

LET'S GET STARTED

Beginner's workout

Welcome to the Get Healthy beginner's workout.

If this is your first time doing one of our workouts, we recommend you check out the introductory video at

www.gethealthynsw.com.au/fitness-videos to get more information about the program along with some tips.

This workout will take you through some basic:

- Cardio exercises
- Upper body exercises
- Lower body exercises
- Abdominal exercises

To make this a 15-minute workout – perform each exercise in the circuit once.

To make this a 30-minute workout – perform each exercise in the circuit twice.

There are even bonus exercises at the end if you are keen to keep moving.

By doing these workouts regularly (two to three times a week), you'll increase your strength, flexibility and fitness.

Before you get into your workout it's important to warm up. Just five minutes of light activity is all you need. Things like:

- Walking
- Jogging on the spot
- Pumping your arms
- Shoulder rolls
- Controlled punches
- Circular 'windmill' arm movements in the air.

It is important that between each exercise, you recover appropriately. If you need to, rest for 30 seconds. If you are still quite fatigued from the previous movement then rest a little longer. As you get stronger you can reduce your recovery time. Recovery can also be active with things like walking, jogging, slow steps up or shoulder rolls.

You don't have to stress or push yourself to the limit to get the benefits of exercise. If at any time you feel pain or you feel unwell, stop what you're doing, or take it easier.

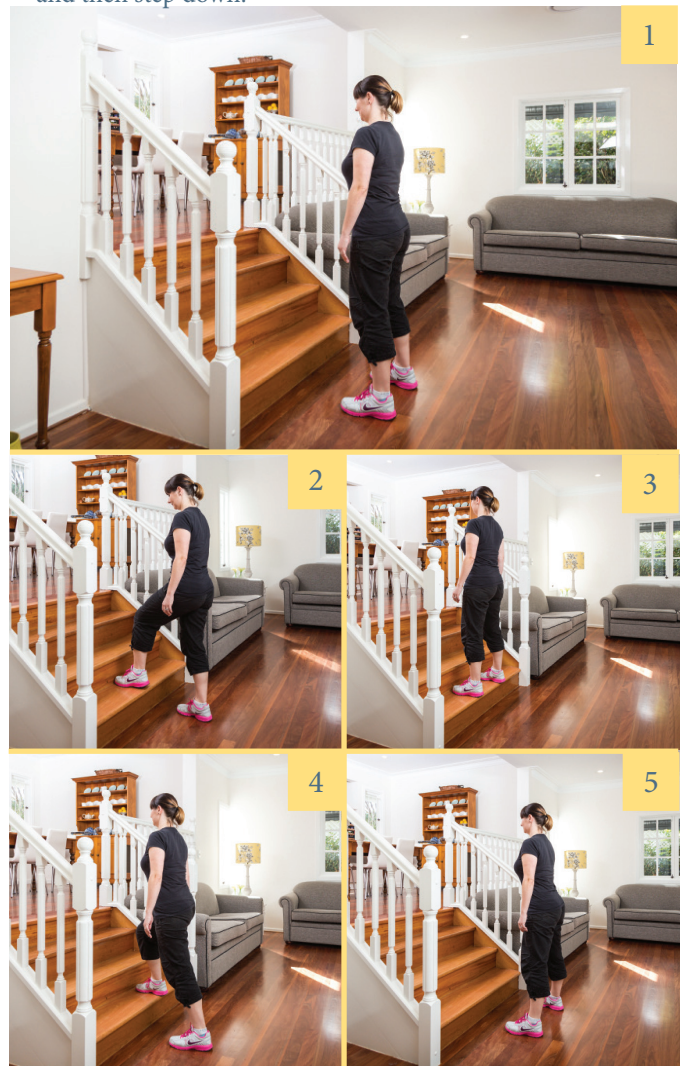
If you feel really unwell – seek medical advice.

Now let's get started!

CARDIO

Step ups

- Use a step in your home. Step up with both feet onto the step, and then step down.



- If you have a staircase you could try walking up and down rather than performing step ups on the spot.
- Try doing this for 30 seconds.

If you need to, rest for 30 seconds or do active recovery.

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Marching high knees



- Stand tall with your feet hip distance apart.
- Lift up your right knee as high as it'll go, and then place the leg back down.
- Alternate legs and then start picking up the pace.
- Try doing this for 30 seconds.

If you need to, rest for 30 seconds or do active recovery.

UPPER BODY EXERCISES

Wall push ups



- From a standing position, place both hands on the wall, shoulder-width apart.
- The further your feet are away from the wall, the harder the exercise will be.
- Standing on the balls of your feet, bend at the elbows to lower your body towards the wall (you should be almost close enough to kiss the wall).
- Push back, straightening at your elbows.
- You should feel the muscles in your shoulders, chest and triceps working.
- If this is too easy try completing with your hands on a bench, rather than on the wall.
- Don't let your hips fall forward or your bottom stick out.
- Try for 10 repetitions.



If you need to, rest for 30 seconds or do active recovery.

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Weighted arm toners

For this exercise you will need weights. If you don't have weights at home you can fill two bottles with water or use two cans of food.



