

# Full Body Circuit in the Lounge Room

Challenge: Can you hold a plank for 20sec?

3 Sets / 10 Reps

## 1. Tricep dips

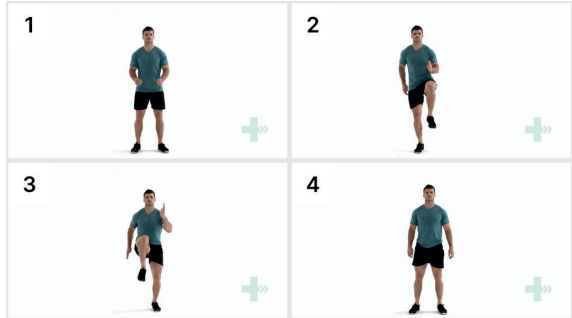
Start in a seated position.  
Place your hands on the seat of the chair and use your arms to move yourself forwards towards the front of the chair.  
You will need to move your feet further forwards to help your stability.  
From this position, use the strength of your arms to slowly lower your body directly down towards the floor and then raise yourself back up.  
Do not actually sit on the floor and keep your hands close in beside you.  
Relax and repeat.



3 Sets / 10 Reps / 1 min duration

## 2. Running in place

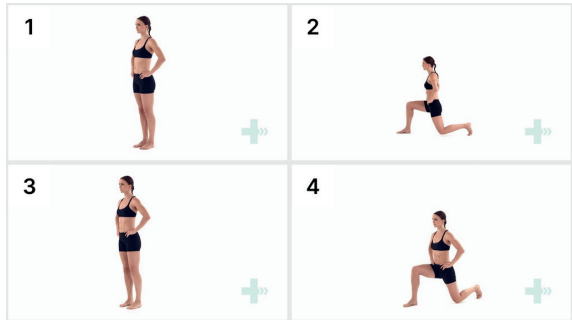
Stand in an athletic base position with your knees slightly bent, hips back, and arms bent slightly throughout the move.  
Run in place by moving your feet up and down a couple of inches, with each step as quick as possible, allowing your arms to move rhythmically.  
Continue for the prescribed amount of time.

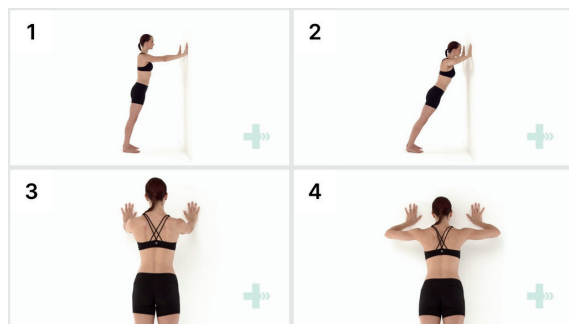


3 Sets / 10 Reps

## 3. Lunge reverse

Stand straight and take a large stride to the rear with your affected leg.  
Keeping the movement flowing, drop your hips directly down and bending both legs until your knees reach 90 degrees.  
Spring back up from this position, bringing your feet back together and keeping your body upright throughout the exercise.  
Ensure your knees travel directly forwards during the exercise.





#### 4. Wall press-up

Stand facing a wall, around one large stride away.

Place your hands on the wall around the same height as your shoulders but slightly wider.

Lean against the wall, keeping a straight line from your head to your feet.

Bend your elbows, bringing your chest and hips in towards the wall and pushing your elbows outwards.

Make sure your body stays straight.

Push through your hands to straighten your arms back out again.

Continue this movement.

Note: the further away your feet are from the wall, the harder the exercise will be.



#### 5. Squat to stand to heel raise

Stand up straight with your legs just wider than hips width apart.

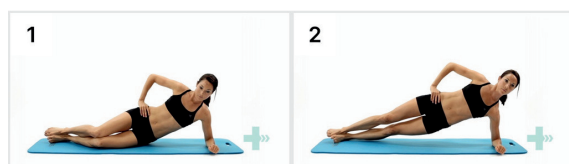
Keeping your back straight, lower yourself down into a squat, pushing your hips back behind you.

Ensure your knees travel directly forward over your toes.

As you straighten back up again, push yourself up onto your toes while simultaneously reaching up towards the ceiling as far as you can.

Lower back down into a squat.

Continue this sequence in one fluid movement.



#### 6. Side plank

Lie on your side, propping yourself up on your elbow.

Keep your legs straight and stacked on top of one another.

Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.

Hold this position for as long as you can, preventing the hips from sagging.



#### 7. Hamstring stretch - in standing

Stand up straight.

Place your affected foot forwards with your foot flat on the floor.

Keep your back foot facing forwards and soften the knee.

Make sure the hips are square while you maintain a straight back.

Gently lean forwards and push your hips out behind you.

You feel this stretch down the back of your thigh.

Hold this position.