

HOME WORKOUT

INTERMEDIATE

Rotate through these exercises once for a 15 minute workout. As you improve and progress, rotate through twice for a 30 minute workout and reap extra health benefits.

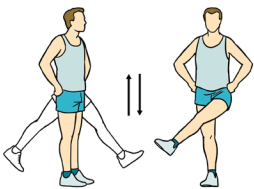
You can take a small rest between exercises – but remember, the smaller the rest, the fitter you get!



Warm-up

Leg Swings

10 reps each leg



- Stand tall, holding onto a pole, wall or stationary object for support.
- Swing one leg as far out to the front and then back as you comfortably can, actively using your muscles.
- Switch sides once you have completed 10 repetitions on the first leg, then move on to the next exercise.

Windmills

10 reps

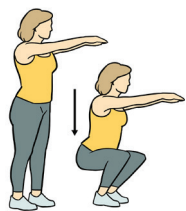


- Stand with your feet shoulder width apart. Stand straight and keep your chest up.
- Raise your arms to shoulder level.
- Rotate your torso at 90 degrees to your right, then return rotating to left.
- Repeat movement 10 times, then move on to the next exercise.

Strength exercises

Squats

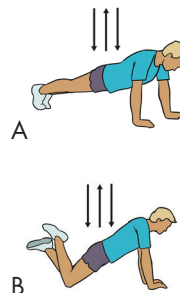
10 reps



- Start by standing up straight. Bend at the knees and hips to squat down as far as you comfortably can.
- Your hips should always be higher than your knees, and while your knee can come past your toes a little bit, make sure they don't protrude too far forward.
- Pause and then slowly rise and return to starting position.
- Perform 10 repetitions, then move on to the next exercise.

Push-ups

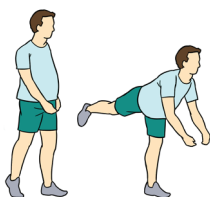
10 reps



- Place your hands on the ground. For a modified version, place your knees on the ground (B), otherwise have your toes on the ground (A).
- Keeping your back straight, lower your body down towards the ground, bending at your elbows.
- Push back up to the starting position.
- Perform 10 repetitions, then move on to the next exercise.

1-leg Stand

10 reps each leg



- Stand tall with your hips, knees and toes in line.
- Transfer your weight onto a single leg, lifting the other just off the ground.
- When stable, tip forward at the hip. Move your back leg towards the ceiling and body towards the ground.
- Drive your hip forward and come back into starting position.
- Switch sides once you have completed 10 repetitions on the first leg, then move on to the next exercise.

Sit-ups

10 reps



- Lie on ground with your knees bent and feet flat on the ground.
- Place your hands on your thighs.
- Lift your chest upwards, sliding your hands so that your fingers reach toward your bent knees, keeping your chin tucked in.
- Lower back down slowly.
- Perform 10 repetitions, then move on to the next exercise.

Partner:



Government of Western Australia
Department of Health



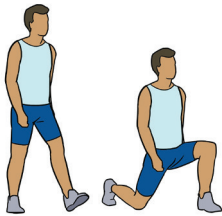
HOME WORKOUT

INTERMEDIATE

Strength exercises (continued)

Lunges

10 reps each leg



- Stand up straight.
- Take a big step forward with your right leg to get into a split stance.
- Lower your back knee towards the ground until your front knee is bent at roughly 90 degrees and maintained behind your toes. Push-up with your front foot into starting position.
- Switch sides once you have completed 10 repetitions on the first leg, then move on to the next exercise.

Step-ups

10 reps



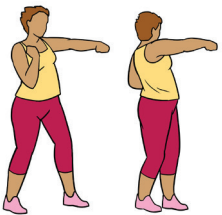
- Place your entire right foot onto a stair in front of you.
- Push-up with your right leg muscles to bring the left foot up onto the stair.
- Return to the starting position by stepping down with your left foot first, keeping your right foot on the step, ready for the next repetition.
- Repeat with the opposite leg.
- Perform 10 repetitions, then move on to the next exercise.



Cardio

Air Boxing

10 reps



- Get into a comfortable standing stance, slightly bending your knees.
- Punch the air, twisting your torso with each punch.
- Start punching at a comfortable rate, enough to get you puffing!
- When you are confident that you are ready to speed up, then you can begin to move faster.
- Perform 10 repetitions, then move on to the next exercise.

High Knees

Perform for 30 seconds



- Stand up straight.
- Lift your left knee up in line with your belly.
- Repeat with the left side in a fast rhythm.
- Try and go faster to get your heart rate up!
- Perform for 30 seconds.

Mastered this workout?

Why not try our [Advanced Home Workout](#) next!

Partner:



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