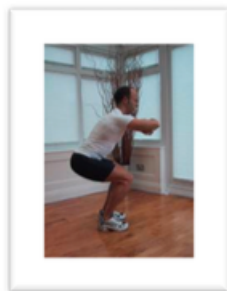
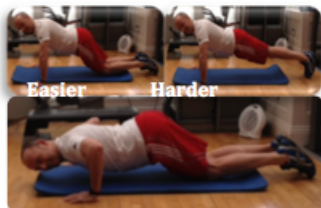


12 Exercises of Christmas

- We have some really effective exercises you can do at home to keep you fit and fabulous for the festive season. Put on some fun party music, warm up and stretch before and afterwards.
- Do each exercise for 1 minute, with excellent technique (imagine me reminding you about your posture, alignment and control).
- You can do this circuit once, twice or three times through and can add some cardiovascular work by going for a walk, run, bike ride, skip even doing intervals up and down the stairs or patter runs on the spot (what about freestyle dancing when no ones looking!!)
- **NB** Do NOT exercise if feeling unwell injured, under the influence of drugs or alcohol. If in doubt consult your GP
- **THIS WILL KEEP YOU GOING UNTIL CLASSES RETURN ON 4 JANUARY 2016**



2. Squats - keep those knees in line with your toes



1. Press Ups — hands wider than shoulders, elbows above wrists, neck and spine neutral



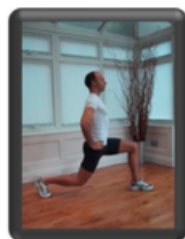
3. Monkey Squats — feet slightly turned out



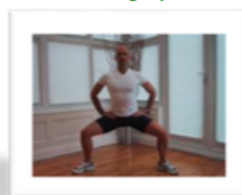
4. Tricep Dips — shoulders down, neck long



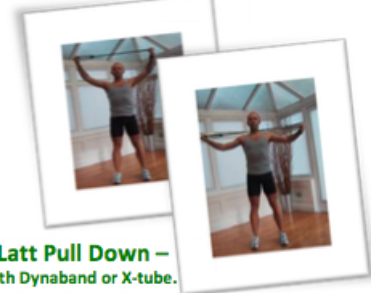
11. Seated row — with Dyna band or X-tube. Shoulders down, tummy in



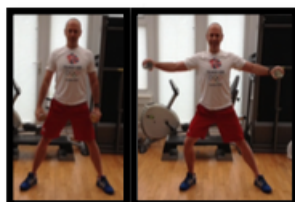
12. Alternate lunge — chest up, bend both legs



5. Plies — chest up, knees in line with your toes



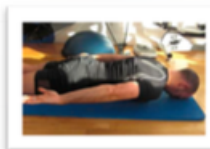
6. Lat Pull Down — with Dynaband or X-tube. Shoulders down, abs



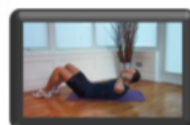
10. Side Lunge — Chest up, knees in line with your toes



9. Plank — easier option just to knees, harder option to toes. Keep neutral spine



7. Dart — lift chest, slide shoulders back and down



8. Twisting Curl — opposite shoulder to knee, neck & pelvis neutral



Reach
for your potential