

SMART Exercise

Week 2 x 20 Minute Circuit

Start by warming up for two minutes as per the "cool down" stretches. Perform the following 5 exercises in order. Do each exercise for one minute (or as long as you can manage) before moving straight on to the next with 15 seconds in between. Once you've finished ONE round REST for 30 seconds and REPEAT.

Exercise 1. Push Up

Targets: Chest, back and core

Exercise 2. Body Weight Box Squat

Targets: Lower body – glutes, quads and core.

Exercise 3: Tricep Dip

Targets: Triceps, Arms and core.

Exercise 4. Reverse Lunge / Bicep curl

Targets: Lower Body – biceps

Exercise 5. Alternating Toe Touch

Targets: Core, obliques

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Circuit 2	Cardio 2	Circuit 2	Cardio 2	Circuit 2	Cardio 2	Off

Exercise 1. PUSH UP

(Wall / Intermediate / Advanced options)

1. Get into pushup position (either standing and leaning into a wall for absolute beginners) or with palms on the floor, shoulder-width apart or slightly wider and arms straight. Your hands are directly under your nipples, with your fingers pointing straight ahead. Your body is aligned from neck to ankles, and your feet hip-width apart. Your weight rests on your hands and toes (or knees).
2. Lower your body until your chest is four to eight inches from the floor, keeping the same alignment.
3. Push back up to the starting position, with your body remaining aligned from neck to ankles. It takes a lot of effort from your mid-body muscles to achieve and maintain perfect form, which is why the pushup doubles as a core exercise.

Exercise 2. BODY WEIGHT BOX SQUAT – LOWER BODY – Quads, Glutes, Core

- 1.** Set up a box, bench or chair that's about 18 inches off the floor. Stand with your back to it, your heels about 24 inches away from it. Set your feet shoulder width apart and parallel to each other and hold your arms out in front of you.
- 2.** Squat down as if you were going to sit in a chair, with your hips shifting back toward the bench, your upper body leaning forward slightly and your back in its natural, slightly arched posture. Lower yourself until your butt touches the bench.
- 3.** Rise back to the starting position and repeat. You can make it more challenging by holding your arms back to your sides or behind your head.

Exercise 3. TRICEP DIPS

- 1.** Sit on the edge of a chair, bench or couch hand hip-distance apart and fingertips facing your toes. Support your weight, then slip off the chair and lower yourself towards the floor by behind your elbows only. Make sure your elbows stay pointing towards the back wall as you lower down. Then slowly push back to the start, keeping your back close to the edge of the chair.

Tip: As you become fitter you can up the intensity by placing your feet further from the chair and or/raising one leg.

Exercise 4. BODY WEIGHT REVERSE LUNGE / BICEP CURL

- 1.** Lunge back with one foot and lower your body until your rear knee nearly touches the ground and your front knee is bent about 90 degrees. Keep your torso upright through the movement and at the same time bend from your elbow to curl the arm up. (with or without weights).
- 2.** Push back to the starting position, uncurling the arm and lowering the weight in a controlled movement. Finish all your reps with that leg, then switch legs and repeat the set. Yes....you have two legs!!

ABDOMINALS - Alternating Toe Touch

- 1.** Lie on your back on the floor or a bench with your knees bent at 90 degrees (beginner's) or legs straight and feet up into the air (advanced).

Imprint or connect your back into the floor. Keep your head and back aligned and a space between your chin and chest.

2. Leading with your chin and chest toward the ceiling, raise your shoulders off the floor or bench as you reach with your right hand toward your left foot. Bring your ribs towards your hips.
3. Lower yourself, then reach with your left hand toward your right foot.
4. Alternate sides on each repetition.

COOL DOWN STRETCH