

Please take care when completing the exercises prescribed in this program and listen to your body.  
Start the program with lowest number sets and repetitions 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.

A video to accompany the workout detailed below can be viewed [HERE](#)

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

1. Jogging on the spot for 30 to 45 secs
2. Bum Kicks for 30 to 45 secs
3. Star Jumps for 30 to 45 secs
4. Stretches below. Hold on each arm/leg for 10 to 15 secs



*Triceps*



*Hamstring*



*Quad/Hip Flexor*

Exercise	Sets and Repetitions	Ways to Make this Exercise Easier	Ways to Make this Exercise Harder
Press Ups	3 Sets of 10 – 12 Repetitions	Kneeling Press Ups Perform this exercise with your knees on the floor one on top of the other in line with the centre of your body.	Decline Press Ups. Perform this press up with a decline position of the body.
Elbow Touches	3 Sets of 30 Seconds	Decrease the time each set is carried out for Perform this exercise with your knees on the floor one on top of the other in line with the centre of your body.	Increase the time each set is carried out for
Burpee's	3 Sets of 30 Seconds	Perform without a jump or press up	Include a jump / press up in each repetition.
Glute Bridge	3 Sets of 30 Seconds	Try to bring the feet closer to your buttocks	Add a kettlebell or dumbbell weight and hold on your pelvis
Bodyweight Squats	3 Sets of 10 repetitions	Hold onto a piece of furniture to help with balance and control	1. Slow each repetition down focusing on a greater amount of control 2. One legged squats 3. Jump squats



Dwarf Sports Association UK  
Full Body Workout for Intermediate to Advanced Fitness Abilities



Lunges	3 Sets of 8 - 10 Repetitions	Decrease the weight or perform without any weight focusing on movement	1. Jumping alternative lunges 2. Slow each rep down to allow maximal contraction of the Gluteus Maximus, Hamstrings and Quadriceps.
Standing Shoulder Press	3 Sets of 12 Repetitions	Decrease the weight or perform without any weight focusing on movement	1. Increase the weight 2. Slow each repetition down
Bent Over Dumbbell Rows	3 Sets of 10 Repetitions		1. Increase the weight 2. Slow each repetition down 3. Hold the position at the top of the movement
Lying Down Dumbbell Chest Press	4 Sets of 8 Repetitions		1. Increase the weight 2. Slow each repetition down
Side Deltoid Raises	3 Sets of 10 - 12 Repetitions		1. Increase the weight 2. Slow each repetition down 3. Hold the position at the top of the movement
Dumbbell Deadlift	4 Sets of 6 - 8 Repetitions		1. Increase the weight 2. Stand on a platform to increase the range of repetition

We hope you find these exercise ideas helpful and easy to use. None of these exercises should cause you any pain, so if they do please stop immediately.

If you have any questions these can be emailed to us at the DSA office. Any feedback also via email to the DSA office is appreciated.