



THE 7 DAY HOME WORKOUT

Day 1 - Cardio

1 Minute on each exercise repeat twice

Half Stars/ Seated Stars

Step Ups/Toe Taps

Shadow Punches

Heel Flicks

High Knees

Day 2 - Upper Body

Warm Up - Shadow Punches - 1 minute

Wall Presses

Tinned Side Raises

Tinned Bicep Curls

Tinned Kickbacks

Tinned Upright Row

Day 3 - Lower Body

Warm Up- Step Ups for 1 minute

Sofa/Chair Sit to Stand

Glute Kickback

Step Lunge

Calf Raises

Sumo Squat

Day 4 - Core

Warm Up - High Knees 1 Minute

Side Bends

Core Rotations

Knee to elbow

Seated Leg Flutterers

Wall Mountain Climbers

Day 5 - Flexability

Warm Up - Heel Flicks 1 Minute

Cat Pose

Cow Pose

Seated Twist

Figure 4

Forward Bend

Day 6 - Cardio

1 Minute on each exercise repeat twice

Half Stars/ Seated Stars

Step Ups/Toe Taps

Shadow Punches

Heel Flicks

High Knees

Day 7 - Pick and Mix

Cardio – Half Stars

Upper Body – Wall Press

Lower Body – Sit To Stand

Core – Knee to Elbow

Flexibility- Forward Bend



Cardio

Do each exercise for 1 minute and repeat 2-3 times



