



Jens Full Work Out 3



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)

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 and complete at your own pace.

You have 3 options of exercises A B & C – You can choose to complete these all together or if you would prefer to just complete all the A options or all the A & B options that's up to you. Complete all exercises at least once. If you feel you would like to do more, repeat the full circuit 2-3 times before completing your cool down.

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, Ithaca, New York



EXERCISES:

1. **A) Side steps x 8 (16 in total)**
B) Double side steps x 8 (16 in total)
C) Double side step and squat x 8 (16 in total)
(If you dot want to side step the you can just squat)

2. **A) Alternate lunges x 8 (16 in total)** - lunge forward on one leg and return to standing – repeat with the opposite leg– hold onto a chair for balance if needed.
B) Side lunges x 8 (16 in total) – lunge to the side with one leg and return to standing – repeat with opposite leg – hold onto a chair for balance if needed.
C) Reverse lunges x 8 (16 in total) – take leg behind you in a lunge position and return to standing – repeat with the opposite leg – hold onto a chair for balance if needed.

3. **A) Marching on spot with alternate bicep curls** – or both arms if you prefer for 10-12 reps
B) Marching on spot with rainbow arms - holding weights, palms facing out, raise arms out to side to meet above your head for 10-12 reps
C) Marching on spot with alternate shoulder press – holding weights at shoulder height, palms facing out, press weight above head keeping a slight bend in the elbow at the top of the movement for 10-12 reps

4. **A) Jab-cross x 8 (16 in total) or 30 secs** –punching across the body in smooth fluid motion
B) Jab – cross & squat 8-10 reps – Punch left and right across the body then perform a squat
C) Jab – cross with weights x 8 (16 in total) or 30 secs – punching across body in smooth fluid motion.

5. **A) Marching on spot with side raise 10-12 reps** – take arms out to side to shoulder height and lower back down



B) Marching on spot with front raise 10-12 reps – take arms out in front to shoulder height and lower back down

C) Marching on spot side & front raise combo 10-12 reps – take arms out to side and lower then straight out in front and lower (that's 1 rep)



6. **A) Star jumps** – legs only /half stars x 8 (16 in total) – jump in and out with legs or alternate legs out side to side
B) Star cross jumps – legs only /half stars – jump in and out as exercise A but cross legs in the middle / half stars taking legs and arms out each side alternately.
C) Full star jumps x 8 in total – jump with legs and arms in and out

7. **A) Marching on spot with hammer bicep curls 8-10 reps** – Holding weights, palms facing thighs, curl weights up to shoulder height and lower
B) Marching on spot with hammer biceps curls into a shoulder press 8-10 reps – perform exercise A then press weights directly above the head and lower down
C) Marching on spot with hammer bicep curl into shoulder press into tricep extension 8-10 reps – perform exercise B and lower weights behind you to perform a tricep extension.

8. **A) Standing knee raises x 8 (16 total)** – hands out in front, bring knees up to hands
B) Standing alternate knee raises x 8 (16 total) – raise hands above head and meet the knee as you raise each knee up
C) Alternating toe/shin touches x 8 (16 in total) – whilst standing bring leg up to meet hand, try and touch toe or shin depending on your flexibility.

WELL DONE EVERYONE 😊

PLEASE FEEL FREE TO REPEAT THIS CIRCUIT A FURTHER 1-2 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 😊

Progression: Work towards completing this set of exercises up to 3 times before completing your cool down routine.

