

# Strength Class

## Week 1

### Warm up

1. Ankle rotations x5 each way, each leg
2. Half squats x10
3. Hip rotations x5 each way
4. Knee lifts x10 each leg (engage your core)
5. Knee lifts with hip rotation x5 each leg
6. Side dips x 10 each way (with arm over the head)
7. Shoulder shrugs x 4
8. Shoulder shrugs with shoulder rotations fwd x4 and backwards x4
9. Arms out to the sides at shoulder level, forward direction small, medium, large, back to medium to small circles (approx 30s)
10. Arms out to the sides at shoulder level, backwards direction small, medium, large, back to medium to small circles (approx 30s)
11. Punches to the front 10s, punches to the sides 10s, punches to the ceiling 10s (x2 rounds)
12. Neck extensions (breathe in to lift head, breathe out to lower chin to chest) x4
13. Neck turns (breathe in, in the middle, breathe out to turn chin to shoulder) x4 each way

### Main session

Exercise	Number of reps	Rest period (s)	Number of sets	Notes
Shoulder press	10 each	None	-	Complete all 3 exercises in the pink section without stopping. Rest if needed and complete 3 rounds
Squats	10	None	-	
Walk	4 lengths	30	3	
Bicep curls	10	None	-	Complete all 3 exercises in the orange section without stopping. Rest if needed and complete 3 rounds
Step ups	10	None	-	
Walk	6 lengths	30	3	
Tricep extensions	10 each	None	-	Complete all 3 exercises in the green section without stopping. Rest if needed and complete 3 rounds
Calf raises	10	None	-	
Walk	8 lengths	30	3	
Core slumps	10	None	-	Complete all 3 exercises in the purple section without stopping. Rest if needed and complete 3 rounds
Shoulder rolls (band)	10	None	-	
Walk	4	30	3	

### Stretches

Calves	Hamstrings	Quads	Adductors	Chest
Hips	Biceps	Shoulders	Triceps	Neck