Upper Body, Lower Body and Core

Do 15/20 repetitions for each exercise and repeat 3 times



Flexibility

Hold each exercise for 20 seconds and repeat 3 times

CARDIO



Half Stars

1



Step Ups

2



Shadow Punches

3



Heel Kicks

4



High Knees

5

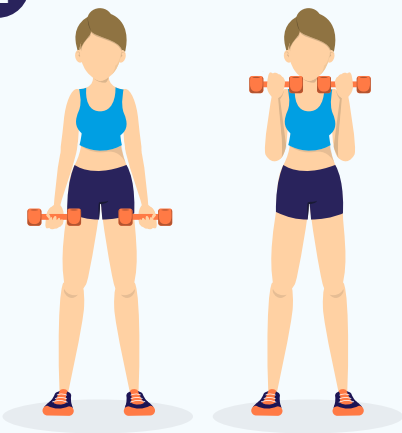


UPPER BODY



Tinned Bicep Curls

1



Tricep Kickback

2



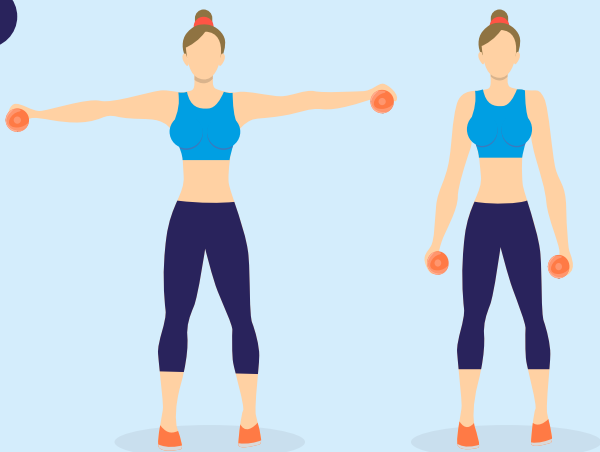
Wall Press

3



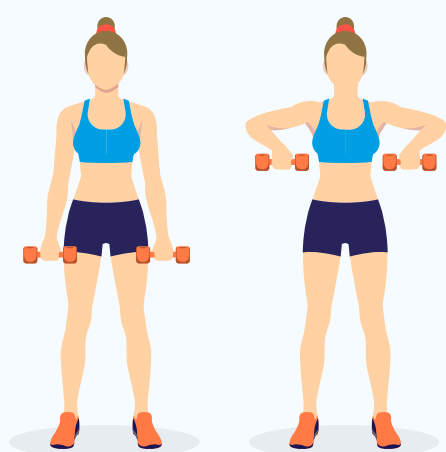
Tinned Side Raises

4



Tinned Upright Row

5



LOWER BODY



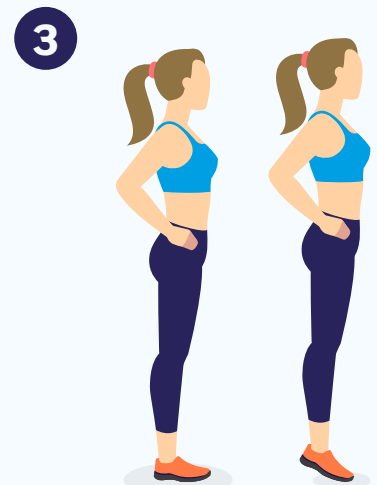
Sit To Stand



Glute Kickback



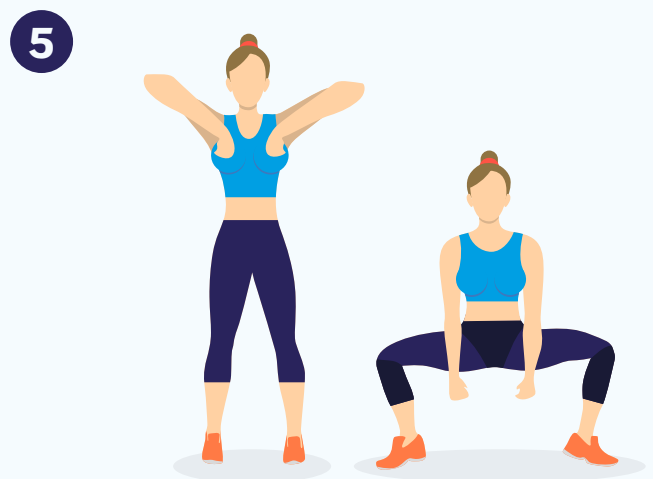
Calf Raises



Lunge to Arm Raises



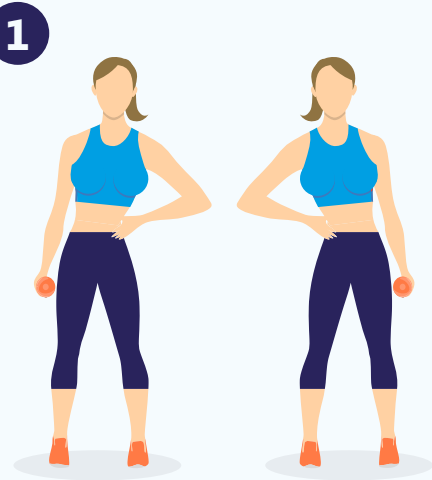
Sumo Squats



CORE



Weighted Side Bends



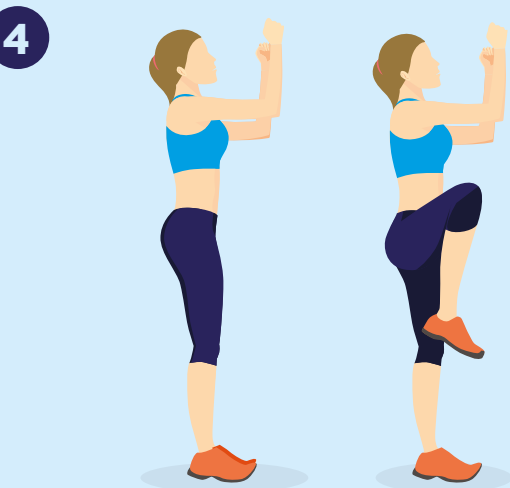
Seated Torso Twists to Leg Raises



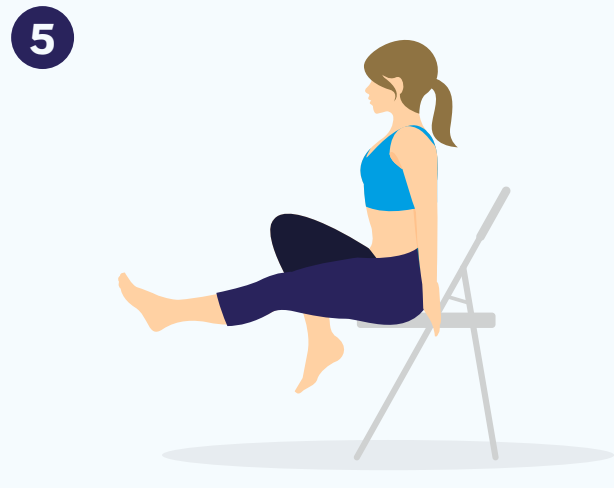
Standing Mountain Climbers



Knee to Elbow



Knee to Chest



FLEXIBILITY



Cat Pose

Cow Pose

Seated Twist



Figure 4

Forward Bend

