

STAY ACTIVE WITH THESE HOME WORKOUTS PUT TOGETHER BY OUR GYM TEAM



Print and follow at home!

More workouts to be shared over the coming weeks so, if you aren't already, sign up to our mailing list by emailing marketing@roehamptonclub.co.uk

LOW IMPACT WORKOUT

Repeat 2 – 3 times, 20 – 30 seconds rest between exercises and 90 seconds rest between each round.

1. CHAIR SIT TO STAND

10 reps

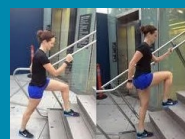


2. GLUTE BRIDGES

10 reps

3. WALL PRESS

10 reps



4. STAIR STEP UP

10 reps each leg

5. DIPS KNEES BENT

10 reps



CORE WORKOUT

Complete each exercise for 30 seconds and complete circuit 3 times with 60 seconds rest in between rounds.

1. PLANK SHOULDER TAPS



2. MOUNTAIN CLIMBERS



3. REVERSE CRUNCH



4. LEG RAISE



5. VERTICAL LEG CRUNCH



6. RUSSIAN TWIST



STRETCH WORKOUT

Hold each stretch for 30 seconds

1. LYING HAMSTRING STRETCH



2. LYING GLUTE STRETCH



3. LYING LOWER BACK/ GLUTE STRETCH



4. SEATED ADDUCTOR STRETCH



5. COBRA STRETCH



6. KNEELING HIP FLEXOR STRETCH



7. WALL CHEST STRETCH



HIIT WORKOUT

Repeat 2 – 3 times, 60 seconds rest between each round.

1. JOGGING ON SPOT

45 seconds



2. JUMP SQUATS

15 reps



3. PRESS-UPS

15 reps



4. BURPEES

15 reps



5. TRICEP CHAIR DIPS

15 reps



6. JUMPING LUNGES

20 reps



7. BICYCLE CRUNCH

20 reps each side

