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Info

Exercise includes warm-up (moves 1-15) and muscle strength exercise.

In the muscle strength exercise you have 3 workout batteries. Each battery includes 3 moves. Start from battery number 1. Do each movement 10-15 repetitions and repeat moves 2-3 rounds. Then continue to battery 2 and so on. Keep small break in-between every battery.



1. Arm rotations

Rotate your arm relaxed. Change the direction now and then.



2. Arm swings

Swing both straight arms forwards and upwards, then back down to behind your body.



3. Shoulder rotations

Stand with your arms extended straight to the sides, one palm pointing upwards and the other downwards. Turn your head towards the upwards pointing hand. Turn both palms around and simultaneously turn your head towards the other hand.



4. wrist warm-up

Cross your arms in front of your chest. Make a pumping up-and-down movement.



5. Side bend

Start the exercise standing up. Taking turns, push the hands towards the ceiling.



6. Standing crunch

Standing, hands behind your head. Rotate your body so that opposite elbow and knee come together. Return to starting position and repeat to the other side.



7. ball to heel swing

Move your weight from ball of feet to heels and back



8. Leg swings

Standing. Keep your leg straight and swing it relaxed back and forth.



9. Balancing

Move your weight to one leg and lift your knee. Slide your leg backwards and at the same time lean forwards, maintaining the hip's and back's position. Return to the start position by activating the gluteus muscles. The movement should come from the hip, not from the lower back.



10. But kicks

Kick your heels sharply up towards the buttocks.



11. Walking burpee

Start the exercise standing up, with good posture. Bend forward and squat. Put your hands on the ground, a bit wider than your shoulders. Walk your legs straight back and maintain a controlled hover position. Walk your legs back to the front and return to the start position.



12. Stretching squat

Grab the toes with your hands or place your hands on the floor. You can also rest your elbow on your thighs if you need higher position. Lower yourself into a squat position while maintaining a good control of the lumbar spine. Stretch the knees again with the hands still under your toes



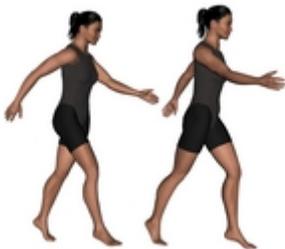
13. Fascia stretch

Rotate your arms from side to side while keeping your hips down.



14. Jumping jacks

Lift your heart rate: Do jumping jacks for 30 seconds. Option is to step to the side and lift your arms without jumping.



15. Skiing jump

Lift your heart rate: Do skiing jumps for 30 seconds. Option is to march vigorous



BATTERY 1

MOVE 1: SQUAT

Standing, your hands behind your head or resting on your hips. Squat down and then return to the start position. Keep the pelvis and lumbar spine in the neutral position and the knees in line with the toes.

Reps: 10-15



BATTERY 1

MOVE 2: ONE LEG DEADLIFT

Tilt from your hips and bow forward with your back straight. At the same time lift the other foot from the ground and slightly bend the other knee. Return to the starting position by activating the gluteus muscles. Maintain the body's and leg's good alignment during the whole exercise.

Option is to do with both legs (next picture).

Reps: 10 / leg



Option for one leg deadlift

Standing. Bend your body forward while bending your knees slightly. Keep the pelvis and lumbar spine in the neutral position.



BATTERY 1

MOVE 3: PUSH-UP

Take a push-up position. Place your arms beyond shoulder width apart. Lower your body slowly and then return to the start position.

Option is to do the push-up on all fours
OR against the wall (next picture)
Reps: 10-15



Option for push-up

Lean your body towards the wall and press back.



BATTERY 2

MOVE 1: LUNGE

Take a long step back. Lunge down and up keeping your back straight and your front heel pressing the floor. Keep the pelvis and lumbar spine in the neutral position. Your knee should not go over your toes.

The move is more challenging if you step back to lunge and then step back up.
Reps: 10 / leg



BATTERY 2

MOVE 2: ARM AND LEG

On all fours, lumbar spine in the neutral position. Slowly straighten your leg and the opposite arm. Keep the pelvis and lumbar spine in the neutral position. Straighten your leg and arm just until you can keep the lumbar spine in the neutral position.

Reps: 10



BATTERY 2

MOVE 3: HIP LIFT

Lying on your back, knees bent, pelvis and lumbar spine in the neutral position. Lift your pelvis off the floor. Keep the pelvis and lumbar spine in the neutral position

Reps: 10-15

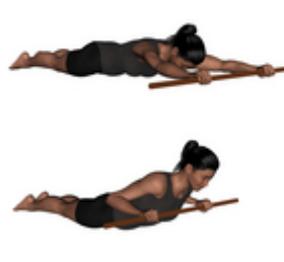


BATTERY 3

MOVE 1: STAR

Standing up, shift your weight to one leg. Lift the other leg up to lean towards the side until you feel your abdominals activating.

Reps: 10/ side



BATTERY 3

MOVE 2: ARM PULLS

NOTE, no stick needed. Lying face down, place your arms in front of you. Pull the your arms towards your sides and return to start position.

Try also sliding arms. The same movement but paper towels under your palms.

Reps: 10-15



BATTERY 3

MOVE 3: ABDOMINAL CRUNCH

Lying on your back, lift your upper back to an almost-seated position. Lower a little bit and the lift again. Maintain your abdominals active during the whole exercise.

Reps: 10-15