

# Ease into the Gym



Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1:</b>	20 Press-ups 20 Sit-ups 20 Step-ups (each leg) 30 Squats 30 Jumping Jacks	15 Minute Incline Walk 5 Minute Cycle	<b>Rest</b>	20 Lunges (each leg) 25 Burpees 30 Sit-ups 35 Bunny Hops	<b>Rest</b>	5 Minutes Cycle 10 Minutes Row 10 Minutes Incline Walk	<b>Rest</b>
<b>Week 2:</b>	25 Incline Walk 10 Minute Cycle	20 Lunges (each leg) 25 Burpees 30 Squats 30 Mountain Climbers 35 Sit-ups	<b>Rest</b>	20 Lunges (each leg) 25 Press-ups 25 Bunny Hops 30 Jumping Jacks 20s Plank	<b>Rest</b>	5 Minutes Incline Walk 10 Minutes Cycle 10 Minutes Row	<b>Rest</b>

## Notes for Exercises:

- Incline Walks to be completed on a Treadmill. Minimum recommended incline is 5.0%, an average walking pace is around 5kmp/h. If this seems too easy, increase speed and/or incline.
- Recommended intensity for cycling and rowing is medium intensity, so that you perspire but are still able to maintain a conversation (50-70% of max BPM for those with heart rate monitors).
- If you are finding these exercises become easier, try doing a few sets of the exercises (so complete the days exercises twice or more if you are not fatigued at the end of the exercises).
- Always ensure you stretch out after exercising and stay hydrated.
- If you feel faint at any stage of these exercises STOP. Please contact your doctor before embarking on this process.

## Get in Touch:

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Plank:	Place your forearms on the ground, with your elbows in line with your shoulders. Stretch your legs out behind you so your whole body is stretched out. Don't allow your bum or lower back to slack/ lower—maintain tension by imagining a broom handle laid out, connecting a line from your heels, to your bum, to your shoulders. Make sure to keep your stomach muscles tight while you plank, for maximum benefit! Hold this position for the desired amount of time
Sit-Ups:	Sit on the floor, legs bent, feet on the floor, knees facing the ceiling. Lower your back to the floor, and cross your arms over your chest (so your right hand is touching your left shoulder, and vice versa) —you're now in the starting position. From here, without moving your feet or bum from the floor, raise your chest up until you're in line with your legs. That's one rep. You can place your hands on/behind your head to make them harder.
Step-Ups:	You'll need a step or raised ledge. Starting with both feet on the same surface, bring your left foot up to the step and move up. When your right foot touches the same surface as your left foot, move your left foot to the surface that's free. Do this at a moderate pace until you've done 30 steps.
Squats:	Place your feet shoulder width apart. Keeping your back straight, lower your bum until your back is at a 90° angle to your legs. Bring yourself back up to the starting position—that's one rep. If you struggle to keep your bum and back in line, imagine you're slowly sitting down into a chair from the starting position above.
Jumping-Jacks:	Stand up straight—shoulders back and relaxed. Place your arms by your side. This is your starting position. Jump into the air from the starting position—as you jump, raise your arms outwards from your sides until they're over your head. Bring them down as you land. Land in the starting position. That's one rep.
Lunges:	Stand up with your back straight. Step forward with one leg, and ensure your heel hits the floor before any other part of your foot. Lower your body until the thigh of the forward leg is parallel to the floor, and the right shin is vertical to the floor. Push your weight into the heel of the forward foot, to drive back up to the starting position. Continue for desired reps before switching legs.
Mountain Climbers:	Take a plank position, but instead of putting your weight on your forearms, your arms are outstretched—hands touching the floor. This is your starting position. Keeping one foot on the floor, draw the other leg up and in, toward your stomach. Don't let either leg slack. As you bring this leg back out straight, as soon as your foot touches the floor (rep one complete!), repeat the above motion with other leg. Continue alternating this movement with both legs for total reps.
Bunny-Hops:	Adopt a standing position. Make small jumps from side to side—keep your legs together as you do so. When you land, one rep is complete. Repeat for the desired number of reps. Swinging your arms from side to side might help you stay in the motions of the exercise.
Press-Ups:	Place your hands on the floor, shoulder-width apart—so you're in a plank position. From here, lower yourself to the floor until your nose almost touches the ground. Push back up—that's one rep!
Burpees:	Stand straight, shoulders back. Squat down, and put your hands on the ground just in front of your feet. Kick your legs out straight to a plank. When you reach the floor, tuck your knees in and bring your feet forward, then jump up back into the starting position. Exercise speed and jump height can be adjusted for intensity.