

Jen's level 1 2 3 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**

This workout has been designed for those wishing to complete a simple progressive workout with minimal weight (i.e. bottles) with the option of different levels of work 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 at what level you pick) and complete at your own pace. You have 1, 2, or 3 exercises per number depending on which level you choose)

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

CHOOSE YOUR LEVEL

Level 1 consists of 1 exercise for 15 reps*

Level 2 consists of 2 exercises done back to back for 15 reps*

Level 3 consists of 3 exercises done back to back for 15 reps*

Those wishing to complete a lower intensity option can perform 10 reps of each exercise

EXERCISES:

1) Arms and shoulders

L1 = bicep curls (hammer grip)

L2 = bicep curls then shoulder press

L3 = bicep curls then shoulder press then tricep extension

2) Legs and glutes

L1 = side leg raises

L2 = side leg raises then reverse leg raises

L3 = side leg raises then reverse leg raises then hydrants (bent knee)

3) Back and Shoulders

L1 = Front raises (double)

L2 = Front raises then side raises

L3 = Front raises then side raises then upright rows

4) Chest

L1 = Alternate chest push

L2 = Alternate chest push then double chest push

L3 = Alternate chest push then double chest push then rainbows

5) Legs

L1 = Assisted squat (hold onto back of chair)

L2= Assisted squat then calf raise

L3 = Assisted squat then calf raise then side lunge (or knee raise for lower intensity option)

WELL DONE EVERYONE 😊

**PLEASE FEEL FREE TO REPEAT THIS CIRCUIT UP TO 3
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 😊**