

AT HOME WEIGHT MANAGEMENT

Notes : Number 1-5 Is for warming up Number 6,15-19 Can be done with Shopping bags filled with water bottles 1L = 1 KG if too easy or tins around the house Search YouTube for Home exercise videos. Aeobics classes on Youtube, Dancing If you have aFit bit or apple watch, anything that gets your heart rate up to 120bpm will be good

1 Jogging on the spot



DURATION : 1xmin

2 Dynamic sidesteps



DURATION : 1xmi

3 Running butt kicks



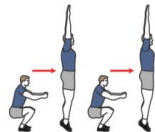
DURATION : 1xmin

4 Warm-up / Jumping Jack



DURATION : 1xmin

5 Small And Tall



DURATION : 1xmin

6 Boxing with weights in hands



7 Skipping rope



8 Walking



9 Chair stand



SETS : 3-4 REPS : 12-15

10 45 degrees Push Ups



SETS : 3-4 REPS : 12-15

11 Push-ups on knees



SETS : 3-4 REPS : 12-15

12 Leg Raise / Abduction



SETS : 3-4 REPS : 12-15

AT HOME WEIGHT MANAGEMENT

13 Side Plank Knees Bent



REPS : 4 DURATION : 30seconds

14 Mountain climber



REPS : 4 DURATION : 30seconds

15 Squat-curl-press combo



SETS : 3-4 REPS : 12-15

16 Shrugs with weight



SETS : 3-4 REPS : 12-15

17 Shoulder abduction with band (90°)



SETS : 3-4 REPS : 12-15

18 Front raise with band



SETS : 3-4 REPS : 12-15

19 Bent-Over Row



SETS : 3-4 REPS : 12-15