



PERCEPTIVE
HEALTH & FITNESS

COMPLIMENTARY BEGINNERS WORKOUT

****PLEASE ENSURE YOU DISCUSS YOUR CURRENT LEVEL OF HEALTH WITH A QUALIFIED HEALTH CARE/MEDICAL PRACTITIONER BEFORE CONDUCTING ANY HEALTH/FITNESS PROGRAM****

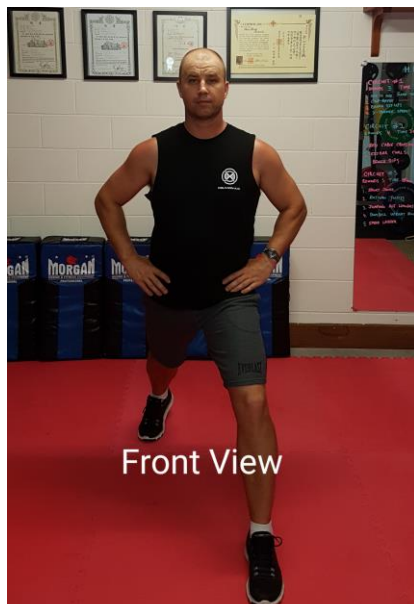
WARM UP: ALWAYS CONDUCT A WARM UP BEFORE EXERCISING. GO FOR A 5-10 MINUTE WALK OR JOG TO LOOSEN THE MUSCLES UP. YOU DON'T HAVE TO GO STRICTLY TO THIS TIME, EVERYBODY IS DIFFERENT. A GOOD INDICATION IS THE BACK OF YOUR PALMS WILL BE STARTING TO SWEAT. CONDUCT SOME *DYNAMIC STRETCHING AT THE CONCLUSION OF YOUR WARM UP.

*DYNAMIC STRETCHING IS CIRCULAR MOVEMENTS OF THE MUSCLE/JOINTS eg. KNEES, HIPS, ANKLES, ARMS, TURNING OF THE NECK

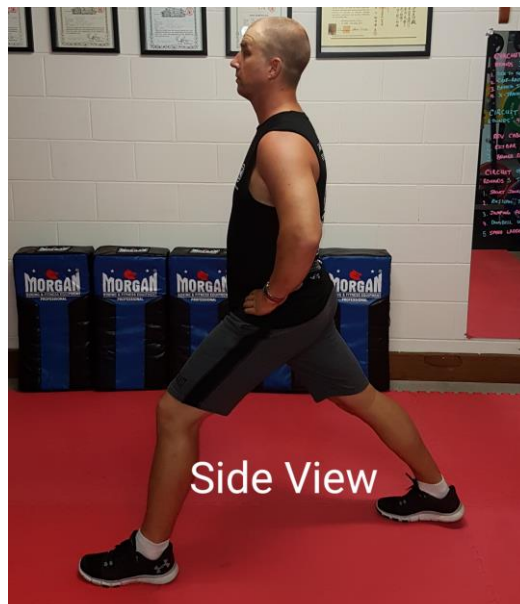
WORKOUT: YOU WILL GIVEN THE BASIC WORKOUT PLUS SOME OPTIONS TO MAKE IT HARDER, I DO STRESS THAT THIS IS BEGINNERS WORKOUT SHOULD YOU REQUIRE SOMETHING MORE SUBSTANTIAL PLEASE GET IN CONTACT WITH ME.

