

Strength Class

Week 4

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
Frontal raises	10,12,14	None	Rest if/when needed and complete 3 rounds	Complete all 3 exercises in the pink section without stopping.
Squats	10,12,14	None		
Walk	2 loops	30		
Bent over row	10,12,14	None	Rest if/when needed and complete 3 rounds	Complete all 3 exercises in the orange section without stopping.
Step ups (+weights)	16,18,20	None		
Walk	2 loops	30		
Press ups (wall or floor)	10,12,14	None	Rest if/when needed and complete 3 rounds	Complete all 3 exercises in the green section without stopping.
Calf raises (+weights)	16,18,20	None		
Walk	2 loops	30		
Core 1 + Core 2	1 hard effort	None	Rest if/when needed and complete 3 rounds	Complete all 3 exercises in the purple section without stopping.
Lateral raises	10,12,14	None		
Walk	2 loops	30		

Stretches

Calves 20s each	Hamstrings 20s each	Quads 20s each	Adductors 20s each	Chest 20s
Hips (circle)	Biceps 20s each	Shoulders 20s each	Triceps 20s each	Neck