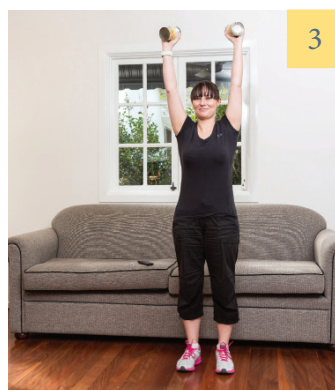
Improvise weights



- Holding weights in each hand by your side, complete a bicep curl bending at the elbows to lift weights up towards your shoulders.



- From this position, push weights above your head, straightening at your elbows completing a shoulder press.



- Try not to tense your neck or shrug your shoulders during this movement.
- Lower the weights back down in the reverse motion.
- You should feel your arm and shoulder muscles working.



- Aim for 10 repetitions of this exercise.
- If you need to, rest for 30 seconds or do active recovery.

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Reverse fly

For this exercise you will need weights.

- Position one foot in front of the other with your feet about half a metre apart. Your front knee should be bent.
- With a straight back, bend forward slightly from the waist keeping your stomach muscles tight.
- Hold your weights with your palms facing each other and your elbows slightly bent.



- Extend your arms out to the side, squeezing your shoulder blades together.



- You should feel your mid back and arm muscles working.



If you need to, rest for 30 seconds or do active recovery.

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LOWER BODY EXERCISES

Squats



- Bend at the knees and hips to squat downwards.
- Stick your bottom out behind.
- Pause and then slowly return to the starting position.
- As you stand up tall again, push up through your heels, squeezing your bottom muscles as you do so.
- You should feel the muscles in your thighs and bottom working.
- Your hips should always be higher than your knees.
- Make sure your knees don't protrude far forward.
- Aim for 10 repetitions of this exercise.



Calf raises

- From a standing position, slowly rise up onto your 'tippy toes'.
- Keep your knees straight, with heels off the floor.
- Hold for a count of two and then lower back down.
- Try for 10 repetitions.
- When you can do this movement comfortably, you can progress to completing while standing on a step.



If you need to, rest for 30 seconds or do active recovery.

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Lunges

- Stand with your feet hip-width apart.



- Take a big step forward with one leg.



- Bend at both knees to lower down.



- Your back heel should be off the ground.
- Do not let your front knee pass forward over the foot of the same leg.



- Step back to the starting position and repeat with the same leg.
- Once you have completed 10 repetitions, swap and complete the movement with your opposite leg.
- You should feel this in your legs and buttocks.
- Hold onto a chair or a wall for balance if needed.

If you need to, rest for 30 seconds or do active recovery.

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ABDOMINAL EXERCISES

For the following floor exercises, you might want to put down a mat or a towel to position yourself on for comfort.

Supine bridge

- Lie on your back on the floor with your knees bent and feet under your knees.



- Tightening your abdominals, pelvic floor and buttock muscles, slowly lift your bottom up off the floor extending towards the sky.
- At the top, your shoulders, hips and knees should be in a straight line. Pause for a count of two in this position.



- Lower back down slowly to the original position.
- You should feel this in your buttocks, hamstrings and abdominals.
- Aim for 10 repetitions of this exercise.

If you need to, rest for 30 seconds or do active recovery.

Superman & Flying Superman

- Position yourself with your hands and knees on the floor.



- Extend one arm out in front of your body, keeping elbow straight.



- Repeat with your other arm, and then each leg consecutively.



- Try to keep the rest of your body still with your abdominal muscles tense and your belly button drawn upwards toward your spine throughout this process.
- Breathe deeply and focus on releasing your body of stress and tension.
- Complete 10 repetitions of this exercise.

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- When you can do this comfortably you can progress to the 'Flying Superman' by simultaneously raising your left arm and right leg, and then swapping over to raise your right arm and left leg.



Be careful not to over extend your arm or your leg. Keep your head aligned with your spine.



If you need to, rest for 30 seconds or do active recovery.

Now you've completed the workout!

If you are done for the day, that's great. Just take five minutes to warm down. Just like the warm up, it's easy movements. This is also a great time to stretch your muscles, holding each stretch for 20–30 seconds. Make sure you hold at a point where you can feel the stretch but you shouldn't feel discomfort or pain. Don't bounce through these, just slow steady movements.

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KEEN FOR MORE?

Here are some bonus exercises to add to your workout.

Arm circles

- Stand with your arms out by your side.
- Slowly make large clockwise circles with your arms.



- After making five circles, reverse the movement by going counter-clockwise.
- Repeat this sequence, changing the direction every five seconds or so.
- Do this for about 30 seconds in total.

If you need to, rest for 30 seconds or do active recovery.

Invisible jump rope



- Jump over an invisible rope. Just one to two inches off the ground is fine.
- Stay on the balls of your feet when you jump and make quick small movements with your wrists as if you're holding a skipping rope.

If you need to, rest for 30 seconds or do active recovery.

Once you've mastered the beginner's workout, you may want to try out the low intensity workout. Find this and great mini workouts at www.gethealthynsw.com.au/fitness-video