

STRENGTH 2

OFFSET PRESS-UP

Similar to a normal press-up but changing your hand position. Variations include: point the hands to the left or the right, put one in front of the other, one out wide etc. Repeat for 3 sets of 10 repetitions, with 1-2 minutes rest in between each set.

Progression/Alternative

Too easy: do more repetitions or find more challenging combinations of hand positions.

Too hard: keep the off-set hand position but down onto your knees.



SIDE STEP UP

Stand side-on to a bench, place the nearer foot onto the bench then step up onto it and lower down slowly with control. Try to land as quietly as possible. Keep a strong back and try not to push off the back foot. Repeat for 3 sets of 10 repetitions on each leg.

Progression/Alternative

Too easy: step up onto a higher bench or add weight e.g. dumbbells or a medicine ball or a rucksack.

Too hard: do fewer repetitions or step up onto a lower step.



ROTATIONAL CRUNCH

Lie on your back, feet in the air with hip and knee at right angles. Sit up and rotate your elbow towards the opposite knee and return to middle and repeat for 3 sets of 10 repetitions each side.

Progression/Alternative

Too easy: do more repetitions!

Too hard: don't sit up or rotate quite as far.

