

ADVANCED EXERCISE PROGRAM #2 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.



SQUATS x15

Hold your hands clasped behind your head. Begin with feet just over shoulder width apart. While keeping your head up and elbows out of sight, lower the hips down into a squat. Engage your stomach muscles by drawing the muscles in towards the spine.

OPTION: JUMP SQUATS

Add a degree of difficulty by turning this into Jump Squats. At the bottom position powerfully jump up off the ground and land at the bottom range of your squat again. Keep these constant and ensure your head stays looking forward.



CHIN UPS UPS x10

Hold onto the bar with your palms on the black handles and facing away from 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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RUNNING ON THE SPOT x 1 min

For one minute run on the spot with your knees coming up high in front of you. Be light on your toes and keep your stomach muscles engaged.

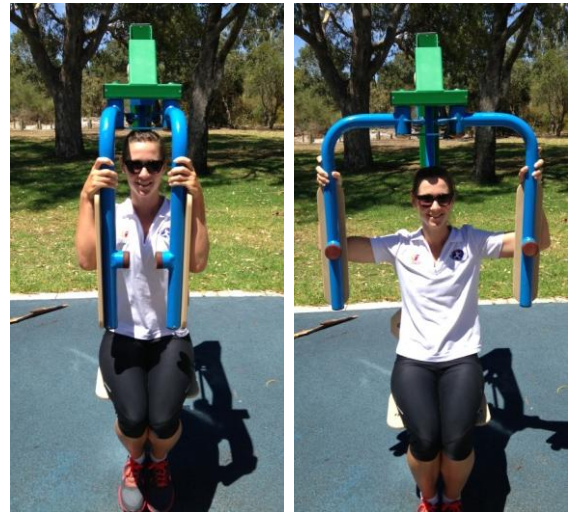


CHEST FLYS x10-15

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.



FORWARD STEPPING LUNGES x10each

Start standing up straight. Step one leg forward and lower your back knee towards the ground. Push back up from the front leg and step backwards til feet return together. Alternate sides.

Your spine should stay straight and shoulders the same height.

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

