

Ten Minute Fitness

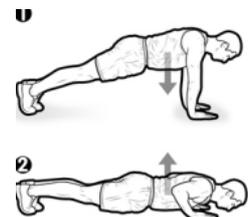
Why High Intensity Exercise?

10 minutes of high intensity resistance based exercise has proven to be more beneficial than low intensity and long duration exercise and is certainly more beneficial than no exercise at all! Performing this programme 3-4 times per week will maintain good physical condition and reduce your risk of chronic diseases such as diabetes and heart disease as well as preventing musculoskeletal injury. High intensity exercise maximises energy expenditure during exercise and increases the body's energy expenditure for up to 30 hours following your session.

Exercises

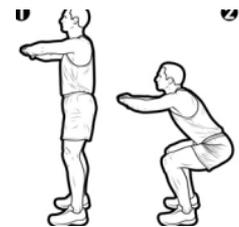
Push Ups

- Start with hand shoulder with apart and feet on the ground
- Maintain a straight body and neutral spine position and lower body down, push up.



Squats

- With your feet a shoulder-width apart, squat down, pushing your hips back and down, keeping your knees over your toes.
- Stand up straight. Repeat.



Bench Dips

- With your knees bent, support your weight on a bench with arms straight,
- Lower your body down, bending at the elbows to 90 degrees.
- Return to start position. Repeat.



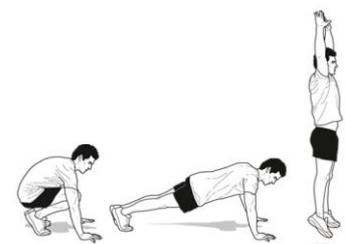
Lunges

- From a standing position, step forward bending your knees to approximately 90°, dropping your hips straight down.
- Ensure your front knee stays in-line with your 2nd toe and do not lean forward. Repeat.



Burpees

- Stand straight, squat down, putting your hands on the floor, then kick your legs back to perform a push up.
- Bring your legs back to towards your hands and jump off the ground as you stand up. Repeat.



Example Program

Get started:

- Warm Up: Prior to starting your session, do the following without resting:
 - 10 leg swings forwards/backwards and side/side
 - 10 star jumps

Session 1:

Record your time for 3 rounds of:

<i>10 push-ups</i>	<i>10 lunges</i>
<i>10 squats</i>	<i>10 bench dips</i>
<i>5 burpees</i>	

Session 2:

Complete as many rounds as possible in 10 minutes:

<i>5 push-ups</i>	<i>10 squats</i>
<i>5 bench dips</i>	<i>10 lunges</i>

Session 3:

Complete 21 then 15 then 9 of each of the following as quickly as possible. Record your time.

<i>Lunges</i>	<i>Squats</i>
<i>Push ups</i>	

Session 4:

Complete 3 rounds of the following, rest for 1 min after each round.

<i>5 burpees</i>	<i>20 squats</i>
<i>10 lunges</i>	

Session 5:

Complete as many repetitions as possible in 1 min for each exercise. Move straight to the next exercise and do the same. Record your reps for each exercise.

<i>Burpees</i>	<i>Push Ups</i>
<i>Bench dips</i>	<i>Lunges</i>

Session 6:

Complete 10 of each exercise, then 8,6,4,2 of each. Record your time

<i>Burpees</i>	<i>Squats</i>
<i>Lunges</i>	

Cool down:

Static stretching will reduce muscle soreness and improve flexibility. Hold the following for 30 seconds each; Hamstring - Gluteal - Hip flexors - Lower back - Chest



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