

# CARDIOVASCULAR ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

EXERCISE

**A**

**B**

**C**

BIKE



INCREASE SPEED/RESISTANCE

MARCHING



HIGH KNEE MARCHING

# CARDIOVASCULAR ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

## EXERCISE

**A**

**B**

**C**

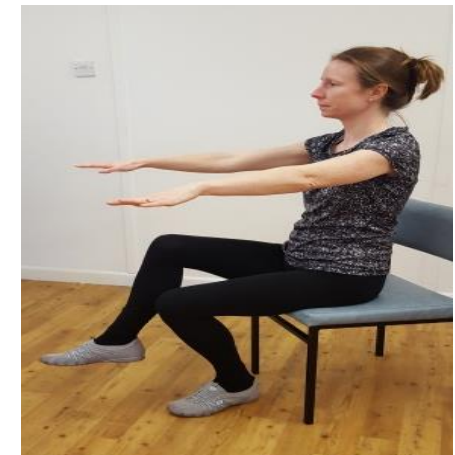
### SIT TO STAND



USE HANDS

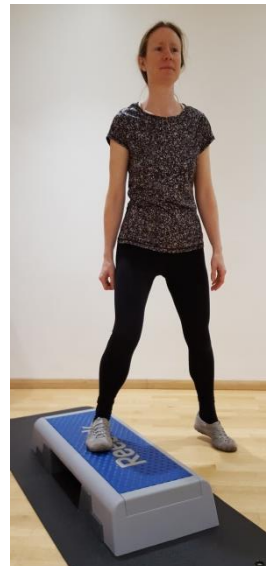
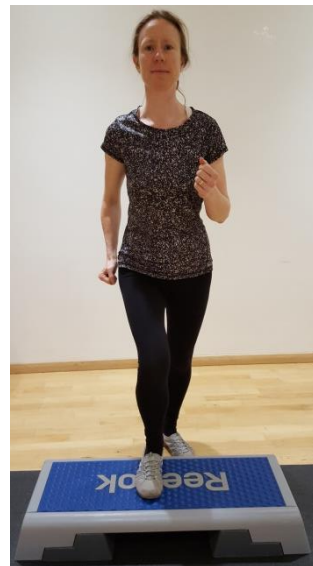


NO HANDS



ALTERNATE SINGLE LEG

### STEP UPS



STEPPING  
SIDE TO SIDE



HIGHER LEVEL STEP

# CARDIOVASCULAR ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

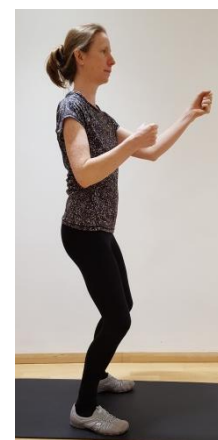
## EXERCISE

**A**

**B**

**C**

### ARM PUNCHES



IN STANDING, FEET WIDE

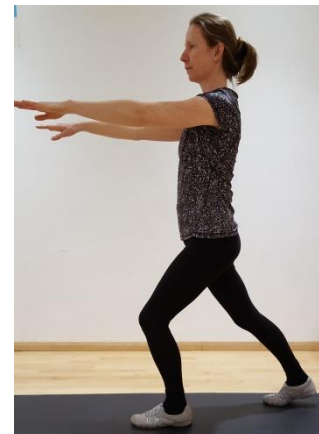


ADDITIONAL HAND WEIGHTS

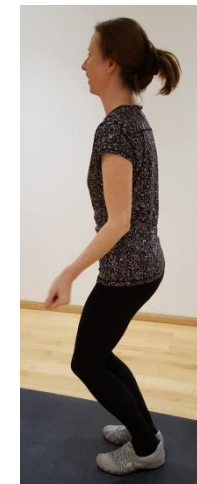
### MISC.



X STEPPING/JUMPING JACKS: STEPPING TO SIDE & SPREAD ARMS WIDE, RETURN TO FEET TOGETHER & ARMS BY SIDES.



