

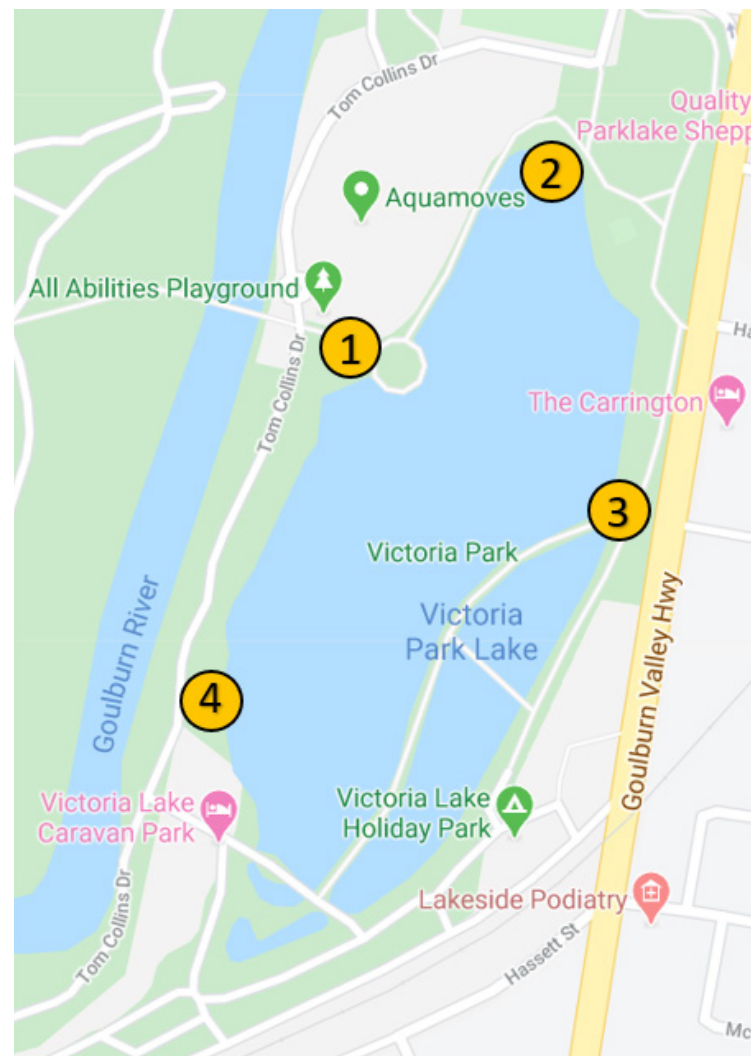
AT HOME MODERATE CARDIO PROGRAM

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

Exercise	Sets x Reps	Notes
High Knees (hands above head)	40seconds work 20 rest	
Sidestep + Jump	40seconds work 20 rest	
Mountain Climbers	40seconds work 20 rest	
Squat Jumps	40seconds work 20 rest	
10 fast feet + 180 turn	40seconds work 20 rest	
Squat Jack	40seconds work 20 rest	
Air punches	40seconds work 20 rest	
Hip Bridges	40seconds work 20 rest	

WALK THE LAKE MODERATE PROGRAM

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



WALK THE LAKE MODERATE PROGRAM

Location and Exercise	Sets x Reps	Notes
1: Starting point and jog to first exercise station		Begin your journey near the all abilities playground. Make your way north towards the northern shore to begin your first exercises. When moving between stations try your best to jog/run as much as possible. If needed feel free to walk.
2: Step Ups	15x Step up both legs	Stand facing a step (can be a small step or large) then complete step ups. Set up by taking a step up with your left and planting your left heel into the step. Using the right leg step up the step and back down again. Keep the left leg up on the step until all 15 reps are done. Repeat with right leg on step too.
2: Squats	30x Bodyweight Squat	Stand with feet just outside hips. Then lower butt back and down to knee height. Push through the heels to stand up.
2: Lunges	15x Bodyweight Left and Right	Stand with feet under hips and then take a big step back. Lower the back knee till both knees are at 90degrees. Push through the front heel to stand up again. Repeat 15times Left and Right.

WALK THE LAKE MODERATE PROGRAM

Location and Exercise	Sets x Reps	Notes
Jog/walk to the next Exercise location (Benches)		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.
3: Tricep Dips	20x Dips	Sit on the bench and place hands near sides, then lift yourself off the bench by pushing through you palms. Slowly lower yourself in front of the bench, pushing your elbows towards the back of the bench. Then come back up by pushing through your palms again.
3: Squats	30x Bodyweight Squat	Stand with feet just outside hips. Then lower butt back and down to knee height. Push through the heels to stand up.
3: Lunges	15x Bodyweight Left and Right	Stand with feet under hips and then take a big step back. Lower the back knee till both knees are at 90degrees. Push through the front heel to stand up again. Repeat 15times Left and Right.
Jog/walk to the next station.		Jog/walk around the lake past the art gallery, past the caravan park, and the boat club. Stop at the park benches.

WALK THE LAKE MODERATE PROGRAM

Location and Exercise	Sets x Reps	Notes
4: Bench Push Up	20x Bench Push Up	Grab onto the bench with hands in line with chest. Keep feet planted on the ground as you start to lower your chest towards the bench. Once your chest is in line with your elbows push through your palms to come back up again.
4: Squats	30x Bodyweight Squat	Stand with feet just outside hips. Then lower butt back and down to knee height. Push through the heels to stand up.
4: Lunges	15x Bodyweight Left and Right	Stand with feet under hips and then take a big step back. Lower the back knee till both knees are at 90degrees. Push through the front heel to stand up again. Repeat 15times Left and Right.
Jog/ Run to finish Your Lap	15x Bodyweight Left and Right	Follow the path towards Aquamoves. Once you reach the all abilities playground you have successfully completed the program.

AT HOME MODERATE STRENGTH PROGRAM

Warm up: (30 seconds jog on the spot/ 30 seconds air punches) for 4mins

Exercise – UPPER BODY	Sets x Reps	Notes
Floor Press	3 x 15	Using dumbbells, cans, water bottles, whatever you can find
Overhead press	3 x 15	Using dumbbells, cans, water bottles, whatever you can find
Bent Over Row	3 x 15	Using dumbbells, cans, water bottles, whatever you can find
Squats	3 x 15	Using dumbbells, cans, water bottles, whatever you can find
Lunges	3 x 15	Using dumbbells, cans, water bottles, whatever you can find
Hip Thrust	3 x 15	Using dumbbells, cans, water bottles, whatever you can find