



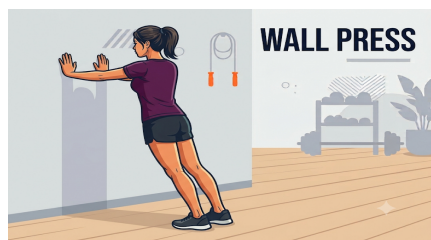
www.sopt.co.uk/fit2fight/

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.

Ensure that you have warmed up fully before starting.



WALL PRESS

- Keep your back straight
- Aim to get your nose as close to the wall as possible
- 8-12 reps



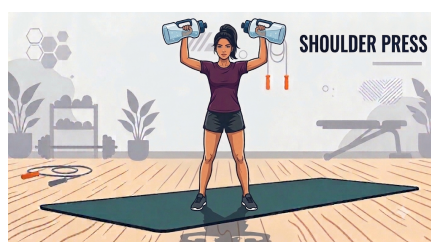
HIP HINGE

- Keep your back straight
- Slight bend in your knees
- Don't pull on your neck
- 10-15 reps



JUMPING JACKS

- Jumping or side stepping
- 60 seconds



SHOULDER PRESS

- Fill water bottles as much as you would like
- Feet hip width apart
- Push the bottles above your head so your arms are 95% straight
- 10-15 reps



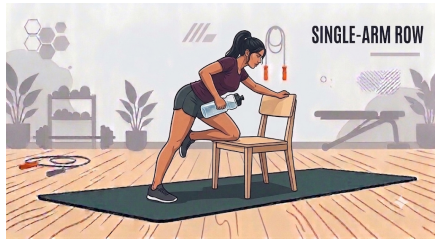
SQUAT

- Feet hip width apart
- Keep looking straight ahead
- Knees must move in line with your toes
- 10-15 reps



AB CURL

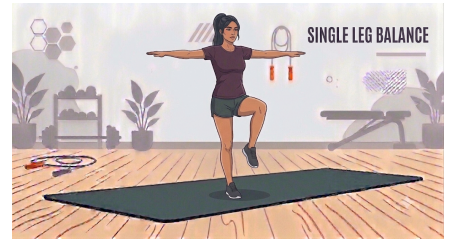
- Move your heels close to your backside
- It is easier to have your hands on your thighs reaching for your knees or on the floor sliding towards your heels
- The movement is "Ribs to hips"
- 10-15 reps



- Keep your back straight
- Fill water bottles as much as you would like
- 90 degrees at your elbow
- Move your arms as if sawing wood, keeping your arm close to your body
- Start with your weaker side and only do as many reps on your stronger side as you manage on the weaker
- 10-15 reps each side



- Take a big step to the side with one leg
- Push your hips back and bend that knee to lower your body, keeping your other leg straight and both feet flat on the floor
- Push off your foot to straighten your leg and return to the starting position
- Alternate for 60 seconds



- Start on your weaker side and only do as many seconds on your stronger side as you manage on the weaker
- Up to 60 seconds on each leg