

## General Conditioning 1

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 - 30s on, 10s off.	List of Exercises - 2 sets - 30s on, 20s off.	Cool Down - 30s on, 10s off.
Alternate hamstring mobilisation	Differentiated press up	Neck circles
Alternate quad mobilisation	Sit to stand	Roll down
Anterior shoulder openings	Hip hinge	Glute stretch L
Chest mobilisations	Bungy biceps	Glute stretch R
Thoracic child's pose	Crunches	Adductor stretch
Seated trap stretch L	Slow high knee claps	QL stretch L
Seated trap stretch R	Scissors level one	QL stretch R
	Double leg stretch	
	Standing quad stretch L	
	Standing quad stretch R	
	Lumbar roll double L	
	Lumbar roll double R	

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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.