



www.sopt.co.uk/fit2fight/

warm up

Exercise at Your Own Risk: This guide provides general fitness information for educational purposes only. It is not medical advice. By participating in these home workouts, you assume all risk of injury. Stuart Owen Personal Training is not liable for any injuries, losses, or damages resulting from the exercises or advice provided. Listen to Your Body: Stop exercising immediately if you experience pain, dizziness, faintness, or shortness of breath. Ensure your workout area is clear of hazards, and use equipment only as intended.

The illustrations below are not 100% technically accurate and should serve only as a reminder of each exercise.

Complete each movement for about 20 seconds

STANDING SPINAL ROTATION



STANDING SIDE BEND EXERCISE



SHALLOW SQUAT



MARCHING



STANDING BICEP CURL



STANDING CHEST PRESS



MARCHING



STEP JACKS



REVERSE LUNGE WITH FORWARD ARM RAISE



MARCHING



STEP JACKS



REVERSE LUNGE WITH FORWARD ARM RAISE

