

**HOME EXERCISE PRGOGRAMME**

Trainer name:	Benine
Programme:	Upper body and Cardio_1



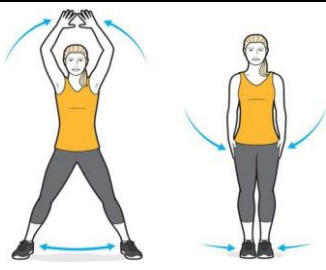

**WARM-UP**





Full body mobilization	5min	
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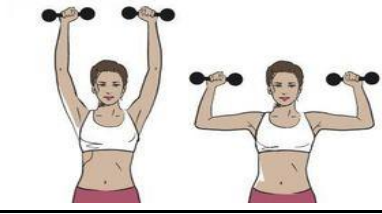



**WORKOUT**



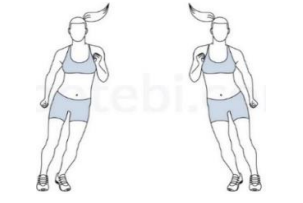

Repeat each group 2-3 times.





**GROUP 1**

EXERCISE	REPS	NOTES/ILLUSTRATION
Push-Ups	10	
Chest Press 6kg Dumbbells	10	
Starjump	10	
High Knees	Count to 30	

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Wide Dumbbell Rows 6kg Dumbbells	10	
Narrow Rows	10	
Side Shuffle Touch Down	10	
Butt Kicks	Count to 30	

GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Shoulder Press 6kg Dumbbells	10	
Front Raise 1 x 6kg Dumbbells	10	
Side step and hop up	10	
Burpee	10	

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Tricep Overhead Extension 1 x 6kg Dumbbells	10	
Kick Backs 6kg Dumbbells	10	
Lateral Hops	20	
Moountain Climber	20	

GROUP 5		
EXERCISE	REPS	NOTES/ILLUSTRATION
Hammer Curls 6kg Dumbbells	10	
Bicep Curls 6kg Dumbbells	10	
Skaters	20	
Open Close Hops in high plank	10	

**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	