



Training programme of GESAC Health



2 per week



from
07/10/2021 to
18/11/2021



Stephen
Littlewood

STRENGTH

6 exercises 30 minutes 414 MOVES 246 kcal

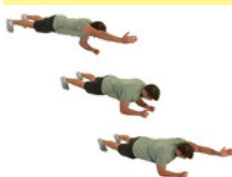
1 - Free Exercise - Squat stance



40 sec x 60 sec
40 sec x 60 sec
40 sec x 60 sec

Pulse for 10 reps at the bottom = A pulse is a smaller repetition performed at the bottom part of the exercise. Hold the bottom position for the designated amount of pulses, then return to the top and repeat. Increase the duration if its not difficult enough

2 - Free Exercise - Plank - arm raise



40 sec x 60 sec
40 sec x 60 sec
40 sec x 60 sec

Alternate hands every 5 seconds - Static holds = hold the bottom position for designated duration. Increase the duration if its not difficult enough

3 - Free Exercise - Forward lunge



40 sec x 60 sec
40 sec x 60 sec
40 sec x 60 sec

Pulse for 10 reps at the bottom = A pulse is a smaller repetition performed at the bottom part of the exercise. Hold the bottom position for the designated amount of pulses, then return to the top and repeat. Increase the duration if its not difficult enough

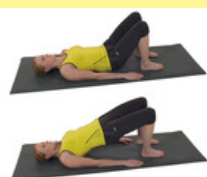
4 - Free Exercise - Push-up - to T



40 sec x 60 sec
40 sec x 60 sec
40 sec x 60 sec

Pulse for 10 reps at the bottom = A pulse is a smaller repetition performed at the bottom part of the exercise. Hold the bottom position for the designated amount of pulses, then return to the top and repeat. Increase the duration if its not difficult enough

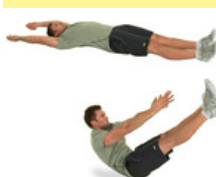
5 - Free Exercise - Glute bridge position



40 sec x 60 sec
40 sec x 60 sec
40 sec x 60 sec

Static holds = hold the top position for designated duration. Increase the duration if its not difficult enough

6 - Free Exercise - Jack knife



40 sec x 60 sec
40 sec x 60 sec
40 sec x 60 sec

Static holds = hold the top position for designated duration. (legs out straight) Increase the duration if its not difficult enough