg Squat	10 (left and right)	 <p>Hold both dumbbells on your side or hold one and use other hand to hold onto a wall for balance.</p>

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating Side Lunges	20	
One Leg Deadlift	10 (left and right)	

SECTION 3
Repeat each group 2 times.

GROUP 1		
EXERCISE	REPS	NOTES/ILLUSTRATION
Walking Lunges	20 Alternating Steps	 <p>Use whichever space you have turning around when you need to.</p>
Front Step Up with Hip Extension	10 (left and right)	 <p>Use a step or a chair. Hold dumbbells on your side.</p>



GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Side Step Squat Walk	10 Steps to the right and 10 to the left	 <p>Hold one dumbbell at your chest.</p>
Side Step Up with Hip Abduction	10 (left and right)	 <p>Use a step or a chair. Hold dumbbells on your side.</p>

GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Forward Moving Jump Squat	10	 <p>One jump forward then turn and do one jump forward in the other direction.</p>
Elevated Split Lunge	10 (left and right)	 <p>Use a step or something higher like a bench or chair. Hold dumbbells on your side.</p>

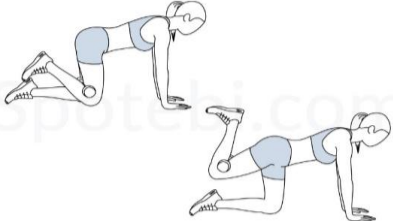
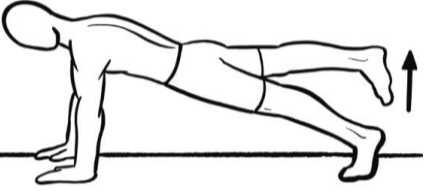
SECTION 4

Repeat each group 2 times.

GROUP 1

EXERCISE	REPS	NOTES/ILLUSTRATION
Hip Bridges with dumbbell	20	
Hold Hip Bridge	30sec	






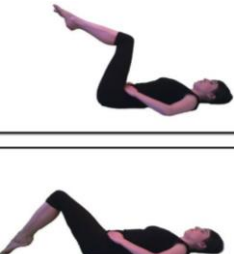

GROUP 2

EXERCISE	REPS	NOTES/ILLUSTRATION
Donkey Kick Back with Weight	10 (left and right)	
Alternating Hip Extension while in high plank	10	 <p>Count on each leg.</p>





SECTION 5

Repeat the hole group twice.

ABDOMINALS

EXERCISE	REPS	NOTES/ILLUSTRATION
Crunches	10	
Reverse Crunch	10	
Oblique Crunch	10 (left and right)	
Bicycle Crunches	20	
Frog Crunch	10	
Duble Toe Taps	10	
Plank	30sec	

STERTCHES

Hug both knees in	Hold 20sec	
Glute Stretch	Hold 20sec (right and left)	
Hamstring Stretch	Hold 20sec (right and left)	
Reach For Toes	Hold 20sec	
Butterfly Stretch	Hold 20sec	
Seated Twist Stretch	Hold 20sec (right and left)	
Seated side bend stretch	Hold 20sec (right and left)	