

ADVANCED EXERCISE PROGRAM #1 TOMATO LAKE



This program is suitable for someone who has exercised regularly before and is currently in a routine. It is not suitable for anyone who has any soft tissue injuries or joint pains. Proceed with caution with all exercises and if something does not feel right to you then discontinue. Aim to do this program 1-2 times from start to finish. If you feel dizzy or nauseous, stop, and rest. If you do not feel better within a couple of minutes consult a doctor or local health professional.

RUN

Begin your workout by jogging around Tomato Lake. First lap should be a slow jog, followed by a series of stretches. Refer to the stretching program. Then continue with a run at a fast pace around half the lake.



PUSH UPS x15

Hold your body weight in a plank. Hands should be wider than shoulders and feet together. Make sure your body is flat so you form a straight line from the crown of your head to your heels.

Check shoulders are directly over the hands, this will mean your eyes are at least 10-20cm forward of your fingers.

Lower your body weight to just above the ground, keep neutral spinal alignment, and press back to the starting position.

Can be modified by doing them from knees, or a park bench.



PULL UPS x10

Hold onto the bar with your palms approximately shoulder width apart and facing towards you. Start from a hanging position with your feet lifted and body still.

Try to lift yourself straight up until your chin lifts over the bar, pause and slowly lower yourself down without swinging.

Keep your stomach muscles engaged by pulling them in towards the spine.

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KNEE RAISES x 10each

Hold your body weight off the ground on the equipment shown here. Keep your back flat against the backboard and eyes looking straight ahead. Slowly start to raise the legs until you reach hip height, pause and control down.

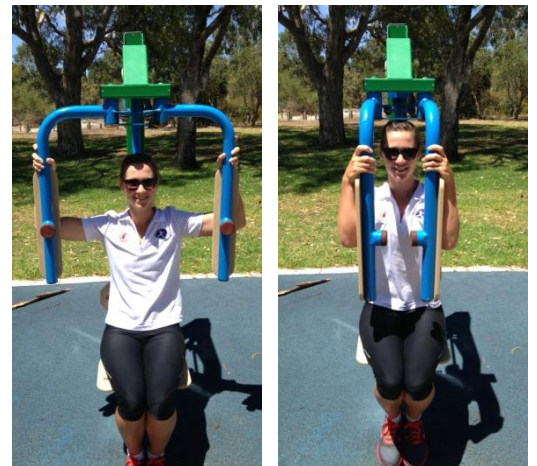
If this is too difficult it can be performed with bent legs instead.

CHEST FLYS x10-15

Take a seat and place your arms against the machine. Your elbows should be at the height of your shoulders.

Squeeze the arms towards each other. Press your feet into the ground to assist if necessary.

Control back to the starting position.



MODIFIED CRUNCHES

Lie onto your back and bring your knees up above your hips. Your shins should be parallel to the floor. Place your hands across your chest as shown.

Crunch and lift your head off the floor, keep your legs as still as possible.

Do these slowly and maintain the position of your pelvis throughout. Do not continue if you feel this in your lower back.

Endeavour to do this program
two times through from start
to finish.

