

Jen's 5 x 5 Workout 2

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**

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) Reverse/static (30 secs) – Reverse – take one leg back, place toes on floor and drop that knee towards the floor maintaining upright posture – return to standing and repeat. Static – take leg back, plant toes on floor and drop knee towards the floor, return to static stance and repeat.**
B) Marching bicep curls (30 secs) – using weights, palms facing out, curl biceps up towards shoulders.
2. **A) High knees (30 secs) – hands out in front at around hip height, bring knees up to meet the hands alternately.**
B) Knee cross overs (30 secs) – as exercise A but twist torso so opposite hand meets opposite knee
3. **A) Shoulder press (30 secs) – holding weights at shoulder height, palms facing out, press weights above head**
B) Sit to stand/Squats (30 secs) – Feet hip width apart or wider if you prefer, hips square and back straight, squat down and back up/ sit down on chair and stand up maintaining good posture.
4. **A) Wall presses (30 secs) – palms flat shoulder width apart on wall – walk feet back slightly so you can lean against wall – bend elbows, drop chest towards wall, push against the wall and extend arms to return.**
B) Side steps (30 secs) – step out to side and back to centre
5. **A) Side bends (30 secs each side) – holding one dumbbell, maintaining upright posture bend towards the right and back to centre standing tall – and repeat (Then perform 30 secs on left side)**
B) Rainbows (30 secs) – Holding weights palms facing out lift weights to meet above your head and return.

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 😊**