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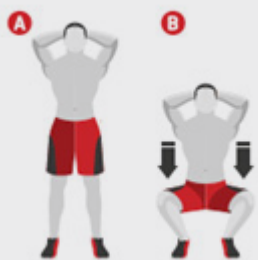
WORK TO WELLBEING

**BODY
WEIGHT
CIRCUIT**



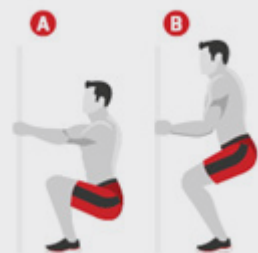
WORK YOUR BODY

PRISONER SQUATS X10



- A) Feet shoulder width apart.
- B) Hands on head.
- C) Squat down until thighs are parallel to floor then stand up extending hips.

ARM DOORWAY ROWS X10 EACH



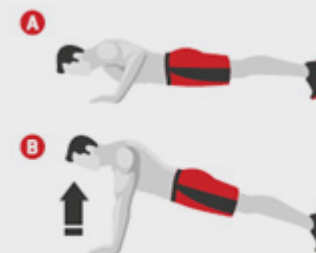
- A) Grasp doorway with one arm.
- B) Keep core strong and back straight.
- C) Pull yourself up into door frame, using slow and controlled movements, in and out.

SINGLE LEG HIP THRUST X10 EACH



- A) Lie on your back, knees bent and feet flat on floor.
- B) Raise hips so knee, hips and shoulders are aligned.
- C) Squeeze your glutes and hold for 1-2 seconds before lowering.

PUSH UPS X10-20



- A) Lie on floor with hands flat on ground just outside shoulder width apart.
- B) Push your body off the floor until elbows are fully straight.
- C) Keep your back and core flat.

BULGARIAN SPLIT SQUAT X10 EACH



- A) Rear foot should be raised on a step or chair.
- B) Keep front knee in-line with toes and lower back knee towards ground (until front knee is bent to 90°).
- C) Push back up to starting point.

FRONT PLANK X40 SECS



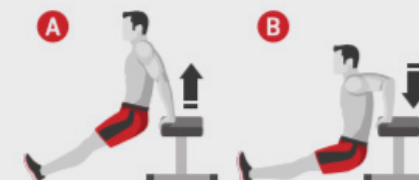
- A) Support bodyweight on forearms and toes.
- B) Keep shoulders, hips, knees and ankles all aligned.
- C) Keep core engaged and don't sag.

SIDE PLANK X20 SECS EACH SIDE



- A) Support bodyweight on forearms and side of foot.
- B) Keep shoulders, hips, knees and ankles all aligned.
- C) Keep core engaged and don't sag.

BENCH DIPS X10



- A) Support your body with hands on a bench just outside shoulder width apart.
- B) Dip down until elbows and shoulders are aligned.
- C) Push back to starting point.

This training plan has been designed by The Blues. You should always consider seeking professional medical advice before commencing any training plan. This plan is a guide only and you may need to adjust to suit your personal fitness level.