POSTERIOR TOE DIGS: STEP FOOT BACK & RAISE ARMS AHEAD, RETURN FEET & ARMS, REPEAT ON OTHER SIDE.



SKIPPING ROPE; SMALL JUMPS ON THE SPOT WHILST CIRCLING THE ARMS AS THOUGH TURNING A SKIPPING ROPE.

# STRENGTH ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

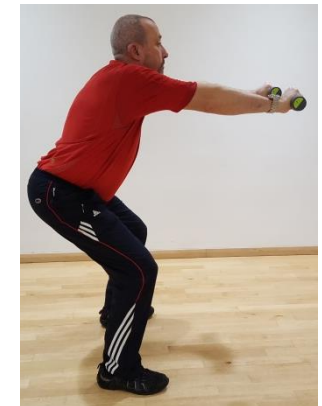
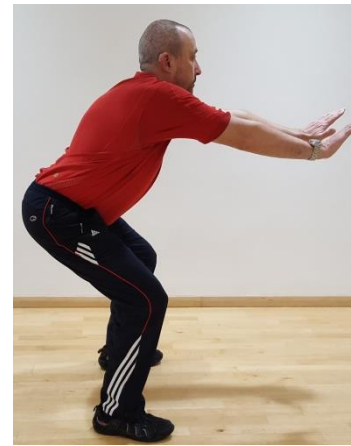
## EXERCISE

**A**

**B**

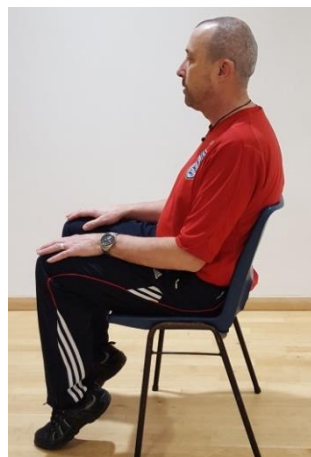
**C**

### LOWER LIMB SQUATS

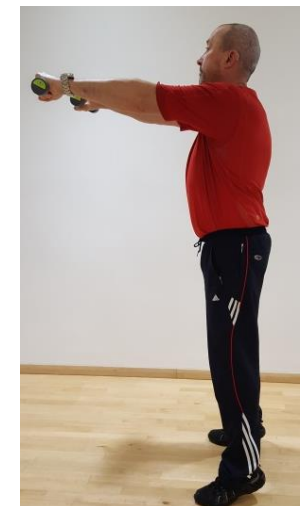
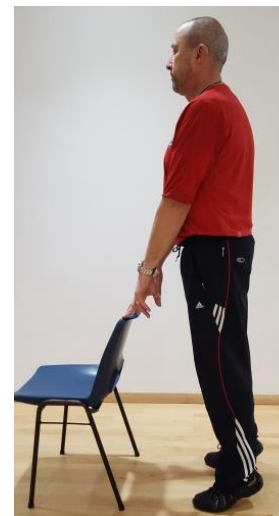


DEEP SQUAT WITH/WITHOUT  
ADDITIONAL WEIGHTS

### LOWER LIMB HEEL RAISES



RAISE HEELS UP AND DOWN OFF FLOOR





# STRENGTH ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

## EXERCISE

A

B

C

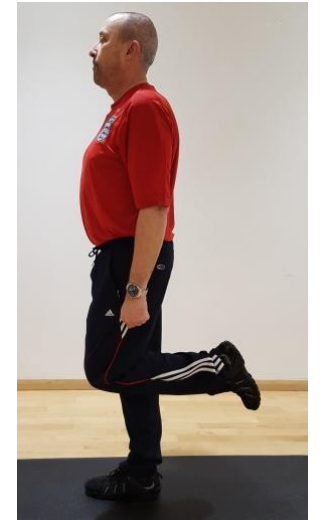
### WHOLE BODY/ CORE BALANCE



SIT ON WOBBLE CUSHION OR GYM BALL & MAINTAIN SOFT UPRIGHT POSTURE. IF POSSIBLE STRAIGHTEN ONE LEG & HOLD POSITION FOR 5 SECOND COUNT