1. **STATIC SPLIT SQUAT** REPITITIONS: 10-15 per leg SETS: 2-3 REST: 60-90secs

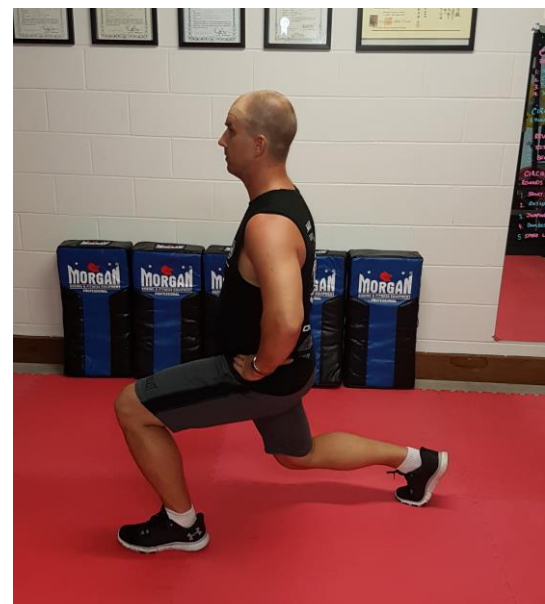
FRONT VIEW



SIDE VIEW START POSITION



SIDE VIEW FINISH POSITION



.....MAKE IT HARDER

PROGRESSION 1



BACK FOOT ELEVATED

PROGRESSION 2



SINGLE LEG (HARD)

2. **KNEELING INCLINE PUSH UP** REPITITIONS: 6-15 SETS: 2-3 REST: 60-90secs

START POSITION



FINISH POSITION



- TIPS:
- TRY AND MAINTAIN A STRAIGHT LINE POSTION FROM THE KNEES TO SHOULDERS.
 - DON'T ALLOW THE LOWER BACK TO ARCH TOO MUCH
 - ALLOW ELBOWS TO TRAVEL TO THE SIDES

....MAKE IT HARDER

PROGRESSION 1



ELBOWS TUCKED IN TO RIBS

PROGRESSION 2



ELBOWS TUCKED IN, EXTEND ONTO TOES

3. **Y's & T's**

REPITITIONS: 10 Y's, 10 T's

SETS: 2-3

REST: 60secs

START

FINISH

Y's



TIPS: BE SURE TO HOLD
IN THE FINISH POSITION
FOR 2-3 SECONDS.

T's



.....MAKE IT HARDER

PROGRESSION



Y's ON SWISSBALL W/ DUMBELLS



T'S ON SWISSBALL W/ DUMBELLS

4. SHOULDER PRESS

REPITITIONS: 12-15

SETS: 2-3

REST: 60-90secs

START POSITION



FINISH POSITION



TIPS: SPLIT YOUR FEET(AS ABOVE PICTURES), TO TAKE THE PRESSURE OFF YOUR LOWER BACK.

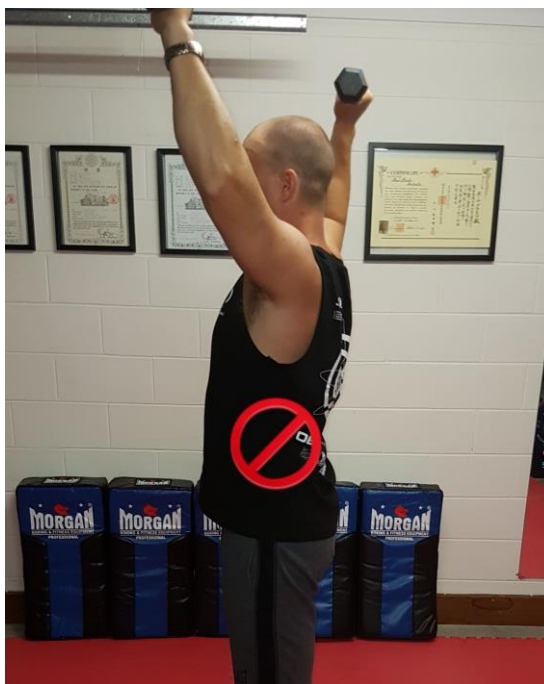
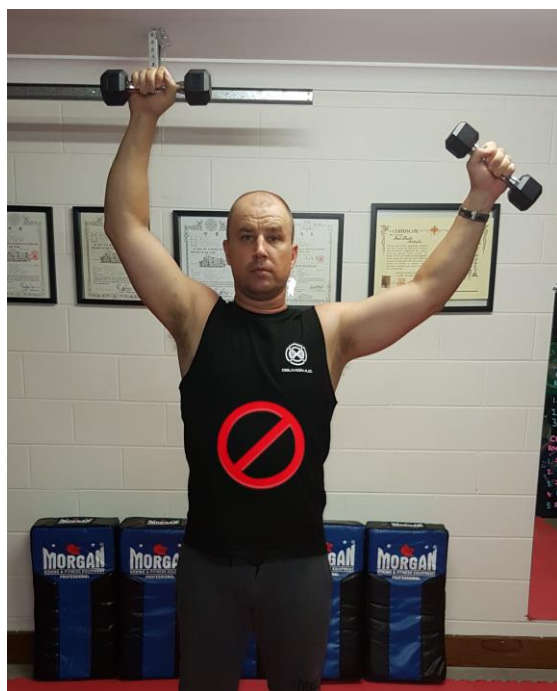
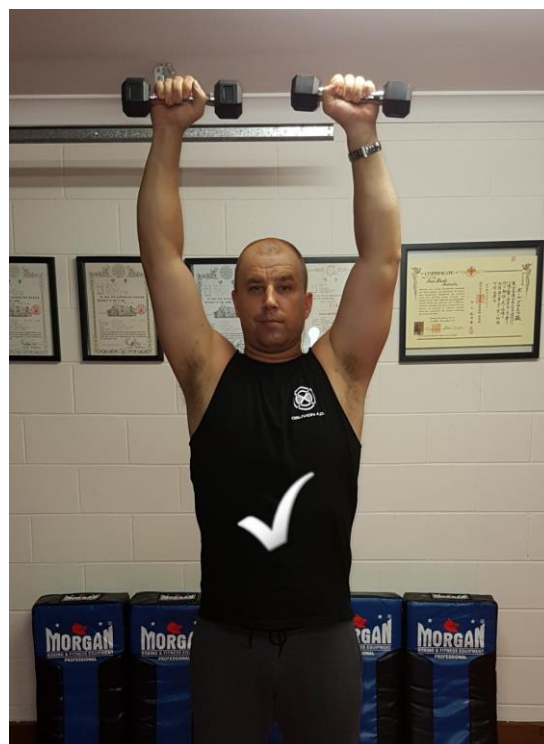
.....MAKE IT HARDER

