



## Home-Based Body Weight Circuit

The following lesson will educate and engage you on ways to be active from home, requiring minimal to no equipment.

**Part 1: The Warm-Up:** The warm-up is designed to prepare your muscles for exercise and increase your heart rate to lower the risk of any unwanted injuries during the workout, and to maximise your performance. The warm-up should be completed at an intensity that is 'somewhat hard,' where you feel slightly puffed; however, you could still hold a conversation.

**Please complete the following exercises as the warm-up;**

1. 1-minute of light skipping ( If you do not have a skipping rope instead do 1-minute of high-knees jogging on the spot).
2. 20 x star-jumps – focusing on legs separating shoulder-width apart and arms raising above shoulder height.
3. 10 x burpees – jump in, jump out and jump up! (no push-up required in the warm-up).

*(Complete the above three exercises **three times** and rest no more than 1-minute at a time).*

**Part 2: The Main Set:** The main set is the 'peak' of this fitness session. This is where your best effort is required. To motivate you, I recommend playing some pump-up music and completing this set with a friend or family member. Work within your limits, rest when necessary, try your best, and, most importantly, have fun!

**Complete the circuit below as many times as possible in 15-minutes, try to limit your rest, and ensure that you stay hydrated.**

### Station 1: 20 reps of Body-Weight Squats

*Have your legs shoulder-width apart, squat down with your hips back and all of your weight into your heels, keep your chest forward and your shoulders pulled back, squat to the depth of your hips in line with your knees.*



### Station 2: 20 reps of Body-Weight Lunges

*Stand up straight with your hands on your hips, lunge forward or back, ensure your knee is straight, collapse at the hips and lunge down until your back knee touches the ground, keep your shoulders pulled back and your back straight*



### Station 3: 30-seconds of a Wall-Sit

*Find a wall, put all your weight into your back, slide down the wall into a squat position, try to go as low as hips in line with your knees, keep your legs shoulder-width apart, your core tight and your knees straight.*



### Station 4: 10 reps of Push-ups

*Either from the knees or from a plank position keeping your back straight and elbows tight to your body as you lower down, work at a depth that is comfortable for you, engage your core, and your glutes to maintain a straight back.*



### Station 5: 10 reps of Body-weight dips

*Use a bench or a chair, for a more advanced dip, have legs extended straight, for a beginner dip have legs bent at 90-degrees, keep your elbows tight to your body and lower your body down aiming to get your glutes as close to the ground as possible.*



### Station 6: 10 reps of Sit-ups

*Lay down on your back with your legs flexed at 90-degrees, have your hands behind your head, use your core to drive your body up, maintain a steady tempo, aim to get your elbows to the height of your knees.*



### Station 7: 30-second Plank

*Keep your back straight, engage your core and hips, do not let your hips fall, causing the lower back to switch on, for a more advanced plank distance the elbows further away from the body.*



**Part 3-The Warm-Down:** The hard work is over, now it is time to bring your heart rate and body temperature down, and stretch! Please complete each stretch pictured below for 10-15 seconds each; this will reduce your soreness and assist your body in recovering injury-free. Don't forget to hydrate during and after the warm-down!!



Congratulations, you made it 😊