

## Heading

Side to side reaches, arm high, middle, low.  
March wide, march narrow,  
Hamstring curls, knee raises  
Repeat through few times.

## Cardio Section

Single step touch x4 (arms up and down)  
Double step touch x 2 (arms up and down)  
Alt lunge squats out to the side, left and right, x16  
Alt lunges squats to the front, left and right, x16  
Single alt knee pulls, adding a little jump and a punch up arm, x32  
Alt 3 knee repeater, left and right, x16  
Alt taps behind, x16  
Single taps behind, x8  
Side taps, x8  
Repeat last two moves x3  
Repeat whole routine on leading with the other leg

## Toning Section Standing

Please view video and draw a diagram of the exercise next to the description to remind yourself of correct position and technique. Also, listen to any teaching tips you feel stand out particularly for you and jot these down next to the descriptions to form your own unique working copy.  
Alt tapping of feet in front to keep heart rate up.

## Arms 1

Hold the band firmly to create tension, arms held low, hip width apart.  
Bicep curls, 2x8  
Shoulder Press, 2x8  
Lat Pull (wider apart arms), 2x8  
Flies, 2x8  
Cusp Rotator, 2x8

## Leg 1

Alt lunges, let and right, x16  
Hold right leg forward and lower slowly up and down, x16  
Repeat again holding the band in two hand behind beck, open and close band, x16

## Arms 2

Hold band in two hand low at hip height. Pull one arm back and upward, so the elbow is wide, keeping the other hand at hip height maintaining tension on the band.  
Right arm, x16  
Left arm, x16  
Alt arms, x16

## Leg 2

As above, except on the single leg lunges, the band behind the back is moved up and down, x16 (not open and close)

## Final Standing Exercise

Feet wide in second position, feet  $\frac{3}{4}$  turned out, back straight.

Lower and raise keeping abs pulled in.

Holding the band in front of oneself open and close the arms not losing tension in the band, 3x8

Then relax the arms and pulse low alt raising the heels of the feet up and down in a formation as follows:

L8 R8 x1

L4 R4 x2

L2 R2 x4

L1 R1 x8

## Toning Section Lying Down

Band around the ankles, lying on one side in very straight line, abs in.

Raise the top leg up and down slowly, 16

quickly, 16

pulse, 16

Rotate so lying on back. Open legs wide feeling tension from bands and slowly release, x16

Raise legs so in air and feet are in line with hips. Open legs wide feeling tension and slowly release, x16

Keeping legs wide and tension still apart, reach up and touch the band with fingers (working the abs) x16

Please repeat this section now on the other side.

## Finally

Keeping the band around the feet, lie down and sit up slowly holding the band for support. Rolling the spine down into the floor and not arching the back, x16

Using the arms in a rowing fashion, x16

Lie down and stretch out the hamstrings, the glutes, sit up and stretch out triceps and upper back and if time stand up and stretch out calves and quads. All stretches are on the following sheet Karen's stretches, with diagrams.