


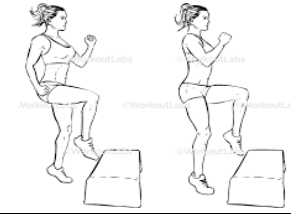



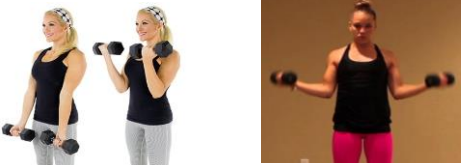


HOME EXERCISE PRGOGRAMME



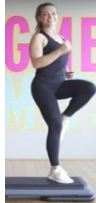

Client:	Anushca
Trainer name:	Benine





WARM-UP		
Full body mobilization	5min	

WORKOUT
Repeat each group 2-3 times.

GROUP 1		
EXERCISE	REPS	NOTES/ILLUSTRATION
Push-Up With alternating renegade row 6kg Dumbbells	10	 <p>Do one push then right arm row, then another push-up and left arm row.</p>
Narrow to Wide row Combo 6kg Dumbbells	10	
Box Jump	10	
Taps	20	

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Press to extension 6kg Dumbbells	10	 <p>Use 1 or both weights pressed together.</p>
Normal and Wide Bicep Combo 6kg Dumbbells	10	 <p>One regular bicep curl followed by a wide bicep curl.</p>
Straddle Jump	10	
Side Taps Over	20	

GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating Rows 6kg Dumbbells	12	
Alternating Press 6kg Dumbbells	12	
Knee Repeater	10 (right and left)	
Burpee	10	

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating Kick Back 6kg Dumbbells	12	
Bicep Curl to Y Press 6kg Dumbbells	10	
Jog up and down	10 (right and left)	
Donkey Jump Over	10	 Hold front of the step.

GROUP 5		
EXERCISE	REPS	NOTES/ILLUSTRATION
Narrow Press to Skull Crusher 6kg Dumbbells	10	 Use 1 or 2 weights.
Dumbbell Pull Over 6kg Dumbbell	10	
Hop side ways up step, then step down the other side	10	
Moantain Climber	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	