



HOME EXERCISE PRGOGRAMME

Class:	Cardio and Abs
Trainer name:	Benine
Equipment:	Step (optional), Mat
Date:	May 15, 2020





WARM-UP

Full body mobilization	5min	
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WORKOUT

Repeat each group 3 times.





GROUP 1

EXERCISE	REPS	NOTES/ILLUSTRATION
<p>STEP: Jog up and down NO STEP: Jog forward and back</p>	10 (left and right)	
Star Jump	10	
Mountain Climber	20 (count on each knee in)	
Star Crunches	10	 <p>Opposite hand and foot together.</p>





GROUP 2





EXERCISE	REPS	NOTES/ILLUSTRATION
<p>STEP: Taps NO STEP: Toe Taps</p>	<p>20</p>	 <p>The illustration shows two versions of the exercise. On the left, a woman is shown in a side profile performing 'Step Taps' on a step, with one foot on the step and the other tapping down. On the right, she is shown performing 'Toe Taps' on a step, with both feet on the step and one toe tapping down. To the right of these illustrations is a photograph of a person's legs in black leggings and black sneakers, demonstrating the toe-tapping motion on a step.</p>
<p>Side Step and jump up</p>	<p>10</p>	 <p>The illustration shows three stages of the exercise. On the left, a woman in a grey long-sleeve shirt and purple leggings stands with her feet together and hands in a prayer position. In the middle, she has stepped her right foot to the side, and a blue arrow points to the right, indicating the direction of the step. On the right, she is shown jumping up with her arms raised high in the air.</p>
<p>Open Close Hops in High Plank</p>	<p>10</p>	 <p>The photos show a woman in a purple long-sleeve shirt and purple leggings performing the exercise. The top photo shows her in a high plank position with her feet together. The bottom photo shows her in the same plank position with her feet spread wide apart, demonstrating the 'open' part of the hop.</p>
<p>Frog Crunches</p>	<p>10</p>	 <p>The photos show a woman in a pink tank top and patterned leggings performing the exercise. The top photo shows her in a frog-like position on her hands and feet, with her knees pulled up towards her chest. The bottom photo shows her lying on her back with her feet raised and arms extended upwards, demonstrating the 'crunch' part of the exercise.</p>





GROUP 3




EXERCISE	REPS	NOTES/ILLUSTRATION
<p>STEP: Jog side ways up and down NO STEP: Jog in and out</p>	<p>10 (left and right)</p>	 <p>Jog feet in together and wide again if no step.</p>
<p>Pop Squat</p>	<p>10</p>	
<p>Burpee</p>	<p>10</p>	
<p>Straight Leg Crunches</p>	<p>10</p>	

GROUP 4








EXERCISE	REPS	NOTES/ILLUSTRATION
<p>STEP: Side hops over step NO STEP: Lateral Hops</p>	<p>20</p>	 <p>The illustration for this exercise includes two photographs and two line drawings. The first photograph shows a woman in a teal tank top and black shorts performing a side hop over a grey step. The second photograph shows her performing a lateral hop on a flat surface. The first line drawing shows her in a starting stance with feet shoulder-width apart. The second line drawing shows her in a landing stance after a lateral hop.</p>
<p>Scissors</p>	<p>20</p>	 <p>The illustration for the Scissors exercise consists of two line drawings. The first drawing shows a woman in a light blue tank top and shorts with her right leg raised and bent at the knee, while her left leg is extended forward. The second drawing shows her with her left leg raised and bent, and her right leg extended forward, illustrating the alternating nature of the exercise.</p>
<p>STEP: Knee Repeater NO STEP: Knee Repeater on mat</p>	<p>10 (left and right)</p>	 <p>The illustration for the Knee Repeater exercise includes three photographs. The first photograph shows a woman in a dark blue leotard performing the exercise on a grey step. The second photograph shows a woman in a pink tank top and black shorts performing the exercise on a flat surface. The third photograph shows a woman in a red tank top and black shorts performing the exercise on a flat surface.</p>
<p>Reverse Crunches</p>	<p>10</p>	 <p>The illustration for Reverse Crunches includes two photographs. The top photograph shows a woman in purple leggings and a purple top lying on her back on a grey mat with her knees bent and feet flat on the floor. The bottom photograph shows her in the same position but with her hips lifted and her feet tucked under her knees, demonstrating the crunching motion.</p>

GROUP 5		
EXERCISE	REPS	NOTES/ILLUSTRATION
Jump Rope	Count to 30	
<p>STEP: Squat jump towards step, burpee hands on step, jog back to start position</p> <p>NO STEP: Hands just on mat instead of step</p>	10	 
Plank	30sec	

GROUP 6		
EXERCISE	REPS	NOTES/ILLUSTRATION
Jog on the spot or up and down whatever space you have	30sec	
<p>STEP: Hop up side ways then step down the otherside</p> <p>NO STEP: Hop side ways to the left then take a step left. Hop side ways right and take a step right</p>	20	
Side Plank	20sec (left and Right)	 

GROUP 7		
EXERCISE	REPS	NOTES/ILLUSTRATION
Side Shuffle and touch down	12	
<p>STEP: Donkey hop over then jump up. Holding front of step.</p> <p>NO STEP: Hand on middle of mat feet on the one side off mat. Jump feet over to the other side then hop up.</p>	10	 <p>Hold the front of the step with both your legs on the right. Jump legs over to the left. Stand up and jump up. Go down to hold the front of the step again and jump your legs back to the right.</p>
Bicycle Crunches	20	

STRETCHES

Chest Stretch	Hold 20sec	
Rhomboid stretch	Hold 20sec	
Shoulder Stretch	Hold 20sec (left and right)	
Side Stretch	Hold 20sec (left and right)	
Reach for toes	Hold 20sec	
Adductor Stretch	Hold 20sec (left and right)	
Standing Glute Stretch	Hold 20sec (left and right)	
Lower Back Stretch	Hold 20sec	