

Please take care when completing the exercises prescribed in this program and listen to your body.

Start the program with lowest number circuits and increase gradually.

If you feel any pain or aggravation at all, take a step back. Slow down or reduce number of sets/ reps.

If discomfort persists stop and re-evaluate.

You can contact the DSA for advice if needed.

Always Warm Up and Stretch before starting any exercise program and Warm Down afterwards:

1. Jogging on the spot for 20 to 30 secs
2. Bum Kicks for 20 to 30 secs
3. Star Jumps for 20 to 30 secs
4. Stretches below. Hold on each arm/leg for 5 to 10 secs



Triceps Stretch



Hamstring Stretch



Quad/Hip Flexor Stretch

For one circuit, carry out each exercise 10 times (reps), or for time stated, then move on to the next exercise.

When last exercise is done, rest for 2 or 3 minutes then repeat, up to a max of three circuits.

1. Ups and Downs



From upright stance, squat down to reach near or touch floor, stand up and stretch arms as high as possible, relax arms back to sides and repeat.

2. Squats



From upright stance, squat down like sitting on a chair. Move arms forward for balance. Do not let knees go in front of toes. Stand up and repeat.

3. Bridges (Glute)



From lying on back with knees bent at 90deg and feet shoulder width apart, clench buttock muscles and raise backside off floor so body is as straight as possible. Hold for 2secs then lower shoulders and backside to floor. Repeat.

4. Crunches



From lying on back with knees bent at 90deg, feet flat on floor, hip width apart and hands resting on thighs. Curl up, lifting head/neck/shoulder blades off floor. Slide hands up thigh to help. Hold for 2secs then lower down slowly. Repeat.

5. Kneeling Press Ups



Kneel on floor, place hands on floor shoulder width apart and in line with shoulders, move body forward to make straight line with legs. Lower upper body down, close to floor while keeping elbows close to sides. Pause then push back up to start position. Repeat.

6. Cardio – Do each exercise for 20 to 30 secs

High Knees – Stand with feet hip distance apart. Raise right knee as high as possible then switch quickly so left knee is up before right foot lands. Raise opposite arms as knees rise as though running.

Jumping Jacks – Stand with feet together, hands by side, slight bend in knee. Jump up, bring arms overhead and land with spread feet. Jump again bring feet back together and arms down by side. Repeat.