'SUPERMAN' – MAINTAIN STEADY POSITION



SINGLE LEG BALANCE

### WHOLE BODY/ CORE 'BRIDGE'



GENTLY SQUEEZE TUMMY MUSCLES TO PUSH LOWER BACK INTO THE MAT



SQUEEZE TUMMY AND BUTTOCK MUSCLES AND LIFT HIPS FROM FLOOR, HOLD FOR A COUNT, LOWER WITH CONTROL



HOLD RAISED LEG IN THE AIR

# STRENGTH ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

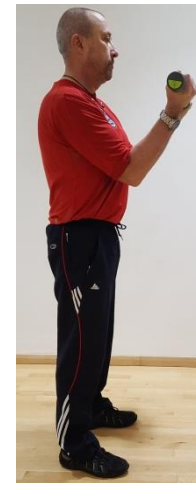
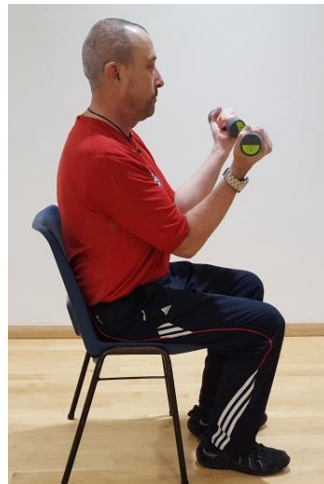
## EXERCISE

**A**

**B**

**C**

### UPPER LIMB WITH WEIGHTS



TRICEPS DIP; lower & raise bottom from chair

VERTICAL 'PRESS UP'

### UPPER LIMB WITH THERABAND

WHEN USING RESISTANCE BAND, GENTLY STRETCH... HOLD... THEN CONTROL RELEASE.



BICEPS:  
HOLD BAND STILL WITH ONE HAND, PULL UP WITH OTHER HAND



ROTATOR CUFF; KEEP ELBOWS BY SIDES, OPEN OUT FOREARMS



PULL DOWN & BACK ON BAND

# MOBILITY ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

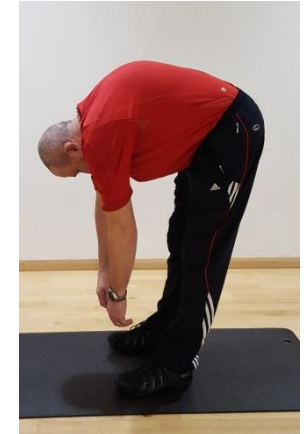
## EXERCISE

**A**

**B**

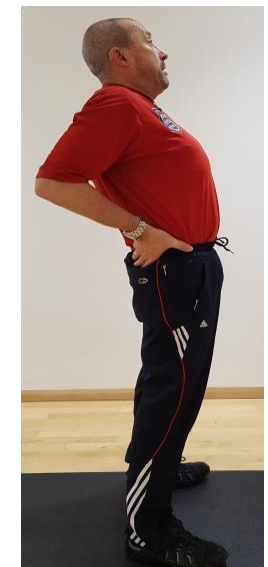
**C**

**SPINAL  
FLEXION/BEND**



FLATTEN THEN ARCH THE SMALL OF YOUR BACK

**SPINAL ARCH/  
EXTENSION**





# MOBILITY ZONE

★ Choose 3 exercises from this zone, then decide on the correct level A, B, or C.

## EXERCISE

**A**

**B**

**C**

### SPINAL TWIST



### SPINAL RELEASE



LAY ONE ANKLE ACROSS  
OPPOSITE KNEE, RELAX AND  
EXHALE

CROSS ONE ANKLE OVER THE OTHER KNEE,  
EXHALE A DRAW THIGH TOWARDS CHEST.

KNEEL ON ALL 4'S, EXHALE & SIT BACK ONTO HEELS.