THIS IS ONLY 1 VARIATION BUT IT'S A TECHNICALLY HARDER MOVEMENT NOT PHYSICALLY. TO MAKE IT PHYSICALLY HARDER ADD MORE WEIGHT BUT DON'T COMPROMISE TECHNIQUE FOR THE EXTRA WEIGHT.

CORRECT START POSITION



CORRECT FINISH POSITION



TIPS: LIKE THE 2 ABOVE PICTURES THESE ARE INCORRECT FINISH POSITIONS THAT COULD POTENTIALLY HARM THE SHOULDER. ENSURE YOU RAISE YOUR ARMS IN A NICE EVEN MOTION. PERFORM IN FRONT OF A MIRROR TO MONITOR YOUR TECHNIQUE.

5. REVERSE CRUNCHES

REPITITIONS: 5-30

SETS: 2-3

REST: 60secs

EVERYONE WILL BE DIFFERENT WITH THIS ONE, THUS THE REP RANGE IS 5 – 30. WORK TO THE POINT OF FATIGUE TRYING TO INCREASE A BIT EACH DAY THAT YOU EXERCISE UNTIL YOU HIT YOUR 30 REPS.

IF YOU'RE STILL STRUGGLING WITH THIS ONE TRY RAISING ONE LEG ONLY FOR A FEW REPS AND REPEAT ON THE OTHER SIDE.

START POSITION



FINISH POSITION



.....MAKE IT HARDER

PROGRESSION 1



PROGRESSION 2 (HARD)



COOL DOWN: TO CONCLUDE YOUR WORKOUT ADD SOME **STATIC STRETCHES TO BODY PARTS WORKED. YOU COULD EVEN INCLUDE A 5 MINUTE SLOW WALK TO HELP REMOVE SOME OF THE TOXINS RELEASED DURING EXERCISE.

** STATIC STRETCHES ARE HELD STRETCHES IN A FIXED POSITION, AIM TO HOLD FOR 10-30 SECS**

IF YOU ENJOYED THIS WORKOUT AND WOULD LIKE A MORE CHALLENGING WORKOUT OR TO SEE HOW A PERSONAL TRAINER COULD HELP YOU WITH YOUR FITNESS GOALS PLEASE DON'T HESTIATE TO CONTACT ME.

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