

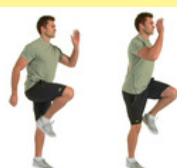
GEL ANYWHERE WORKOUT



Workout 1

7 exercises 31 minutes 432 moves 216 kcal

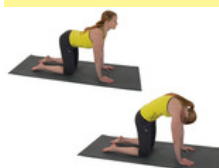
1. Free exercise — skip in place



20 reps x 60 sec
20 reps x 60 sec

Do this at your own pace. The fitter you are the faster you can go.

2. Free exercise — cat and cow



30 sec x 60 sec
30 sec x 60 sec

3. Free exercise — explosive wall push-up



10 reps x 60 sec
10 reps x 60 sec

If this is too easy, slow the movement down. Each repetition should take around five seconds to complete.

4. Free exercise — glute bridge



12 reps x 60 sec
12 reps x 60 sec

5. Free exercise — squat



12 reps x 60 sec
12 reps x 60 sec

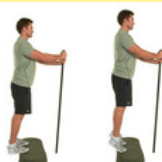
With this exercise a chair can be used if you're not confident with the squat movement. Start in a seated position, then stand without using your hands. Then return to your seated position in a slow and controlled manner. Repeat.

6. Free exercise — hip extension — standing



14 reps x 60 sec
14 reps x 60 sec

7. Free exercise — calf raise



14 reps x 60 sec
14 reps x 60 sec

Hold the position at the top for the count of one.

Disclaimer

You are responsible for exercising within your limits and assume all risk of injury to your person or property resulting from your use of the Glen Eira Leisure GEL Anywhere workout cards.



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Workout 2

7 exercise **34** minutes **464** moves **232** kcal

1. Free exercise — skip in place



30 reps x 60 sec
30 reps x 60 sec

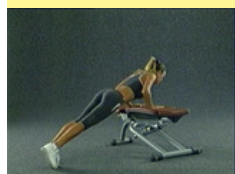
Do this at your own pace. The fitter you are the faster you can go.

2. Free exercise — cat and cow



30 sec x 60 sec
30 sec x 60 sec

3. Free exercise — push-up on bench



12 reps x 60 sec
12 reps x 60 sec

4. Free exercise — glute bridge — single leg curls



12 reps x 60 sec
12 reps x 60 sec

5. Free exercise — squat



12 reps x 60 sec
12 reps x 60 sec
12 reps x 60 sec

If confident you can hold a small weight. Anything you can find at home with some weight will do.

6. Stability disc — left leg — three way toe touch — arms elevated



30 sec x 60 sec
30 sec x 60 sec

To be completed with both left and right leg. Stability disc not required. Touch forward, side then back.

7. Free exercise — calf raise — single leg



12 reps x 60 sec
12 reps x 60 sec

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Workout 3

7 exercises 41 minutes 486 moves 242 kcal

1. Free exercise — skip in place



30 reps x 60 sec
30 reps x 60 sec
30 reps x 60 sec

Do this at your own pace. The fitter you are the faster you can go

2. Free exercise — cat and cow



30 sec x 60 sec
30 sec x 60 sec

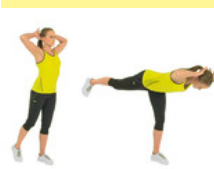
3. Free exercise — push-up on bench



12 reps x 60 sec
12 reps x 60 sec
12 reps x 60 sec

With these push-ups hold the bottom position for the count of two.

4. Free exercise — good morning



10 reps x 60 sec
10 reps x 60 sec

Bend only as far as is comfortable. Keep a straight back.

5. Dumbbells — front squat — one dumbbell



15 reps x 0.25 kg x 60 sec
15 reps x 0.25 kg x 60 sec
15 reps x 0.25 kg x 60 sec

Now is the time to add some weight if you haven't already. Hold the weight under your chin/on your chest and squat. Hold the bottom position for the count of two.

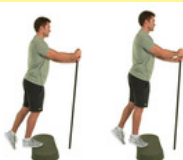
6. Stability disc — left leg — three way toe touch — arms elevated



30 sec x 60 sec
30 sec x 60 sec

To be completed with both left and right leg. Stability disc not required. Touch forward, side then back.

7. Free exercise — calf raise — single leg



12 reps x 60 sec
12 reps x 60 sec

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GEL ANYWHERE WORKOUT



Workout 4

7 exercises 28 minutes 303 moves 151 kcal

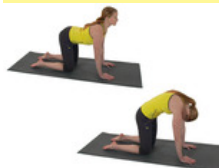
1. Free exercise — skip in place



14 reps x 60 sec
14 reps x 60 sec

Do this at your own pace. The fitter you are the faster you can go.

2. Free exercise — cat and cow



30 sec x 60 sec
30 sec x 60 sec

3. Free exercise — push-up to T



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

With these push up's you can use a bench or be on your knees. Add a rotation at the top position.

4. Dumbbells — reverse fly — bent over



10 reps x 2 kg x 60 sec
10 reps x 2 kg x 60 sec
10 reps x 2 kg x 60 sec

Bend only as far as is comfortable. Keep a straight back bring your shoulder blades together.

5. Dumbbells — stiff leg dead lift — single leg — single arm



10 reps x 5 kg x 60 sec
10 reps x 5 kg x 60 sec

Bend only as far as is comfortable. Keep a straight back.

6. Plyobox — step with knee tuck



30 sec x 15 sec
30 sec x 15 sec

Add some weight if you can. Hold the weight under you chin/on your chest or by your side. 30 seconds on each leg x two sets.

7. Medicine ball arke — squat — with overhead press



30 sec x 60 sec
30 sec x 60 sec

Hold the weight under you chin/on your chest and squat. Press above your head when you finish your squat.

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