



HOME EXERCISE PRGOGRAMME

Class:	Feel The Burn
Trainer name:	Benine
Equipment:	Dumbbells, Step (can be done without)
Date:	April 24, 2020

WARM-UP

Full body mobilization	5min	
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WORKOUT

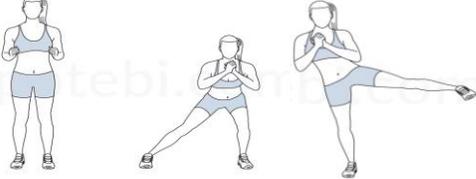
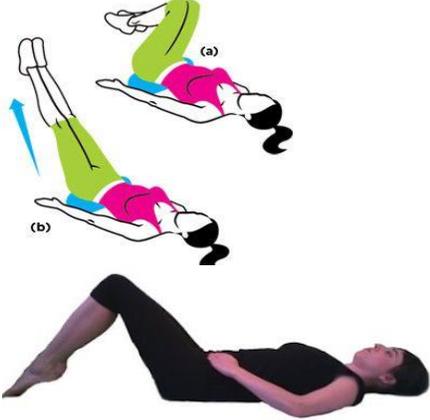
**Repeat each group 2 times.
For the exercise that have a right and a left side. Do the right side for round one and the left side for round 2.**

GROUP 1

EXERCISE	REPS	NOTES/ILLUSTRATION
Shoulder press dubble then single, single	16	 <p>Press both weights up together then just the right arm and then just the left arm. This all counts as 1 rep.</p>
Double pulse squat side leg lift right and left	16	 <p>Suqat down with a pulse then come up and lift the right leg and then the left leg out. This counts as 1 rep.</p>
Alternating tap backs while standing on the step Tap backs if you don't have a step	60	 <p>Count on each leg. Keep a bend in your legs.</p>
Plank	1min	

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Wide to narrow row	16	 <p>One row with the elbows out and one row with the elbows in. Doing both counts as 1 rep.</p>
Lunge up and down	30 (left and right)	
4 Shoulder touches followed by 4 knees in	8 rounds	 <p>4 shoulder touches and 4 knee ins count as 1 round</p>
Bicycle Crunches Slow	30	

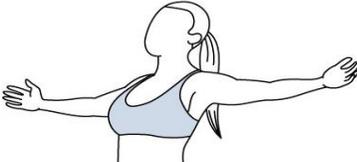
GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Press to extension	16	 <p>First press the weight up then lower it to behind your head bending the elbows. This count as 1 rep. Hold one dumbbell on the sides or if you are holding two dumbbells press them together.</p>
Double Pulse Sumo Squat	25	 <p>Do two pulse at the bottom then come up.</p>
Taps Side ways off the step Taps side to side if no step	60	 <p>Count on each leg. Keep the knees bended.</p>
Straight leg crunch to reverse crunch	20	 <p>Do one crunch with legs straight then kick the legs up for a reverse crunch. You can keep hands behind your head. This counts as 1 rep.</p>

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Dumbbell Punches	30	 <p>Alternating arms. Count on each arm.</p>
Side lunge with leg lift to the side	20 (left and right)	 <p>Do right side for round one and left side for round to. Step out with the right leg. Bend the right leg for the side lunge. Step back in and straighten the right leg out to the side.</p>
Corner Step Taps forward and back Forward and back taps if no step	40 (right and left)	 <p>Keep one foot on the corner of your step and tap the other foot forward and back on the mat.</p>
Diagonal leg kick out to double toe tap	20	 <p>Kick legs out first then tap both toes to the mat. This counts as 1 rep.</p>

GROUP 5

EXERCISE	REPS	NOTES/ILLUSTRATION
<p>Wide Bicep curl x1 and then Wide Bicep curl to Y press</p>	<p>20</p>	 <p>Do one wide bicep curl with weights just coming to the shoulders then lower down. Then do the wide bicep curl again and add in the Y press. This counts as 1 rep. Thus every second wide bicep you add in the Y press</p>
<p>Narrow squat to alternating leg one leg squat</p>	<p>20</p>	 <p>Do one narrow squat and then a right leg one leg squat. This is one rep. Do a narrow squat again and then a left leg one leg squat.</p>
<p>Box jump with accending reps 1-8</p>	<p>1 to 8</p>	 <p>Do one squat at the bottom and then jump on the step or forward if no step. Then do 2 pulses squats on the mat and jump onto the step or forward again and do 2 pulse squats. Keep repeating adding one rep until you get to 8.</p>
<p>High Plank to T-Opening</p>	<p>20</p>	 <p>Alternate the side you opening up to. Count on each side.</p>

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	