

Recommend you visit a personal trainer to establish your starting point

If in doubt of the correct form, do not attempt!

Strength training suggestions: all at easy or light effort (relatively low weight) until you're used to/into a routine for 3-4 weeks

Session 1 - general focus - 1 or 2 sets of 10-15 repetitions with 1-2 minute rest between each

lat pulldowns (2 x 12)

leg press (3 x 10 light)

back machine (2x10-15)

oblique crunches or machine twist (40 per side or 20 total on machine)

calf raises (toes straight, toes in, toes out) 1 x 10 each

regular situps (2 x 10-20)

tricep extensions (2-3x12)

additional core work of some sort (swedish ball, bodyweight resistance, etc)

Session 2 - leg focus - 1 or 2 sets of 10-15 repetitions

quad extensions (3 x 8-12)

situps (50 crunches or equivalent)

hip machines or bands - abductors, adductors 2x10

bicep curls (2x10 light)

hamstring curls (2x10-12)

more situps or medicine ball rolls (2 x 8)

calf raises (toes straight-in-out 3x15-20 total)

bench press (1-2 light sets)

Session 3 - core focus

wm up 10-15min jog or spin

swedish ball rolls (pull feet in towards body) 2 x 10

superman back exercise or machine (2x10)

oblique crunches or machine twist

lunges (just bodyweight), 2 x 6-8 per leg

incline situps (start with gentle incline and 2 x 8-15 depending on how tough it is)

hip machine easy if you have time at the end (1-2x12 per area light weight)

Pilates and/or Yoga or equivalent are also good substitutes

Home strength routines that can be done in place of sessions 1 and 2

- 1 Core strength routine:
 - planks (push up position) knee down optional - 30 sec front / left side / right side
 - 5-10 pushups (tricep focus)
 - on side - top leg raises x 20 / bottom leg x 20 / flip sides and repeat

50-100 crunches
5-10 x bridges - extend alt legs (advanced only)
5-10 pushups (pec focus)
advanced include 2 x 10-15 standing squats then repeat planks

- 2 this is a core strength circuit, 1-3 x through depending
- 10-12 standing squats (bodyweight only)
 - 25 crunches (on exercise ball)
 - plank position 30sec-1min
 - 10 pushups
 - calf raises 10-15
 - left plank 30 sec-1min
 - right plank 30 sec-1min
 - superman back - opposite arm/leg x 5-10
 - 20 side crunches (both)