



Jen's 5 x 5 Workout



BEFORE ATTEMPTING THIS WORK OUT PLEASE ENSURE:

- 1. You have no changes in your symptoms, health or medication & not eaten within the last hour.**
- 2. If you have any changes in symptoms, health or medication please do not exercise and speak to your GP or Phase 4 instructor (Jen/Ade) before attempting any exercise.**
- 3. STOP IF YOU HAVE ANY CHEST PAIN, SEVERE SHORTNESS OF BREATH, DIZZINESS OR MUSCLE CRAMP**
- 4. Please ensure you have warmed up prior to carrying out this workout and cool down after.
(Please refer to warm up and cool down videos or pdf documents on our website www.have-a-heart.co.uk)**

This workout has been designed for those wishing to complete a simple workout with minimal weight (i.e. bottles) with the option of progressing up to 25 minutes of exercise between the warm up and cool down sections

Please make sure you are pacing yourself during these exercises – if you are following on the video you do not need to keep up with your instructor.

Think about your RPE (how hard you are working – ideally we would like you to be at no more than a 12-13 during your workout) Please follow the list of exercises below (numbered 1-5) and complete at your own pace. You have 2 exercises per number – (30 secs of each exercise)



Rating of Perceived Exertion (RPE)

6	No Exertion at all	(Equivalent to sitting)
7	Extremely Light	(Equivalent to standing still)
8		
9	Very Light	
10		
11	Light	(You should be able to sing)
12		
13	Somewhat hard	(You should still be able to talk)
14		
15	Hard	(Talking will now be difficult)
16		
17	Very Hard	
18		
19	Extremely Hard	
20	Maximal Exertion	(Complete Fatigue)

Ref: Borg G.E (1985)

An introduction to Borg's RPE Scale, Ithca, New York



EXERCISES:

1. **A) Side steps (30 secs)** – step out to side and back to centre
B) Double side step (30 secs) – perform 2 steps to the side before returning to centre.

2. **A) Shoulder press (30 secs)** – holding weights at shoulder height, palms facing out, press weights above head
B) Squats (30 secs) – Feet hip width apart or wider if you prefer, hips square and back straight, squat down and back up

3. **A) Jab crosses (30 secs)** – using weights if you wish, punch across the body in a smooth fluid motion
B) Upper cuts (30 secs) – using weights if you wish, punch in an upwards motion as if you are punching an opponent on the chin

4. **A) Side or static lunges (30 secs)** – lunging out to the side and return to centre or place one foot out in front of you and lower yourself down until your back knee almost touches the floor
B) Marching bicep curls (30 secs) – using weights, palms facing out, curl biceps up towards shoulders.

5. **A) High knees (30 secs)** – hands out in front at around hip height, bring knees up to meet the hands alternately.
B) High knees with arm raises (30 secs) – as exercise A but add in the arms above the head and back down to meet alternate knees.

WELL DONE EVERYONE 😊

PLEASE FEEL FREE TO REPEAT THIS CIRCUIT UP TO 5 TIMES IF YOU WOULD LIKE TO FOLLOWED BY YOUR COOL DOWN ROUTINE 😊
IF 1 CIRCUIT IS ENOUGH FOR YOU TODAY THEN PLEASE COMPLETE YOUR COOL DOWN ROUTINE 😊