

General Conditioning 2

This is a beginner exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

Warm Up - 25s on, 15s off.	List of Exercises - 2 sets - 30s on, 20s off.	Cool Down - 25s on, 15s off.
Kick up bum	Crunches	Knee up side step
High knees	Sit to stand	Skipping
Regans	Reverse curls	Jogging on the spot
Trap stretch L	Step ups	Knee pull to chest
Trap stretch R	Bench mountain climbers	Hip rotations
Banded pec stretch	Wall pulse	Knee circles
Standing hamstring L	Static lunge R	
Standing hamstring R	Static lunge L	
	Wall press up	

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Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.