

General Conditioning 3

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 - 25s on, 20s off.	Cool Down - 30s on, 10s off.
Jogging on the spot	Bench mountain climbers	Neck circles
Shadow boxing upper cuts	Knee up side step	Shoulder shrugging
Trap stretch L	Heel taps	Trunk stretch L
Trap stretch R	Differentiated press ups	Trunk stretch R
Roll down	Roll over sit ups	Quad stretch standing L
Pull and point hamstring stretch	Squats	Quad stretch standing R
	Crunches	Hamstring stretch standing L
	Slow high knee claps	Hamstring stretch standing R
	Physio lunge L	
	Physio lunge R	
	Dips	

www.norsefoundation.com

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.