

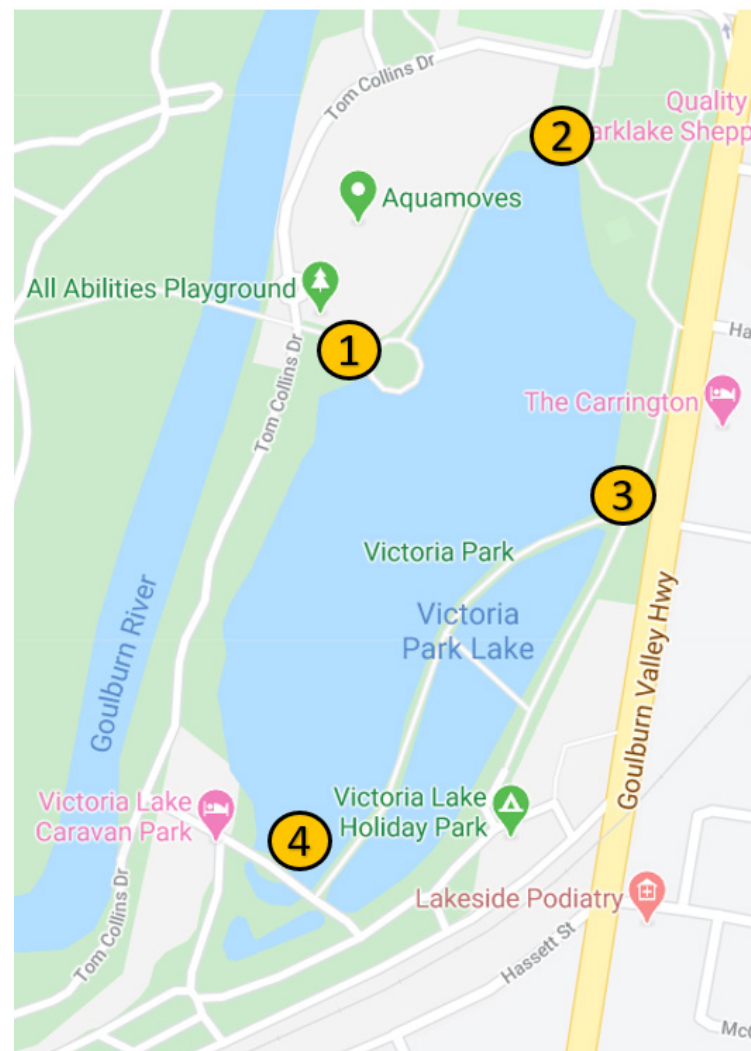
## AT HOME BEGINNER CARDIO PROGRAM

**Warm up:** Light 5 min walk. Then complete the following from top to bottom. Repeat 2-3 times

Exercise	Sets x Reps	Notes
<b>High Knees</b>	30 seconds work 30 rest	
<b>Sidestep + Overhead clap</b>	30 seconds work 30 rest	
<b>Toe taps on chair (Lift and tap chair with toes)</b>	30 seconds work 30 rest	
<b>Squats</b>	30 seconds work 30 rest	
<b>10 fast feet + 180 turn</b>	30 seconds work 30 rest	
<b>Jumping Jacks</b>	30 seconds work 30 rest	
<b>Air punches</b>	30 seconds work 30 rest	
<b>Hip Bridges</b>	30 seconds work 30 rest	

## WALK THE LAKE BEGINNER PROGRAM

- 1: All abilities playground  
(starting point)
- 2: Northern Shore  
(first round of exercises)
- 3: Benches  
(Second round of exercises)
- 4: Southern Bridge near Caravan Park  
(last round of exercises)



## WALK THE LAKE BEGINNER PROGRAM

Location and Exercise	Sets x Reps	Notes
<b>1: Starting point</b>		Begin your journey near the all abilities playground. Make your way north towards the northern shore to begin your first exercises.
<b>2: Heel Taps</b>	10x Heel Taps Both Feet	Stand facing a step and tap the top of the step with your heel. Focus on pulling the toes towards the sky as you tap your heel.
<b>2: Toe Taps</b>	10x Toe Taps Both Feet	Stand facing a step and tap the top of the step with your toe. Focus on stretching the top of the foot by pointing your toes as you tap the top of the step.
<b>2: Uneven Squats</b>	10x Left and Right Stance	Stand with one foot on the step and the other on the ground. Complete 10 squats then switch legs and do it again.
<b>Walking to the next Exercise location (Benches)</b>		Follow the path around the lake towards the skate park. Keep going to you reach the area with all the benches for your second round of exercises.
<b>3: Sit to stand</b>	10x Sit to stand	Sit on the bench and then put feet just outside your hips on the ground. Then push through your heels to stand all the way up and then slowly control your way back down to the seat.

## WALK THE LAKE BEGINNER PROGRAM

Location and Exercise	Sets x Reps	Notes
<b>3: Leg Extensions</b>	10x Leg Extension Both Legs	Sit down on the bench and plant your feet into the ground. Extend your right knee to lift your right leg. Then return your foot to the ground. Repeat 10 times on both legs.
<b>Walking to the next Exercise location (Bridge near caravan park)</b>		Follow the path towards the caravan park. Once you reach the small bridge at the southern point of the lake you are ready for your next round of exercises.
<b>4: Standing Push Up</b>	10x Standing Push Up	Grab onto the rail of the bridge and take a slight step back. Keep feet planted on the ground as you start to lower your chest towards the rail. Once your chest is in line with your elbows push through your palms to come back up again.
<b>4: Standing Row</b>	10x Standing Row	Grab onto the rail of the bridge and bring your feet in close to the rail. Hang on tightly as you lower yourself backwards and then pull yourself back into the rail.
<b>4: Standing Calf Raise</b>	10x Standing Calf Raise	Grab onto the rail of the bridge. Then bring your feet under your hips and in close to the rail. Then slowly lift both your heels off the ground as you come up onto your toes. Pull your heels towards each other as rise. Then slowly lower back to the starting point.

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## WALK THE LAKE BEGINNER PROGRAM

Location and Exercise	Sets x Reps	Notes
<b>4: Standing Leg Curl</b>	10x Standing Leg Curl	Grab onto the rail of the bridge. Then bring your feet under your hips and in close to the rail. Then slowly curl your left leg to lift your left heel towards your backside, making sure you squeeze the back of your leg all the way up. Then slowly lower the heel back to the ground. Repeat 10 times on both legs.
<b>Finish Your Lap</b>		Follow the path towards Aquamoves. Once you reach the all abilities playground you have successfully completed the program.

## AT HOME BEGINNER STRENGTH PROGRAM

**Warm up:** (30 seconds jog on the spot/ 30 seconds air punches) for 3mins

Exercise	Sets x Reps	Notes
<b>Squats</b>	3 x 10	Option to use food cans for weights
<b>Curl To Press</b>	3 x 10	Use food cans as weights
<b>Bent Over Row</b>	3 x 10	Use food cans as weights
<b>Bicep Curls</b>	3 x 10	Use food cans as weights
<b>Lunges</b>	3 x 10	(Holding cans by side)
<b>Calf Raises</b>	3 x 10	(Holding cans by side)